



Employee Newsletter

June 2024

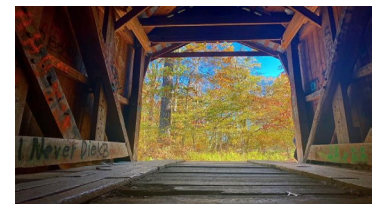
In this issue:

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Fun Fact: Haupt iron truss was used exclusively by the Pennsylvania Railroad between 1851 and 1861 and was the first metal-tied arch bridges built in the country and among the first in the world.

Did you know....

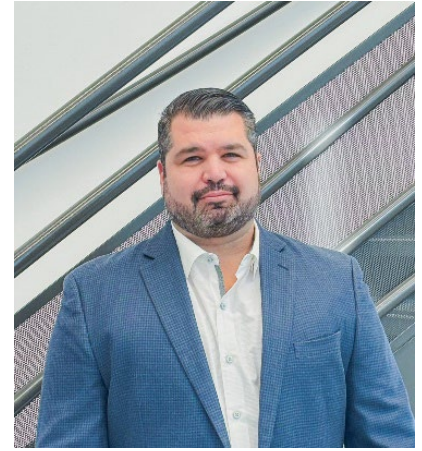
There are more than 18,000 bridges across the state of North Carolina but there are only two authentic covered bridges in the state. Bunker Hill Covered Bridge in Claremont and Pisgah Community Covered Bridge in Pisgah. A covered bridge is considered authentic not due to age but by construction. An authentic covered bridge has walls, a roof and is constructed by timber trusses that distribute the weight of the load bearing deck. Truss bridges by design are large and take up a lot of space. They also have high maintenance costs due to needing a lot of parts which also make them heavy. However, there are some great advantages that come with the design. The interconnecting triangle design is extremely strong and can withstand extreme conditions.



Pictured: Bunker Hill Covered Bridge. Built in 1895 by Andrew Loretz Ramsour to cross Lyle Creek. The oldest covered bridge remaining in NC spanning at 85 feet. The bridge has the Haupt Truss design which is a combination of Pratt truss and tied arch which was patented in 1839 by General Herman Haupt, who served in the American Civil War as a Union General. Bunker Hill is the only remaining wooden example of this design.

PROJECT UPDATES

Our Chief Operating Officer, **Ben Trapuzzano**, shares a list of our **upcoming projects**. Great job Team Aptus!



UPCOMING PROJECTS	PROJECT MANAGER	SUPERINTENDENT/FOREMAN
2313 – (NC) Biltmore Farms 1-26 Asheville	Dave Mattia	Winona Osborn / Delton Locklear
2418 – (VA) Mounts Bary Road – Shentel	James Puzino	Winona Osborn / Delton Locklear
2420 – (SC) Rochester Hwy over Lake Keowee – Partners Communication	James Puzino	Brandon Robbins

JUNE BIRTHDAYS

Thurman Legette – 06/05
Jose Reyes – 06/13
Clifton Henry – 06/20
William (Tyler) Trussell – 6/25

JUNE ANNIVERSARIES

Matt Barnes – 3 years
James Puzino – 3 years
Edward Dill – 9 years

IT TIPS AND TRICKS

Enable Dark Mode for Eye Comfort

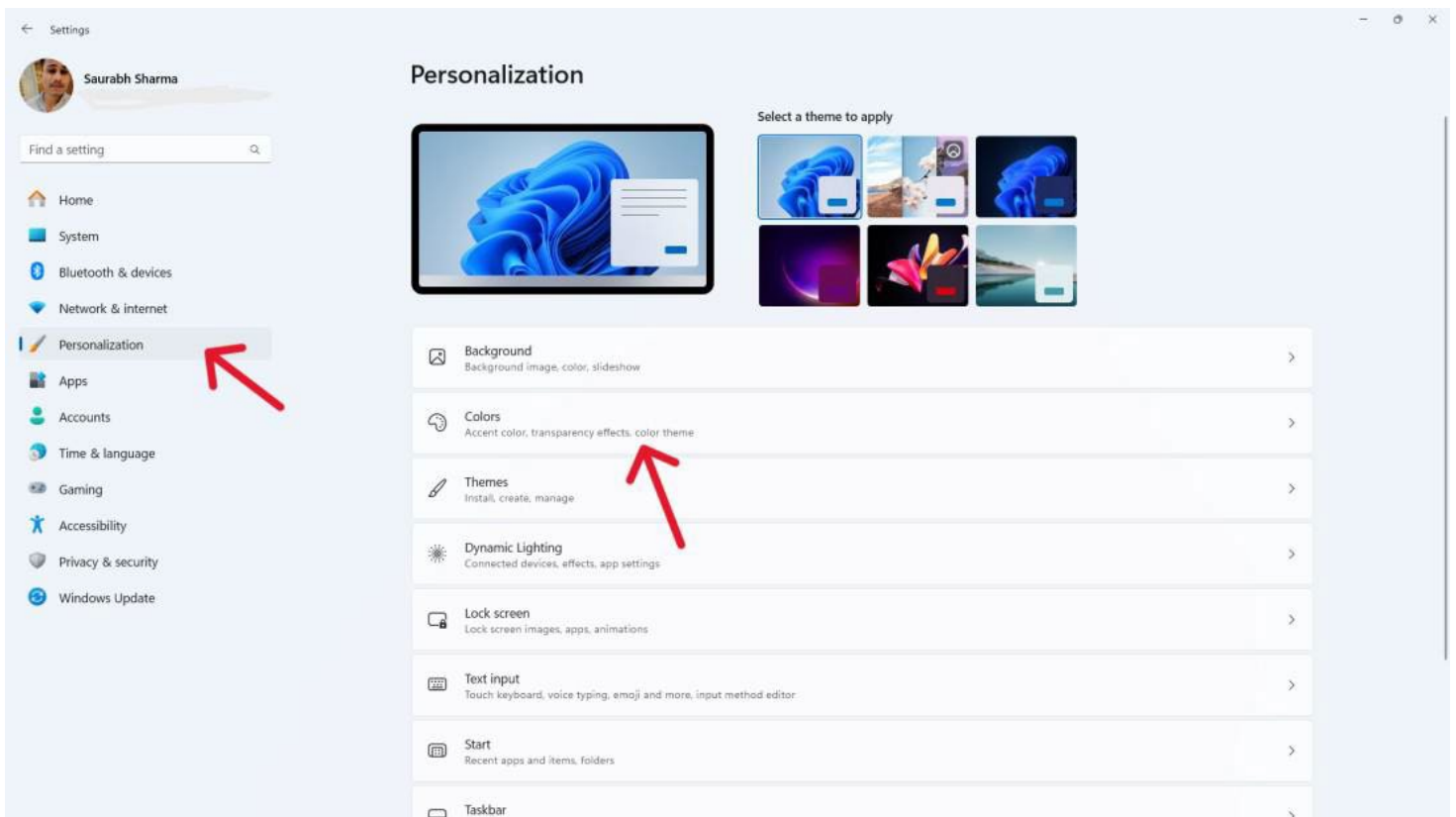
Dark Mode provides more than just aesthetic appeal; indeed, it is also a handy feature to minimize eye fatigue due to long periods of time in front of screens. By turning On Dark Mode in Windows 11, you can boost comfort and even help to achieve better sleep quality.

Step 1: Click on the ‘**Start**’ button in the taskbar.

Step 2: Select “**Settings**” (gear-shaped icon) to open the Settings menu or use shortcut Win + I to Open Settings.

Step 3: Within the Settings, click on ‘**Personalization.**’

Step 4: In the right sidebar, choose ‘**Colors.**’



Step 5: On the ‘**Choose your mode**’ dropdown menu.

Step 6: Select ‘**Dark**’ to enable Dark Mode instantly.

Heat Stress

Dangerous heat exposure can occur indoors or outdoors. As we enter the peak of the construction season many of us will be working in the hot summer sun. While working out in the hot summer sun, it is not uncommon to get heat stress or even heat exhaustion. Exposure to heat can cause illness or death. Things we can do to prevent heat exhaustion and illness are acclimation to the hot temperatures, dressing appropriately, taking breaks with shade and water, and knowing warning signs of heat exhaustion and illness.

What to do when a worker is ill from the heat?

- Call a supervisor for help
- Have someone stay with the worker until help arrives
- Move the worker to a cooler/shaded area
- Fan and mist the worker with water; apply ice (ice bags or ice towels)
- Provide cool drinking water, if able to drink

Take Breaks with Shade and Electrolytes Drinks:

Take frequent breaks in shaded or air-conditioned areas. allow for workers to take breaks in the trucks if needed. Drink water and electrolytes frequently throughout the day, 1 cup every 15-20 minutes is the recommended amount.

What to do in case of Heat Illness



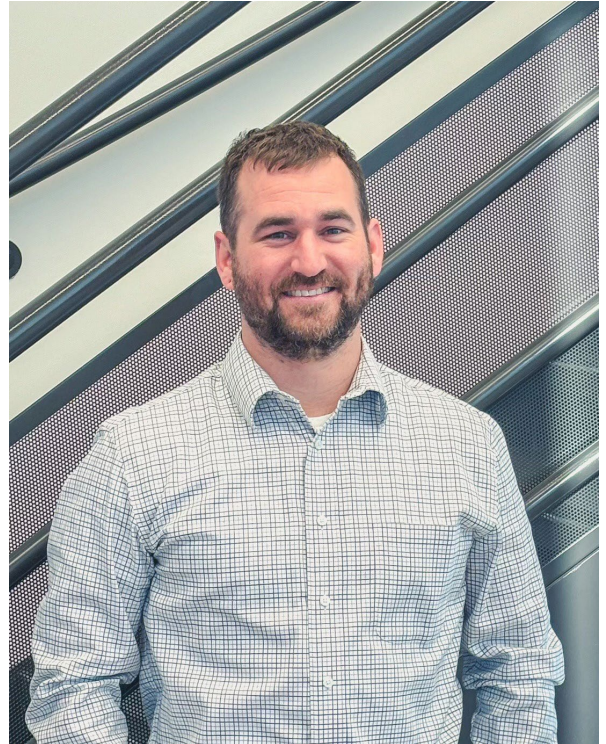
SPOTLIGHTS

EMPLOYEE SPOTLIGHT - OFFICE

I have been with Aptus since September 2019. I started in the field as a Skilled Laborer and then Foreman. From there I moved into the office as an Assistant Project Manager. Currently, as a Preconstruction Manager in our operations department, I handle the submittals/ engineering/ procurement and preconstruction logistics for our various bridge-attachment projects.

I have been married to my wife, Jennifer, for 5 years and we have a 3-year-old son named Mason. I spend most of my free time with my son going to the park, exercising and doing fun things to keep him entertained (and wear him out if I can)! I don't have much time for my own hobbies these days, but if I did, you would certainly find me fishing! One interesting thing about me that most people wouldn't know is that I was a level one Gymnast in Highschool (one step down from the college/ Olympic level) and may still bust a few backflips from time to time (all though I probably shouldn't)! Working at Aptus has had a huge impact on my life. I love what we do. I love the challenges, the variety of projects, and the opportunity to learn something new every day. I am grateful to be a part of the Aptus Family.

**Adam Kremers –
Preconstruction Manager**



EMPLOYEE SPOTLIGHT - FIELD

Bill Cox – CDL & Operator

Bill Cox has been employed at Aptus Group USA for four years as a CDL Driver / Operator. A quote from Bill “I really enjoy my job and the work I do”.



Some of Bill’s favorite hobbies are dirt track racing. His favorite food is Mexican.

On behalf of Team Aptus – Thank you Bill, for your hard work and dedication. Go Team!

PROJECT PHOTO OF THE MONTH



Winona Osborn
VA, I-66 Bridge over the Shenandoah River

Remember to submit photos to the email address: FieldPhotos@Aptus.com every month for a chance to win \$100. The winners will have a chance to get their photos on the Aptus website. Check July Issue to see which picture won in June.