



Hello from Headquarters

Happy summer to all of you, albeit one laced with multiple days of +100°F temps. According to NBC Chicago, the last time one of our local airports (Midway) saw triple-digit readings in June on consecutive days was in 1934. That being said, and to echo our International President's sentiments on the former page, do your best to take care of yourself while working in the field.

I realize techs are in short supply and A/C calls are, likely, at an all-time high trying to curtail these temps, remember to follow a few simple tips to protect yourself from heat-related exposure (I know, easier said than done, but do it). This information was obtained from OSHA's publication "Prevent Heat Illness at Work" (www.osha.gov): drink cool water, even if you are not thirsty—at least 1 cup every 20 minutes; take rest breaks to recover from heat; find shade or a cool area; dress for the heat, such as a hat and light-colored, loose-fitting and breathable clothing if possible; monitor yourself and others for signs of heat illness; if wearing a face covering, change it if it gets wet or soiled; and verbally check on others frequently.

Also, be on the lookout for headache or nausea; weakness or dizziness; heavy sweating or hot, dry skin; elevated body temperature; thirst; and decreased urine output. If you or someone you are working with experience any of the aforementioned symptoms, get/give water; remove unnecessary clothing; move to a cooler area; and cool yourself or your colleague with water, ice or a fan. Seek medical care if needed. I have seen a ton of social media posts of workers' selfies after a day in the field, on rooftops, in attics in these triple-digit temps, and honestly, you need to make safety your No. 1 priority.

Having kept the magazine on hiatus for a couple of months, I wanted to bring our Members and readers a small collection of A/C Start-up Season recall with a look at some of our highly read/coveted PM features. We are still working on the flagship publication revamp and are diligently updating nearly everything in our arsenal. Although we have been quiet, we have been extraordinarily busy.

News and announcements about all of this are coming soon. If you do not have an email on file at RSES Headquarters, please log into rses.org and enter one on your personal information page, or call 800-297-5660 and provide it to one of our amazing customer service reps. Hope you can bear with us just a bit longer as we continue transitions. If you are in need of an immediate update, please reach out to your Regional Director or any of our Board Members.

We are here to serve our Membership and the industry at large and are working diligently behind the scenes to ensure the RSES name, its amazing training materials and exams and the benefits provided to you for being a Member serves the greater good of all professionals in this field. RSES truly has your best interest in mind and will stop at nothing to roll out the next wave of products and services to help you do your jobs properly, efficiently and, most importantly, safely. 🙌

Lori A. Schiavo
Executive Vice President

Dave Demma, CM
United Refrigeration Inc.

Chuck Otto
D&C Consulting LLC

Andy Schoen, CM
HVACR Advisors, LLC

Jeffrey Smith, CMS
J.A. Smith Htg & AC

Wesley Taylor, CMS
Mechanical Systems
Consultant, LLC

CUSTOMER SERVICE

For information,
call 847-297-6464
or fax 847-297-5038



BE KIND TO
OUR ENVIRONMENT
AND RECYCLE.

RSES Journal will soon be available again at an annual subscription rate of \$54 for U.S. residents; \$72 for Canadian addresses; and \$78 for all other international locations. RSES Members receive *RSES Journal* automatically as part of their annual dues (\$24 of total dues).

Articles and materials published in *RSES Journal* reflect the views of their authors and do not necessarily represent official positions of RSES or its membership. RSES neither supports nor endorses particular products or services.

RSES Journal (ISSN 1085-0538) is published by the Refrigeration Service Engineers Society. Please send all correspondence related to editorial/advertising/reprint requests or permission to photocopy to: PO Box 248, Arlington Heights, IL 60006-0248. Periodical Postage paid at Arlington Heights, IL, and at additional offices. POSTMASTER: Send address changes to: *RSES Journal*, PO Box 248, Arlington Heights, IL 60006-0248.