

The Pipeline

GALLO MECHANICAL, LLC

ISSUE NO. 4 – DECEMBER 2016

NOTES FROM
THE PRESIDENT,
DAVID GALLO:



With the holidays behind us, it's now time to get back to normal and focus on 2017. As you may know we have work across our entire geography already under contract and we have plenty more in the pre-construction phase. We are very fortunate to have the work, so that we can focus our efforts on executing and just doing the work. We are really focusing on improving our job performance and we will need everybody to help.

Our safety goal for 2017 is another important focus; zero injuries is very important and an achievable goal. We expect to hire a significant number of new employees and it's important to make sure they follow our rules. Each one of us can help these new employees by reminding them if needed how important safety is to our entire company.

As I told you in our last newsletter I have been working at our company for 35 years. This year I am delegating many of my responsibilities to JP Hymel including the running our entire operations. I am not retiring, but instead focusing on the future of our company through business development.

Let's make 2017 a special year for all of us,

-David Gallo

SAFETY CORNER BACK BASICS

There is a lot of pressure on our backs, especially when we are lifting or carrying heavy or bulky objects. Several things can occur if we're not taking care of our backs, and sometimes even when we are taking proper care of them. Some of the more commonly known contributing factors are the natural aging process, arthritis, old injuries, dehydration, genetic predisposition to back problems, such as degenerative disc disease, etc. Mechanical industry work tasks may be a contributing factor as well. It may be beneficial for you to learn some techniques that may help prevent back injury and/or back pain.



- **Always use material handling equipment such as carts, hand trucks, wheel barrows, etc. when possible.**
- **Always use the proper lifting techniques:**
 - Get as close to the object as possible
 - Position your feet and get a good grip
 - Keep your butt down and your head up
 - Lift straight up slowly, but steadily letting your legs do the work
 - **NEVER** twist or turn your torso with your feet planted
 - When you turn, move your feet and body without twisting
 - Remember to keep your butt down and head up when putting the object down
- **When reaching for something small and light on the ground, kneel on one knee while keeping the natural curves in your back.**
- **When reaching for something up high, keep your shoulders, hips, and feet facing the object. Be sure not to twist your body with your feet planted.**
- **When moving something on the ground like a cart, gang box, or cabinet, be sure to push it instead of pulling it. Stay as close to the object as you can so you aren't reaching out too far. Use both arms and keep the natural curves in your back while pushing. Watch where you're going too. If you run into something hard, it could result in a back injury.**



SPOTLIGHT JOBS

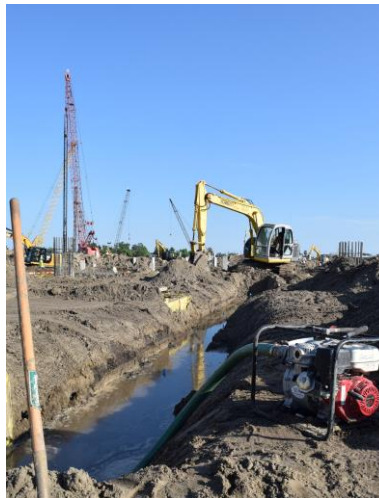
NORTH TERMINAL PROJECT

KENNER, LOUISIANA

The North Terminal Expansion Project at Louis Armstrong International Airport in Kenner will result in a new 750,500 Sq. Ft. terminal that will replace the existing 650,000 Sq. Ft. terminal constructed in 1959. The project was contracted through Bernhard MCC and Hunt-Gibbs-Boh-Metro Joint Venture (HGBM) is serving as Construction Manager of the overall project.

Gallo is performing all the plumbing work over 25 bathroom groups, as well as 2,400 LF of site condenser water, site fuel-oil piping and two 60,000-gallon fuel-oil storage tanks to supply the generators for the project. This \$807 million-dollar construction project began January 2015 and the terminal is expected to be opened for the New Orleans tricentennial celebration on October 1, 2018

Early in the acquisition phase of the Airport opportunity, it was clear the City of New Orleans and the New Orleans Aviation Board were going to mandate 35% DBE participation during the construction phase of the project. In preparation for the Airport, World Trade Center, and Franklin Ave Baptist Church (all projects requiring DBE / Minority participation), we decided to Partner & Mentor a DBE firm. We have chosen to Partner with Square Button – a firm owned by Allen Square. On the Airport, Franklin Ave Baptist Church, and several RSD / OPSB school projects, Square Button is providing management, supervision, procurement, and installation services. We continue to Mentor Square Button by sharing with Allen and his team the lessons we have learned throughout Gallo's history. We are excited about this Partnership on the Airport, and we are looking forward to a long-lasting, successful relationship.



OSR LA/SELECT MEDICAL NEW ORLEANS

NEW ORLEANS, LOUISIANA

Gallo is currently working on a ground up 5-story rehab hospital on Jefferson Highway for Select Medical in association with Ochsner Health System. With national contractor Brasfield & Gorrie as the lead, Gallo Mechanical is performing all plumbing, medical gas and HVAC work on the project which will be a 125 bed facility covering 130,000 square feet. This is a complete copper and steel/chilled/heating/domestic water

Human Resources

Join us in congratulating these members of the Gallo team on their anniversaries:

Mark Wagner	35
Kenny Gumpert	22
Thomas Vagas	18
Warren Ponthieux	11

Please welcome and wish success to this group of new employees:

Anthony Miller (Laborer), Braxton Manuel (Laborer), Charles Easterling (Sheet Metal Mechanical), Curtis Wood (Plumber’s Helper), Demon Howard (Sheet Metal Mechanic), Dylan Tkatch (Helper), Glenn Forcha (Plumber), James Morris (Foreman), Joshua Lee (Sheet Metal Mechanic), Leslie Robin (Sheet Metal Mechanic), Malcolm Davis (Laborer), Mark Eddy (BIM Coordinator), Matt Crozier (Helper), Matt Coleman (Assistant Project Manager), Michael Wallace (Sheet Metal Helper), Morgan Beard (Administrative Assistant), Priscilla Simmons (Driver), Ralph Schultheis (Plumber), Reginal Shaw (Laborer), Rondell Crayton (Helper), Chase Rider (Helper). Wilson Schultheis (Laborer).

system. Along with the 4 floors of patient rooms and rooftop penthouse, the work on the first floor includes a large kitchen, central plant and chiller yard. Full BIM coordination will allow Gallo to fabricate a large portion of the project to meet the aggressive schedule. We’re looking forward to a successful project and new relationship with Brasfield and Gorrie. The facility is scheduled to open next Winter.



WHAT THE DOCTOR ORDERED: EXERCISE PRESCRIPTIONS

Want to start exercising, but can’t find the motivation? A visit to your doctor may help.

Everyone knows they should exercise. The reasons to exercise seem endless. The risks of not being physically active are also well known. But 1 in 4 American adults do not exercise at all and more than half don’t work out enough. So, what can make you start exercising? A trip to your doctor may be in order.

Exercise prescriptions

If your doctor writes you a prescription for an antibiotic, you are most likely going to take it. But what if your doctor writes you a prescription to exercise? The same thing holds true.

Research shows that people are likely to start and stick to an exercise program if their doctor tells them to do so. One study

shows that people are more likely to follow their doctor’s advice if the doctor writes an actual prescription instead of just verbally telling them.

Generally, people are more concerned with their health when they are at the doctor’s office. This may make them more willing to follow the doctor’s orders.

Check with your doctor before starting an exercise program for medical clearance and to help develop for a specific exercise plan that is right for you.

Your exercise plan

A typical exercise prescription often contains all 3 types of exercise for a balanced workout:

1. **Cardiovascular exercise.** These are exercises that raise your heart rate and use large muscles. Experts recommend at least 150 minutes of moderate intensity aerobic exercise each week. Good exercises include: walking, biking, swimming and jogging.
2. **Muscle strengthening activities.** These exercises include moderate or high intensity activities that increase strength and endurance. Examples of strength training include weightlifting and resistance training.
3. **Flexibility.** Exercises that stretch your muscles and increase your range of motion increase your flexibility.

Tips to help you stay on track

- **Start slowly.** You may need to start with 10 minutes of exercise at a time and gradually build up to your weekly goals. Slowly increase workout time and intensity.
- **Do something you enjoy.** You are more likely to stick with an exercise you enjoy doing.
- **Find a convenient time and place.** Choose a time and place that is most convenient for you. Walk around the parking lot on your lunch break.
- **Get a workout buddy.** It's a lot harder to skip a workout if someone is counting on you.
- **Keep a record of your exercise progress.** An exercise journal will show you how far you've come. Reward yourself when you reach milestones.

CELEBRATIONS

Gallo Mechanical Halloween Party

Please join in congratulating our Payroll Administrator, Irene Harris Gumpert, in her marriage to Cory Gumpert. We wish them a long life full of love and happiness!



Cy R. Cali was born on October 25, 2016 to loving parents Hannah and Chris Cali. Chris is a Project Manager out of the New Orleans office. Gallo Mechanical congratulates them on their new addition to their family.



HAVE EXCITING NEWS TO SHARE?
EMAIL PICTURES, ARTICLES, ETC. TO
NEWSLETTER@GALLOMECH.COM