



# IMPACT

MAR/APR  
2012

## Upcoming Events

### MARCH

#### Aurora Day at the Capitol

State Capitol Building,  
Old Supreme Court Chambers  
Colfax Ave. and Lincoln St.  
RSVP to Tyra at 303-739-7046  
March 2 | 7:30 am

#### Business Before Hours

Spalding Rehabilitation Hospital  
900 Potomac St.  
March 14 | 7:30 am

#### ChamberMaster Training

Chamber Office  
March 14 | 12noon

#### Happy St. Patrick's Day!

March 17

#### Business After Hours

Holiday Inn Stapleton  
3333 Quebec St.  
March 22 | 5-7 pm

#### Legislators Breakfast

Medical Center of Aurora  
1501 S. Potomac St.  
7:15 am

### APRIL

#### Aurora Events Connection

#### Business After Hours #5

Hilton Garden Inn DTC  
7675 E. Union Ave.  
April 11 | 5-7 pm

#### Member Orientation

Chamber Office  
March 18 | 12noon

#### Annual Awards Banquet and

#### Silent Auction

Crowne Plaza Hotel DIA  
15500 E. 40th Ave.  
April 20 | 5 pm

Connect With Us!



## Chamber urges businesses to apply for prestigious Alfred P. Sloan Award

For the fifth year, the Aurora Chamber has been asked to reach out and urge top businesses to apply for the highly respected

*Alfred P. Sloan Award for Excellence in Workplace Flexibility.*

"We've been hugely successful in identifying a number of outstanding companies locally like **Arapahoe/Douglas Works!** and **Merrick** which proved to be up to the high standards set by the Sloan Foundation for this award," said Kevin Hougen, president and CEO of the Chamber. "And I'm certain there are a number of other organizations that could be future award winners."

Mitzi Schindler, who coordinates the effort for The Chamber said that applications are currently being taken for the Sloan Award. "We would like to encourage our businesses, big and small, to apply if you believe that your company is implementing innovative and effective workplace flexibility methods."

Applications are available and may be submitted at the When Work Works web site, [www.whenworkworks.org](http://www.whenworkworks.org). Deadline for applications is March 26.

Schindler said the award could

benefit businesses in many ways. "In fact we have a list of the top ten reasons you should apply in 2012," she said.

10. It's a great opportunity to strengthen your organization's brand.
9. It lets your customers know that you are an employer of choice in responding to the needs of employees and their families.
8. It gives you a tool to use to recruit and retain top talent.
7. It involves you in a vibrant and engaging network of organizations that are using workplace flexibility as an effective business strategy.
6. It increases your organization's visibility, by being an expert source on issues of effective and flexible workplaces for the media.
5. It shows your employees that an effective and flexible workplace is a priority for your organization.
4. It offers you the opportunity to be a winner and get national and local recognition.
3. It enables you to be featured in the Guide to Bold New Ideas for Making Work "Work," the go-to source on best practices.
2. It provides an opportunity for you to learn what your organization is already doing well and how these efforts can be enhanced through the benchmarking reports provided to all applicants.



*Seedlings grow into earnest young trees, which hardly resemble the glorious forest they will become. As they grow together, each plant reaches for the sun and absorbs the nutrients of the earth. Clearly, the saplings grow stronger together than as individual trees; providing the perfect habitat for all to prosper. ~*

**Growing Together**  
**Annual Awards Banquet**

April 20, 2012 — Crowne Plaza Hotel



Join us April 20, 2012 at the Crowne Plaza Hotel for the Annual Awards Banquet and Silent Auction. We will be celebrating the "Growing Together" that our community has experienced, as well as the bright future in front of us.

And the No. 1 reason to apply for an Alfred P. Sloan Award for Excellence in Workplace Effectiveness and Flexibility: **Stand out from your competition as an organization whose leadership values its employees.**

The *Alfred P. Sloan Awards* are a component of the *When Work Works* initiative, bringing research on workplace effectiveness and workplace flexibility into business and community practice. The Aurora Chamber of Commerce has been singled out by the *When Work Works* to be their metro area community partner of the initiative.

"I'm confident we'll once again see a number of Chamber businesses on the award winner list," Hougen concluded.



#### Commander briefs community

Col. Dan Dant, commander of the 460th Space Wing at **Buckley Air Force Base** in Aurora, shared the latest information about his organization at the Annual State of the Base presentation on February 1, 2012. The event, which drew a sell-out house at the **DoubleTree by Hilton** in Aurora, was co-sponsored by The Chamber Defense Council and the **Aurora Rotary Club**. Colonel Dant told the crowd that the State of the Base was strong and secure and as is the tradition, he formally released the Buckley Economic Impact Statement for the past year (2011). According to him, Buckley not only helped create more than 5,200 indirect jobs, it also pumped some \$1.01 billion into the economy last year – including more than \$52.2 million in local purchases and \$619.7 million in annual payroll. He said the base, which hosts partners from every branch of the service, the National Guard, the Reserve and several allies, has nearly 13,000 people working there. A summary of Col Dant's remarks is available on the Aurora Chamber web site. (USAF Photo)

Receive  
the **IMPACT**  
online



## Do you want to receive the Chamber IMPACT Newsletter Online only?

If you would like to get the IMPACT newsletter online only, please email [Mitzi.Schindler@aurorachamber.org](mailto:Mitzi.Schindler@aurorachamber.org), and you will no longer receive a printed copy in the mail. Instead, you will get a message via email each month to view the newsletter online.



**Kevin Hougen**  
*President & CEO*

# President's Letter

## Directory, Directors, Direction

### 2012 Directory hits the stands

We are proud you have chosen the Aurora Chamber of Commerce as your powerful, yet balanced voice for the business community. We are also very proud to once again provide one of the most valuable resources in the Eastern Metro Business Community: The **2012/2013 Membership Directory**.

Distributed to more than 1,500 area businesses, and based on past performance, you can expect these directories will generate at least **120,000 referrals** over the next year alone. Our directory joins our website -- [www.aurorachamber.org](http://www.aurorachamber.org) — as a source of excellent business referrals. Updated daily by our members and staff, the Chamber website gets more than **15,000 hits per month** — and you are all in there!

### Chamber Board of Directors make-up

Each spring, a nominating committee made up of Aurora Chamber members, along with the president, suggests future Board members to fill the slots of the retiring members. As you'll note, several of our Board members' three-year terms expire on May 31, 2012. A member can serve a second three-year term under the Chamber's bylaws. The following board members have been asked to serve additional three-year terms.

- Brigadier General Trulan Eyre, **140th Wing (Colorado Air National Guard)**
- David Gruber, **Cybertap/Merlin International, Inc.**
- Suzanne Pitrusu, **Wells Fargo Bank**
- Cheri Prochazka, **Fitzsimons Credit Union**

Chairman of the Board Dave Gruber has filled one position on the board by appointment:

- Lisa Buckley, **American Automation Building Solutions**

Arapahoe County Commissioner Frank Wedding has retired from the County and new **Arapahoe County Commissioner** Bill Holen will take his place.

Also, Aurora Mayor Ed Tauer, having served the last eight years, has been replaced by **Mayor Steve Hogan**.

Centennial City Council Member Todd Miller has also retired and his replacement is that city's **Mayor Cathy Noon**.

We want to sincerely thank Mayor Ed Tauer, Councilmen Todd Miller and Commissioner Frank Weddig for their commitment and dedication to our business communities.

### Chamber Board Positions 2012-2013

We are also very proud to announce that the following board members will be leading us into what promises to be an exciting year of growth and prosperity. The following board members will be formally announced at the April 20th **Annual Awards Banquet** at the Crowne Plaza Hotel.

- |               |   |
|---------------|---|
| Chair 2012-13 | Jeff Thompson, University Hospital                |
| Past Chair    | David Gruber, Cybertap/Merlin International, Inc. |
| Chair Elect   | Rich Allison, Milender White Construction         |
| Secretary     | David Patterson, Rural/Metro Ambulance            |
| Treasurer     | David Maxwell, FirstBank of Aurora                |

Please help me welcome our Chamber Board Leadership Team for 2012-2013!

### Direction

One last thing. I mentioned our Annual Awards Banquet on April 20. This is one of the truly great events in the Eastern Metro area each year. A "black tie" event that lets you get all dressed up, it is truly a wonderful evening with one of the best silent auctions anywhere; great food and beverages; our Board of Directors "Change of Command;" and, perhaps most importantly, recognition of some of our most outstanding citizens. You'll have the opportunity to meet the best of the best in this area: Business of the Year, Woman of the Year, Man of the Year, Small Businessperson of the Year, just to name a few. And somehow we manage to keep it a secret until we formally announce on that evening. The look on the faces of our winners is priceless. We only do this once a year, and while I can't really *direct* you to attend, you really won't want to miss it!

### The Chamber's Mission

The mission of the Aurora Chamber of Commerce is to serve as a voice for the business community, acting as an advocate for its members on issues that affect their growth and long-term economic vitality.

### DON'T FORGET: "Every employee of a Chamber member is a member of The Chamber"

Please route this issue to your sales reps, account managers, marketing directors, HR and PR departments. You can also access each month's newsletter online at our website, [www.aurorachamber.org](http://www.aurorachamber.org), so you can forward it to every employee in your company!

The **IMPACT** is published for the members of the Aurora Chamber of Commerce. Subscription rate to nonmembers: \$50/year. Advertisers: The Chamber members—use the **IMPACT** to advertise your products and services to over 1700 Aurora Chamber members. Advertising space only available to members. The **IMPACT** also accepts preprinted inserts. Contact The Chamber for details. Deadlines: the 10th of the month prior to publication.

## Chamber Board

### Executive Directors

- Chair of the Board*  
David Gruber | Cybertap/Merlin International, Inc.
- Chair Elect*  
*Vice Chair – Public Issues*  
Jeff Thompson | University of Colorado Hospital

- Immediate Past Chair*  
Mark Moses | Outback Steakhouse

- Past Chair Once Removed*  
Craig Ward | Padgett Business Services

- Secretary*  
David Patterson | Rural/Metro Ambulance

- Treasurer*  
David Maxwell | FirstBank of Aurora

- Vice Chair-Business Development*  
Dwight Taylor | Rocky Mountain Law Group, LLC

- Vice Chair-Member Services*  
Rich Allison | Milender White Construction

### Directors

- Jason Altshuler | Westerra Credit Union
- Joe Barela | Arapahoe/Douglas Works! Workforce Center
- Bob Barké | BAR-K Insurance Solutions
- Randy Berner | Adolphson & Peterson Construction
- Larry Borland | CenturyLink
- Lisa Buckley | American Automation Building Services
- Tom Henley | Xcel Energy
- Mickey Hunt | Colo. Department of Military & Veteran Affairs
- Bob Jamieson | Mutual of Omaha
- Todd Landgrave | Northrop Grumman
- Alfonso Nuñez | La Cueva Restaurant
- Suzanne Pitrusu | Wells Fargo Bank
- Cheri Prochazka | Fitzsimons Credit Union
- Ryan Simpson | The Medical Center of Aurora, HealthOne
- Jo Snell | E-470 Public Highway Authority
- Matt Webber | Kaiser Permanente
- Michael Wukitsch | Children's Hospital Colorado

### HONORARY DIRECTORS

- Brig. Gen Trulan Eyre | 140th Wing COANG
- Barry Gore | Adams County Economic Development
- The Honorable Steve Hogan | Mayor, City of Aurora
- Bill Holen | Arapahoe County Commissioner
- Wendy Mitchell | Aurora Economic Development Council
- The Honorable Cathy Noon | Mayor, City of Centennial

### Staff

- President & CEO*  
Kevin Hougen
- Sales & Marketing*  
Naomi Colwell
- Leadership Director*  
Kimberly Curtis
- Finance Director*  
Linda Lillyblad
- Senior Vice President*  
George Peck
- VP, Membership Development*  
Paul Rosenberg
- Communications*  
Mitzi Schindler
- Membership Services*  
Mary Beth Sharp

### Associates

- Tom Thompson | Procurement Technical Assistance Centers (PTAC)
- Judy Emery | Healthcare Partners Project Manager
- .....
- Mario Waller | Six & Six, inc./Newsletter Design

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## Aurora Chamber Spotlight on: Kris Jordan, Garvin's Sewer Service

At first glance, she isn't exactly who you would think of when you think sewer service, but Kris Jordan is changing that perception. As a self described "plumbing girl" Jordan is part of the third generation of the family owned plumbing company, **Garvin's Sewer Service**, and an essential piece of the Chamber Ambassador team.



She has certainly earned her pipe wrench having served as janitor, dispatcher, administrator and marketing manager before moving into her current job as general manager.

She proudly says that **Garvin's Sewer Service** began in 1940 as the first drain-cleaning company in Denver.

"Garvin's specializes in drain cleaning for residential, industrial, and commercial clients of all sizes. We have also grown to offer a full range of plumbing and heating services including water heater service, boilers, furnaces, evaporative coolers, air-conditioning, pipe and fixture replacements and more," she said.

Jordan said she is most proud of the thousands of dollars Garvin's saves customers through the use of their objective sewer scopes and free second opinion

DVD reviews. "We find that when our customers come to us for a second opinion, more than 80 percent tell us they are being pressured to buy a sewer line replacement. After we take a look, we find that most just need a cleaning - usually at less than a third of the cost of replacement."

Jordan and her team stand by their business philosophy created by her father, the current owner, Kenneth Aston who says:

*We want to be a business that can provide our employees and their families a comfortable lifestyle. We are a sustainable business, and will continue to grow into the future. We strive to have the latest equipment in the plumbing industry, in order to help serve customers' needs.*

And, although the business is healthy and customer service is a priority, Jordan says that Garvin's is not purely profit-driven. "Our goal is to be profitable enough to maintain standards of excellence and quality plumbing service, while keeping a professional attitude and addressing customer concerns." She said this approach is fully supported by their mission statement:

*We believe that customers have the right to expect fast, efficient service; that our service will be done by*

*employees who are knowledgeable, polite, and neat; we treat our customers with respect in order to achieve a long and productive relationship upon which they can rely; and we are dedicated to maintaining the integrity of the Garvin's name.*

That mission has served Garvin's well. They were awarded the 2011 Angie's List Super Service Award, an annual honor bestowed on only 5 percent of all local service and health providers rated on the nation's leading provider of consumer reviews.

Along with being a Chamber Ambassador, the "plumbing girl" is the mother of two daughters, loves volunteering, is currently serving as a mentor with Colorado Youth at Risk at Aurora Central High School, and has served with Goodwill Industries and on Building Owners and Managers Association's Community Affairs Committee. She also enjoys helping people to learn EXCEL and to set up Social Media profiles.

Jordan loves marketing and hopes to bring new technology, another generation of customers, and more fun to her company. For more information, fun blogs and tips, visit Garvin's on Facebook, Twitter or [www.303Garvins.com](http://www.303Garvins.com)

For more information about the Ambassador Program, contact [MaryBeth.Sharp@aurorachamber.org](mailto:MaryBeth.Sharp@aurorachamber.org).

## 21st Century Teaching and Learning

**Karen Hookstadt** | *Spalding Rehabilitation Hospital*

**WOW!** January 19, 2012 was an amazing day to learn about 21st Century education at its best!

I would have never imagined that I would want - or be excited - to return to high school, but I was very impressed with Dr. Mary Chesley, superintendent of the **Cherry Creek School District**. She shared great information about what has been achieved over the years, even though school systems are faced with the daunting task of teaching our youth to grow and develop in order for them to be successful in their career choice. It was also exciting to hear about the development of a curriculum that matches the needs of current and future workforce; and the STEM program is amazing. It has renewed my hope for our youth.

The second portion of the day was very exciting for me, as I work in healthcare, and the history of Building 500 on the **Anschutz Medical Campus** is fascinating. Built in 1918 with 1,000 beds, it was filled to capacity after Pearl Harbor.

The building was named Fitzsimons Army Hospital in 1920 after William T. Fitzsimons, the first officer killed in WWI. The Eisenhower Suite on the eighth floor is named after President Dwight D. Eisenhower, who stayed there for seven weeks after a heart attack. And after seeing that room, I have to say that I am thankful that our technology in wheelchairs has evolved over the centuries.

Dr. Richard Krugman, vice chancellor for Health Affairs, was correct in stating that we have "world renowned healthcare" right here in Aurora. He also shared some great stories about the history of healthcare - as well as some fascinating life stories of his own. (I think I could listen to him all day!)

I thoroughly enjoyed the hands on training at the "CAPE" (Center for Advancing Professional Excellence), and absolutely love the current trends



*Leadership Aurora Class President Daniel Rodriguez, with Allstate Insurance, talks with students at the STEM Center at Cherry Creek during the January 2012 Education Day Session.*

and technology available in the teaching setting. This day rekindled my excitement about education at all levels, and made me a bit envious of the opportunities our future high school and healthcare providers are being offered.



**The Leadership Aurora Golf Tourney**  
June 21, 2012 • Heritage Eagle Bend Golf and Country Club



**SAVE THE DATE**  
Leadership Aurora  
Graduation Celebration  
June 7, 2012

# Member News

## Rep. Todd Presented "Legislator of the Year" Award by MHA Colorado

**Representative Nancy Todd** was presented the Legislator of the Year Award by the Mental Health America of Colorado Organization. She received the award at the 19th Annual Legislative Education and Advocacy Day luncheon.

Don Mares, CEO of MHA Colorado, thanked **Rep. Todd** for her efforts over the years on behalf of Coloradans with mental illnesses.

MHA Colorado was established in 1953 in an effort to advocate the elimination of stigma and discrimination against people with mental illnesses, educate the population about mental illness and increase access to mental health treatment.

**Rep. Todd** said she is grateful for the award and will continue to work on behalf of citizens with mental illness.

"I am truly honored to receive an award such as this," **Rep. Todd** said. "Mental health is an important cornerstone in a prosperous society—and one that is all too often ignored. MHA Colorado's goals and mission are admirable, and I share them. I thank them for all the work they do, and thank them for this truly extraordinary award."

## A&P wins 2011 ABC National Safety Merit Award

**Adolfson and Peterson (A&P)** has been awarded a 2011 ABC National Safety Merit Award in recognition of the company's superior long-term performance and dedication to jobsite safety. **A&P** was one of only 22 companies selected to receive this year's award.

**A&P** is consistently recognized as one of the safest companies in the construction industry, and recently reached a significant safety milestone in working more than 4.4 million hours without a lost-time injury. In addition, **A&P** was one of 12 companies to be named America's Safest Companies by *EHS Today* magazine.

## Arapahoe County Fairgrounds manager named Rocky Mountain Association of Fairs Southeast Director

**Arapahoe County Fairgrounds** and Regional Park Site Manager Jim Abendschan has been named the first Coloradoan Director of the Southeast Region of the

Rocky Mountain Association of Fairs. As director, Abendschan will work with other fair managers to identify trends within the industry and organize opportunities for ongoing education.



Jim Abendschan

Abendschan has earned several honors during his 16-year fair management career. In 1999, he was Colorado Fair Manager of the Year and in 2004 Rocky Mountain Region Fair Manager of the Year. He's also obtained accreditation as a Certified Fair Executive.

Planning is underway for the Prairie Palooza Games at the 2012 Arapahoe County Fair, July 25 – 29. The county is now accepting vendor and sponsor applications. To learn more, visit [www.arapahoecountyfair.com](http://www.arapahoecountyfair.com), become a fan on

Facebook and sign up to receive the Arapahoe County Fair e-newsletter.

## Centennial receives two awards at APWA Luncheon

**The City of Centennial** recently received two awards at the 2011 American Public Works Association (APWA) Colorado Chapter Annual Luncheon.

**Centennial** was recognized in the category of Engineering/Construction Management for Infrastructure Upgrades and Opening Support for IKEA Centennial and for the Energy-Saving Transportation Plan in the category of Environmental Design – Maintenance – Operation for Energy.



Centennial Mayor Cathy Noon

"**The City of Centennial** and our regional partners are very pleased to be recognized for these projects," said **Centennial** Mayor Cathy Noon. "Each project demonstrates the outcome of successful partnerships. The City continues to take pride in improving infrastructure and safety for our residents. These projects were completed on time and within budget and have a great benefit to the community."

## Military contract awarded to Spartacus Combatives

**Spartacus Combatives** in collaboration with [www.reactiontoviolence.com](http://www.reactiontoviolence.com) recently announced a confirmed Military training contract. Content of the contract will include **Spartacus'** Personal Protection and Self Defense training. (Similar training is offered on their open to the public Monday evening classes.) Further information can be found at [www.spartacuscombatives.com](http://www.spartacuscombatives.com), under training, then civilian courses.

"We are honored to have been selected once again to offer our services to ensure the safety of troops

being deployed, and to ensure every possibility of returning home safe to family and friends," said Peter Haug, chief instructor at **Spartacus Combatives** – formerly KAPAP Denver.

## Rural/Metro celebrates 64 years of public safety services

On February 2, **Rural/Metro Corporation** celebrated 64 years since its founding in 1948. Locally, **Rural/Metro** has served Colorado since 1998.

**Rural/Metro** of Central Colorado and Pridemark Paramedic Services, a



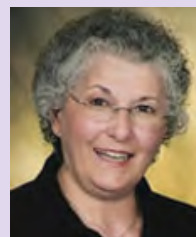
**Rural/Metro** Company, currently serve the communities of Arvada, Aurora, Edgewater, Fairmount, Highlands Ranch, Littleton, and Wheat Ridge. The company celebrated its founding and honored its dedicated employees by taking cake to company ambulance stations, conducting a radio call out, and holding a trivia game for employees.

**Rural/Metro Corporation**, through its ambulance and specialty fire protection services, impacts nearly 1.2 million lives annually in 20 states and 440 cities and counties across the nation. The company boasts nearly 6,000 paramedics, EMTs and firefighters and 2,000-plus professional staff.

## Hertz named Best U.S. and International Car Rental Company by Travel Weekly

**Hertz Corp.** won the 2011 *Travel Weekly's* ninth annual Readers' Choice Awards for Best Domestic and Best International Car Rental Company, for the ninth consecutive and eighth year, respectively. The reader survey, conducted annually, evaluates an array of companies in diverse travel industry sectors and is presented to suppliers considered by *Travel Weekly* readers to have excelled in product and service delivery during the prior year.

## Grandma's Handyman Service earns fifth consecutive Angie's List Super Service Award



Yvonne M. Costin  
President

**Grandma's Handyman Service** has been awarded the prestigious 2011 Angie's List *Super Service Award*, in three categories – an honor bestowed annually on approximately 5 percent of all the businesses rated on the nation's leading provider of consumer

reviews on local service and health providers.

In discussing company policy, President Yvonne M. Costin, aka Grandma, declared, "As a growing woman-owned small business, we are very careful to protect our reputation by doing the best work possible at a fair price. We are

always here to answer the phone, answer questions or concerns, offer referrals to other providers we trust for work we cannot or do not do, help advise customers how to save money, and even suggest how they can fix some things themselves. We pride ourselves on excellent customer service and our ability to problem-solve. We will do everything humanly possible to make a client happy."

"Only a fraction of the businesses rated on Angie's List can claim the sterling service record of being a *Super Service Award* winner because we set a high bar," said Angie's List Founder Angie Hicks. "The fact that **Grandma's Handyman Service** can claim *Super Service Award* status speaks volumes about its dedication to consumers."



# Ribbon Cuttings



**Relax and enjoy the experience at Roosters.** Mike Sherman, owner of **Roosters Men's Grooming Center**, cuts the ribbon for his second barbershop, which recently opened at 24300 E. Smoky Hill Rd. (His first **Roosters** is located at 15420 E. Smoky Hill Road). The official Rooster was there – as well as the cow from Chick-fil-A, because the event was catered by Chick-fil-A! (Photo courtesy Brian Molitoris Photographer)



**Come on in and spend a night or two.** Despite an impending snow storm, it was a successful ribbon cutting at the new **Hampton Inn & Suites** at 4310 Airport Way, as General Manager Marcelo Birckenstaedt makes it official! The new **Hampton Inn & Suites** is centrally located, close to DIA and everything in the eastern Metro area. (Photo courtesy Brian Molitoris Photographer)



**The new "in" sport—Boxing!** Glenn Goodson, owner of **A1 Boxing & Fitness** proudly cuts the ribbon for his new facility at 700 Buckley Rd. **A1 Boxing & Fitness** is an amateur boxing facility and sports recreation gym - and the first of its kind in the area. Goodson also administers the Glenn Goodson Sports Community Organization, a non-profit organization which provides opportunities for disadvantaged youths to improve their life skills by participating in sport training programs.



**Who needs a ribbon when you have a delicious Chick-fil-A sandwich?** It was a tasty event at the newest **Chick-fil-A** at Alameda and Crystal, conveniently located directly across the street from the Aurora Chamber! Below, Karen Arangua (to the right of the cow), owner of the restaurant, enjoys her sandwich along with the others. (Photo courtesy Brian Molitoris Photographer) Of course, included in the festivities was a traditional ribbon cutting ceremony (left) – executed flawlessly by Arangua.



# Back to the Basics: Proper Techniques to Prevent Back Injuries

Lifting, reaching, bending, pushing, pulling — these simple functions can put you at risk for back injuries if done improperly. In addition, back injuries can occur when employees are working in the cold, using a computer for extended periods, or standing for long periods without a break. Slips and falls are also common causes of back injuries. The good news is that back injuries are very preventable.

All industries, from agriculture to administration, have employees who are at risk. Here are some ways employees can avoid back injuries:

## Workstations

- Provide adjustable workstations and fit the workspace to the employee
- Design computer workstations and accompanying keyboards that encourage a natural posture

## Lifting

- Do not carry loads that are too heavy. Know your weight limits
- Keep heavy materials close to the work area
- Ensure that items to be lifted are stored at a level that is between hand and shoulder height

- Avoid twisting your body when lifting materials
- Lift with your legs, not your back

## Standing

- Encourage employees to wear shoe insoles that cushion the foot
- Provide cushioned floor mats at workstations
- Offer sit/stand stools and foot rests so employees can shift their posture

## Reaching/awkward posture

- Place needed tools or other items in front of employees, below shoulder height and as close to the employee as possible
- Position items for the shortest arm reach to avoid over-stretching while reaching up or down
- Position shared items to accommodate both taller and shorter employees

## Pushing/pulling

- Do not push or pull loads that are too heavy. Again, know your weight limits
- Ensure carts, dollies and hampers are in proper working order with wheels that run straight and smoothly

- Push/pull items along a straight path. Avoid turns, stairs, doors and inclines (if possible).
- Clear all pathways of debris and ensure they have dry, even surfaces

## General

- Provide regular break periods and encourage employees to stretch
- Rotate employees to tasks that require different body movements
- Regularly remind employees of safe working procedures. Conduct new hire training, as well as regularly scheduled safety training

*Information provided by Pinnacol Assurance*

# Tracking Bills during the 2012 Legislative Session

The Chamber has been working with our lobbyists, Axiom Strategies, Inc., to track bills of interest as they work their way through the Colorado State Legislature. The latest tracking technology is now in place and we invite you to join us at Capitol Watch. You can check it frequently, as the



online profile will be updated daily.

Capitol Watch gives real-time updates on bills, votes, legislative positions and other information to assist us as we pursue Aurora Chamber policy goals as defined by our major committees - Government Affairs & Education, Transportation, Healthcare, and the Defense Council.

## Aurora Chamber URLs:

- **Bill Tracker (portrait):** <http://www.cocapitolwatch.com/bill-tracker-votes/0/391/2012/0/>
- **Bill Tracker (landscape):** <http://www.cocapitolwatch.com/bill-analysis/391/2012/0/>

## General Interest/Regulatory URLs:

- **Bill Tracker (portrait):** <http://www.cocapitolwatch.com/bill-tracker-votes/0/857/2012/0/>
- **Bill Tracker (landscape):** <http://www.cocapitolwatch.com/bill-analysis/857/2012/0/>

To have a voice in determining Chamber legislative priorities, participate in one or more of Aurora Chamber policy committees listed above. Together we can make a difference!

# Renewals

Adams County Board of Commissioners  
Advanced Circuits  
Air Force Association  
AlphaGraphics  
American Sentinel University  
Arapahoe County Sheriff's Office  
Arapahoe Rescue Patrol, Inc.  
Arapahoe/Douglas Works! Workforce Center  
Arapahoe County Board of Commissioners  
Aurora City Manager's Office  
Aurora Gateway Rotary Club  
Autawash of Colorado-Havana  
Bellco Credit Union - Aurora City Place  
Bellco Credit Union - Havana & Mississippi  
Benefits & Incentives Group Inc.  
Best Western Gateway Inn & Suites  
Bradley M. Pierce Legal Services, Inc.  
Buffalo Wild Wings Aurora - Havana #300  
Canyons at Saddlerock Apartments  
Carlos Klinger & Sons  
Centennial Leasing and Sales  
Centennial, City of  
Central Colorado Area Health Education Ctr.

City Lights Apartments  
Citywide Banks - Aurora East  
Cold Stone Creamery  
College Bound Planning & Funding  
CollegeAmerica  
Colorado Technical University  
Colorado Tire & Service  
Concentra Medical Centers - Southeast/ II  
Courtyard by Marriott - DIA  
DIAPARK.com  
DoubleTree by Hilton Denver-Aurora  
DPRA, Inc.  
Edward Jones - Ev Sequeira  
Embassy Suites Hotel Denver - Aurora  
EMO-TRANS L.A., INC.  
Excelsior Youth Center  
Executive Transportation  
Felsburg Holt & Ullevig  
Fitzsimons Redevelopment Authority  
Focus Insurance Agency  
Food Bank of the Rockies  
Gary Gilliard  
Golf Club at Heather Ridge

Harvard Square Retirement Community  
Haynie & Company  
Infiniti of Denver  
Ingrid Lindemann  
James Moore & Associates, P.C.  
JCPenney  
King Soopers - Corporate  
Kirchhof Group, Inc.  
La Cueva Restaurant  
Legends of Aurora Sports Grill  
Len Lyall Chevrolet, Inc.  
M & M Auto Reconditioning  
Marquis Marble, Inc.  
Marriott Tech Center  
Metropolitan State College of Denver  
Mile High Harley-Davidson  
Mutual of Omaha  
Navy Federal Credit Union  
Northrop Grumman  
Oakwood Homes, LLC  
Outback Steakhouse - Denver Gateway  
Padgett Business Services  
Peak Health Chiropractic

Pinnacol Assurance  
ProFinish Painting & Design  
RE/MAX Unlimited - David J. Barber  
Regal Facility Management  
Security Service Federal Credit Union  
Six & Six, Inc.  
Springhill Suites Denver Fitzsimons  
Steve Bobrick  
TGDanzport Studio  
Top Gunn, Ink  
Town of Bennett  
Transamerica Financial Advisors, Inc.  
United Hebrew Cemetery Association  
University of Colorado Hospital  
Vintage Electrical Services  
Wagner Equipment Co.  
Waste Management of Colorado  
White Glove Car Wash  
Wings Over the Rockies Museum

# NEW MEMBERS

A1 Boxing Fitness  
Air, Ground & Sea, Inc.  
Byrnes Insurance Agency  
CA Technologies  
Coldwell Bank Residential Broker - Tanner  
Colorado Rocky Mountain Cyber Lions Club  
Deep Blanco, LLC  
Denver Transit Partners, LLC  
Employer Emissaries, Inc.  
Hampton Inn & Suites - DIA/Gateway Park  
Harbor Plaza Mini Storage  
Iron Mike Construction LLC  
Jeffery B Jewelers  
Kelly Maze, LLC  
LOGO ON  
Miklosi, Joe for Congress  
Pressroom West  
Republic Services  
Talex, LLC  
Technical Petroleum Services, LLC  
TownePlace Suites-DIA-Fitzsimons  
Villa Marbella Townhouse Association  
Waste Connections of Colorado  
Zookie's Frozen Yogurt