

January 7, 2020



In This Issue:

NEWS

New Rules

Insiders are predicting **big changes at OSHA** under a Joe Biden presidency. Many in Congress, and labor unions, tried unsuccessfully to enact improvements during the Trump administration. They're looking forward to stronger on the job protections under Biden.



MOWIT

They've been a tireless voice for our sisters in the trades, and now MOWIT has a brand new home in St. Louis city. The group will hold its first face-to-face meeting of 2021 and show off its new digs on **Jan. 13 at 3245 Hampton / 4-6pm / mowitstl@gmail.com to confirm attendance.**



Construction COVID Safety Hotline



KANSAS CITY

(816) 595-4164 • (314) 781-2356
ST. LOUIS **ext. 1050**

Stay safe. Stay protected. Report problems.

Sobering

Opioid use jumped in 2020, particularly among those working in the skilled trades. *"If I'm supervising 10 guys, two or three will be using almost every day."* Substance abuse is slowing down work and turning many workers into addicts. Read more in this sobering [Wall Street Journal](#) piece (*may require a password.*)



Did You Know?

Contrary to popular belief, your health benefits through the Carpenters are **not** funded by union dues.

Your health benefits are a result of contract negotiations between your employer and the Carpenters Regional Council (CRC). Within the CBA, a portion of the overall wage package negotiated between your employer and the CRC is dedicated to your health benefits.

What does this mean? If you are a Journeyman, your employer paid benefits contributions include: \$7.72 for health & welfare, \$9.35 for pension and \$0.70 for annuity.

Being a smart healthcare consumer means that you use your benefits appropriately. For example, when you use the ER for services that are not emergency, such as an earache, that could be treated virtually using Cigna's MDLive, it costs (both you and) the health plan a lot more money. Using the ER when only absolutely necessary or visiting an in-network facility for care helps manage healthcare costs. If the health plan needs money, additional monies are requested and funded during negotiation. Ultimately, that takes away from money that could ultimately go to you - directly on your check.



“ I have been given no less than two dozen compliments over the last several months about your wellness center - the courtesy and professionalism with a personal touch from the staff. A great addition you have created for your members. ”

Jerry Harmon



ANNOUNCEMENTS

Bass Tournament

Saturday, April 24, 2021

Lake of the Ozarks

Cash prizes!

Entry fee: \$150 per boat (includes Big Bass)

*Download entry form [HERE](#)



Sign up for myCigna

Cigna is more than just your health plan network. Cigna became your **health partner** on January 1. (non-Medicare participants only)

24/7 support is just a call or click away. Log in to myCigna.com or the myCigna App or call Cigna One Guide at 800.CIGNA24 (800.244.6224) anytime.



With Cigna you can:

1. Take your online health assessment
2. Get your preventive care and find an in-network doctor
3. Participate in a health coaching program for chronic condition management or lifestyle management, such as smoking cessation or stress management
4. Get medical and behavioral care without going anywhere with virtual care through MDLive (MDLive replaces the virtual visits previously offered through Teladoc)

If you have additional questions about Cigna and what they offer, please call Cigna's One Guide 24/7 at 800.244.6224 or Carpenters' Member Services at 877.232.3863, option 1, M-F, 7a- 5p.

Mercy MAP Online Seminar

Carpenters' Member Assistance Program provided by Mercy Behavioral Health will be offering online seminars each month in 2021. Catch January's seminar on Reframing Your World to discover practical ways to live a more present and positive life.




When: January 19

Where: **Mercy MAP website**

Username: CARP / Password: map

MEMBERS ASSISTANCE PROGRAM **JANUARY 2021**



Reframing Your World

ONLINE SEMINAR

Being present in the moment

Discover the practical ways to reframe your perspective to live a more present and positive life.

Member Assistance Program

Always Available | Free | Confidential

LET US HELP

Visit your home page starting January 19th:

- Go to mbh-eap.com/members/resources/work-life-balance/
- Click on "Click here to access your EAP Work Life Program"
- Enter the username and password as shown
 - ❖ USERNAME: **CARP**
 - ❖ PASSWORD: **map**

TOLL-FREE: 800-413-8008 #2

WEBSITE: www.mbh-eap.com

Available anytime, any day, your Member Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

ICRA 8-Hour Refresher and 8-Hour Awareness

Eligible UBC members can now use the International Training Centers' **Learning Management System** to take the 8-hour ICRA refresher online (for members who have completed the 24-hour course previously).

Additionally, anyone who has not taken the 24-hour course is now able to take the 8-hour ICRA Awareness course at the same link above.

UBC members who are ICRA-trained provide much-needed expertise in this crisis to ensure that proper protocol is followed and necessary containment measures are being taken.



COVID-19 Preparedness Qualification

The ITC is offering a new COVID-19 Preparedness Qualification online course that covers guidelines and procedures outlined by OSHA. The course is available to all members through the CITF Learning Management System. Members can **access the course online**.

After you've logged on at the link above, **click here** for the course.





We're working hard to track all the construction jobs within our council. With your help we can expand our opportunities for members to go to work. When you become aware of an upcoming project or see any project starting (union or non-union) let us know by calling **(314) 644-7225**. If it's going on in Kansas, Missouri or southern Illinois, we want to know about it!

COUNCIL CALENDAR

Council Events

Local Meetings

Please note, all CDC guidelines will be followed to ensure the safety of our members.

The Jan. 12 regional council meeting is canceled.

All local meeting are canceled through February.

TRAINING

TRAINING NOTICE

MSHA Training

The CRC training centers will offer MSHA training in January. Because of COVID, **advanced registration is required** and unlike in the past, walk-ins cannot be accepted.

[View training schedule here](#)

First Aid/CPR/AED Training

First Aid/CPR/AED classes have resumed and open to all apprentices and journeymen at the Carpenters Training Center with several options available.

Pre-registration is required by calling Henry Johnson at **(314) 457-8300**.

Visit www.carpdc.org for available dates.

Kansas City Builders Assoc. Training Schedule (Jan - March 2021)

For a list of Safety, Health and Environmental courses [CLICK HERE](#)

****ONLINE TRAINING OPPORTUNITIES****

UBC ITC Online Courses

ICRA Refresher: Members may now get their 8-hour ICRA Refresher online through the CITF Learning Management System. UBC members who are trained provide much needed expertise in this crisis to ensure that proper protocol is followed and proper containment measures are being taken. Access it by [clicking here](#).

Trouble logging in? This [resource document](#) can help.

COVID-19 Preparedness Qualification: This course covers guidelines and procedures outlined by OSHA. The course is available to all members through the CITF Learning Management System. Members can access the course by [clicking here](#).

**Please note, this course is not optimized for mobile or tablet. Desktop or laptop computers are recommended.*

***NEW* Online Computer Courses**

CJAP has added additional online training opportunities for our members. Now is a great time to refresh your safety training, advance your skills or get your upgrade.

Now available: [Assa Abloy](#) door hardware door courses!

Apprentices who complete all four IC3 (4) courses will receive 1-Unit of training for completing and passing ALL FOUR courses in this recommended order 1) Computing Fundamentals, 2) Living Online 3) Word, 4) Excel.

Visit carpdc.org for more information and how to sign up for these online classes.

AdvanceOnline Training Courses

Free AdvanceOnline Training includes the following bundled courses:

- OSHA Focus Four and Electrical Hazards
- OSHA – Exposures to Health Hazards
- OSHA – Managing Safety & Health and Fall Hazards
- OSHA – Introduction and Material Handling Hazards
- OSHA – Preparedness and Response to Hazards
- All Bundles listed above

For more information or to sign up, visit carpdc.org.

AdvanceOnline OSHA-10 and OSHA-30

Check out the details on carpdc.org and sign up for this online OSHA training. This training is free as long as it is successfully completed.

All AdvanceOnline Training Course questions should be directed to AdvanceOnline Customer Service as outlined on our website.

1/14/2021

Constant Contact

St. Louis - Kansas City Carpenters Regional Council | 1401 Hampton Ave, St Louis, MO 63139

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