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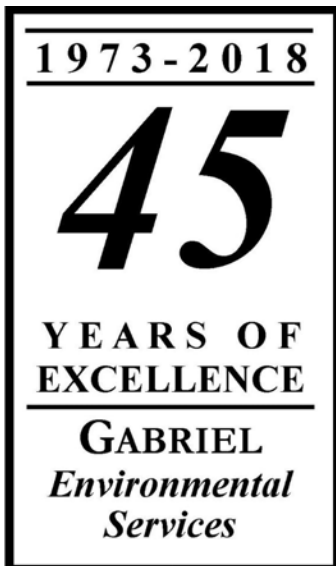


# GABRIEL

*Environmental Services*

FEBRUARY 2018

## Chicago Flower & Garden Show Is Just Around The Corner



## Recipe Corner



### Carne Asada

In just two short weeks, the annual Chicago Flower & Garden Show blooms at Navy Pier. From Wednesday, March 14th through Sunday, March 18th, 2018, enjoy the display gardens, Get Growing educational series, Garden Gourmet demonstrations, kids activities, and much more.

This year, inspiration from and about books will be infused throughout the show: "Flowertales: Every Garden Has a Story To Tell." Chicago Flower & Garden Show has partnered with Bernie's Book Bank, a non-profit organization whose mission is to increase book ownership among at-risk children throughout Chicagoland.

Schedules, tickets, and more details can be found online at [chicagoflower.com](http://chicagoflower.com)

## Beer Chili

### Ingredients:

- 2 lbs carne asada meat
- 2 tablespoons olive oil + pinch of salt and pepper for searing the meat
- 4 cloves garlic, minced or grated
- 1 large onion, finely chopped
- 2 tablespoons chili powder
- 1 tablespoon dark chocolate cocoa powder or cacao powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 28 oz can fire roasted diced tomatoes
- 3 tablespoons tomato paste
- 2 tablespoons apple butter
- 1 12oz can beer (I used 8 oz of Bell's Brown Ale)
- 4-6 cups low sodium chicken broth
- 1-2 (14 oz) cans pinto and or black beans, rinsed and drained (I used 1 can of each)
  
- 2 squeezed limes
- Diced jalapeno
- Shredded Mexican cheese (on top)
- Fritos (on top)
- Fresh diced cilantro mixed in

### Directions:

1) Heat up saute pan and keep pan at medium heat. Add the oil/salt/pepper mix, and then rub beef in the mixture. Sear each side of the steak for 3 minutes.

2) Add all ingredients to the slow cooker, except the beans and toppings. Mix well, and cook on low for 8-10 hours.

3) Shred the beef, add the beans and cilantro, and cook until beans are warmed.

## OSHA Increases Fines for Silica Violations



Effective January 2, 2018, Occupational Safety and Hazard Administration (OSHA) increased its daily fines for silica violations to \$12,934. Willful or repeated violations will now pay a \$129,336 penalty.

OSHA's Respirable Crystalline Silica standard for construction sites requires employers to limit exposure and take other steps to protect workers.

Breathing in very small ("respirable") crystalline silica particles causes multiple diseases, including silicosis, an incurable lung disease that leads to disability and death. Respirable crystalline silica also causes lung cancer, chronic obstructive pulmonary disease (COPD), and kidney disease.

All construction employers covered by the standard are required to:

- Establish and implement a written exposure control plan that identifies tasks that involve exposure and methods used to protect workers, including procedures to restrict access to work areas where high exposures may occur.
- Designate a competent person to implement the written exposure control plan.
- Restrict housekeeping practices that expose workers to silica where feasible alternatives are available.
- Offer medical exams-including chest X-rays and lung function tests-every three years for workers who are required by the standard to wear a respirator for 30 or more days per year.
- Train workers on work operations that result in silica exposure and ways to limit exposure.
- Keep records of exposure measurements, objective data, and medical exams.

This rule became effective in September 2017, except requirements for laboratory evaluation of exposure samples which begins on June 23, 2018.

OSHA has released [several Fact Sheets](#) for how construction companies can limit exposure to silica dust depending on what equipment is being used (eg: handheld power saws, vehicle-mounted drilling rigs, heavy equipment and utility vehicles used during demolition activities, etc).

Gabriel can assist companies in creating a written exposure control plan, as well as perform silica dust testing and reporting. Contact Bill Gray, Senior Vice President, at [bgray@gabenv.com](mailto:bgray@gabenv.com) or 773-617-0287



Applying water to a saw blade when cutting materials that contain crystalline silica - such as stone, rock, concrete, brick, and block - substantially reduces the amount of dust created during these operations.

4) Serve with limes, jalapeno,  
Fritos, and cheese.

*2nd Place - Chili Contest*  
*Matt Lewitke*

with any questions or for a proposal.

More information about the changes can be found on the [OSHA website](#).



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