

Revitalize Your Space

Revitalizing poorly utilized space can help maximize your building's efficiency without the heavy cost of expansion. Sometimes the obvious gets overlooked. Here are some cost-effective ways to increase useable space without breaking ground.

Add a mezzanine. A mezzanine can become a useful space for office storage or manufacturing, by utilizing unused headroom.



This mezzanine at Upper Canada Motors is used for additional office space.

Refurbish inefficient spaces. Turn an unuseable space into something more useful.



Unused office space was converted to a pub at The Red George.

Add a new loading dock. Adding a new loading dock can improve the traffic flow in an existing building.



Loading docks at 3M.

Team Addition

Chevron Construction is excited to announce a new addition to their office staff. Jessica Crawford has joined the team in an administrative position looking after Accounts Payable and T&M Invoicing. During the Summer of 2011 and the Summer/Fall of 2012, Jessica worked as an intern helping Chevron Construction create a procedure manual for all areas of business, giving her an overall feel for the business. Jessica graduated from Wilfrid Laurier University with a Bachelor of Arts - Economics.

Stay Connected

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Dundas Power Line Ltd.

Chevron Construction has recently completed a new service building for Dundas Power Line Ltd. in Chesterville, ON. This project is part of Dundas Power's plan to service their own fleet of trucks and equipment, as well as other companies. The 60' x 80' Steelway Metal Building features an in floor service pit, mezzanine, office, washroom and mechanical room. It also has in floor heating throughout the building.

Dundas Power Line's owner, Frank Heerkens, had great things to say about working with Chevron Construction on this project. "All of Chevron's employees were found to be extremely hard working individuals who displayed dedication and pride in producing a quality product and at the same time were fun to work with."



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Channel Eye Movements

Have you ever wondered what someone is thinking when they look away from you? Are they remembering something? Lying? Or are they even listening? Watching which direction their eyes shift may give you an indicator what they are thinking.



Eyes up and to the Right

Mental Activity: Visual Construction (VC)

Description: The person is making an image of something that they have never experienced. While some element of the picture may be from memory, some elements are being constructed (imagined).

Example: "I imagine myself with black hair."

Questions: "What would you look like if you had two heads?" or "How would you decorate this room differently?"

Eyes right

Mental Activity: Auditory Constructed (AC)

Description: The person is imagining something they have never heard before.

Example: "I imagine myself speaking in a foreign accent."

Questions: "What would you sound like if you were the opposite sex?"

Eyes down and to the Right

Mental Activity: Kinesthetic (K)

Description: The person is focusing on an internal feeling.

Example: "I notice how thinking of an uncomfortable event makes me feel."

Description: "How did you feel when you did a speech?" or "Have you ever been car sick?"

Eyes up and to the Left

Mental Activity: Visual Remembered (VR)

Description: The person is remembering an image of something that happened.

Example: "I remember my car."

Questions: "What color is your front door?" or "Can you remember the cake on your fifth birthday?"

Eyes left

Mental Activity: Auditory Remembered (AR)

Description: The person is remembering a sound from memory.

Example: "I remember the sound of my teacher's voice."

Questions: "What did your teacher say when you were late for class?"

Eyes down and to the Left

Mental Activity: Auditory Digital

Description: The person is listening to a voice inside their head.

Example: "I look at my opponent and say 'I can beat them'."

Questions: "How do you talk yourself up before a match?"

Test your "smarts"

Guess the city by it's nickname

- 1) *The Limestone City*
 - a) Kingston, ON
 - b) Rome, Italy
 - c) Aberdeen, Scotland
 - d) All of the above
- 2) *Queen City*
 - a) Regina, SK
 - b) Seattle, WA
 - c) Toronto, ON
 - d) All of the above
- 3) *Brick City*
 - a) Athens, Greece
 - b) Newark, NJ
 - c) Quebec City, QC
 - d) All of the above
- 4) *Big Easy*
 - a) Las Vegas, NV
 - b) New Orleans, LA
 - c) Edmonton, AB
 - d) All of the Above
- 5) *Emerald City*
 - a) Prague, Czech Republic
 - b) Wichita, KS
 - c) Boston, MA
 - d) All of the above

For the answers please visit:
www.chevronconstruction.com

What's been said?

"Creativity is intelligence having fun."
-Albert Einstein



Safety First

Fall Protection

Falls continue to be one of the leading causes of injury in the workplace. To prevent a fall, Fall Protection systems are put in place to protect workers working at elevated heights.

There are three general classes of fall protection systems:

- 1) Fall Prevention Systems - structural design that limits a fall. Some examples are platforms with guardrails, bucket trucks or aerial lifts with work platforms.
- 2) Fall Restraint - prevents a worker from reaching an area where a free fall could occur. If a worker is working within 2 meters (6 feet) of an open or unprotected edge that presents a fall hazard, a restraint system must be used.
- 3) Fall Arrest System - prevents the worker from hitting the ground or any object below them. These systems are typically used when working 3 or more meters (10 feet) above the ground.

Regardless of what type of fall protection is used, always inspect the equipment before every use.

The best protection is to prevent falls from happening in the first place.

For more information on Fall Protection and other safety topics visit www.ontario.ca/healthandsafetyatwork