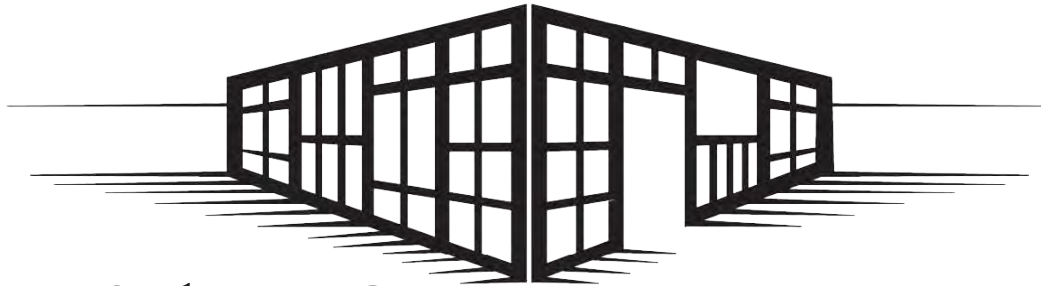


“FOCUSED ON THE SUCCESS OF OUR EMPLOYEES, CLIENTS AND COMMUNITY.”

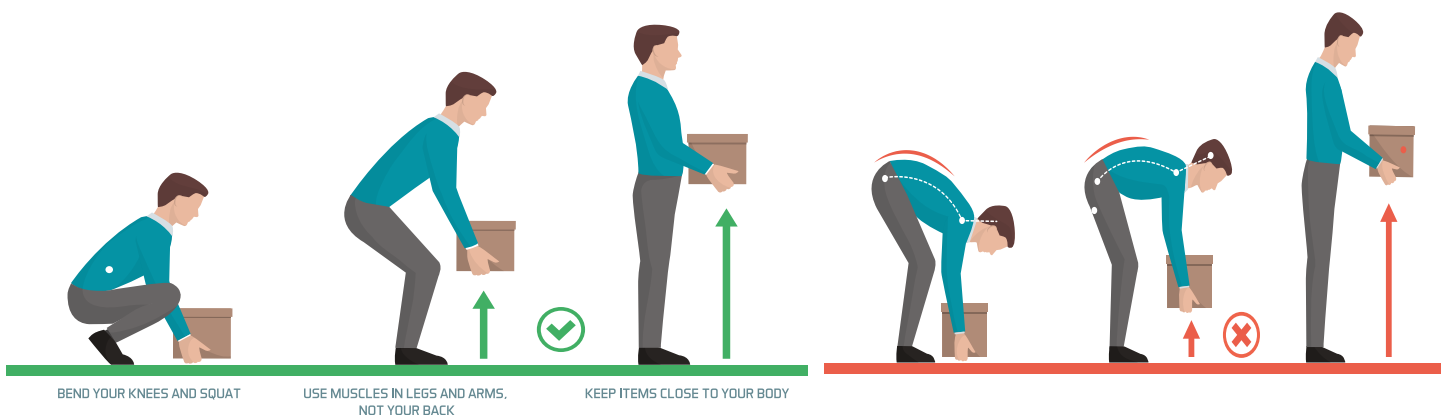


Schiro Construction, Inc.

Safety Spotlight:

Improper lifting techniques often lead to injuries which result in lost time for your employees and company, expensive worker's compensation claims, potential long term chronic pain issues, and more. Make sure everyone on your team learns and practices safe lifting habits. Here are a few tips on how to be safe while lifting heavy objects:

1. Lift with your legs, and make sure you avoid lifting with your back. Lifting with your back increases the risk of back injury.
2. Make sure you are lifting within your body's limitations. Do not lift objects that are heavier than you are comfortable lifting. If objects are too heavy, ask for help.
3. Do not twist your back while lifting heavy objects. You may feel the need to twist to reach while lifting, however this increases your chance of back injury.
4. Teach proper lifting techniques to employees. This will help promote longevity and the health of your employees and their body.



Project Highlight:

76 Gas Station in Hayward, CA

We completed construction of this project in the spring of 2019. We chose to highlight this project because the crew really enjoyed working on this project due to some of the technical challenges involved. The project was a success due to the teamwork of everyone involved in the project.

