

Bird Construction

Administering a H&W Program to Field & Office Staff

Presented by:

Steve Adsett, HR Manager – Atlantic

Cody Arnold, Administration – Saint John Branch

Location:

Casino New Brunswick – Moncton, NB

Background of Bird Construction

Maritime Office Locations:

Saint John, NB | Bedford, NS

Fredericton, NB | Dieppe, NB

Number of Employees in Atlantic Canada:

200 Total / 100 Full Time

Type of Work:

General Contracting | Construction Management | Design
Build



120 Millennium Drive, Suite #200
Quispamsis, New Brunswick
Canada E2E 0C6

Tel: 506-849-BIRD
Fax: 506-847-0270
saintjohn.info@bird.ca

Current Project Locations (3/10/2011)

Fredericton - 1 Project

Perth-Andover - 1 Project

Saint John - 7 Projects

Moncton - 2 Projects

Sussex - 4 Projects

Quebec

Prince

New Brunswick

BIRD
Construction Company

120 Millennium Drive, Suite #200
Quispamsis, New Brunswick
Canada E2E 0C6

Tel: 506-849-BIRD
Fax: 506-847-0270
saintjohn.info@bird.ca

How to Spread the Word

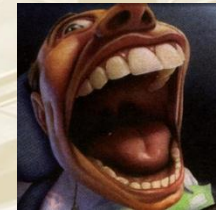


THE BLUE PRINT
BIRD E-News

Internal Newsletters



Email



Word of
Mouth



On-Site Visits



Welcome to Tim's Blog



[Links](#)

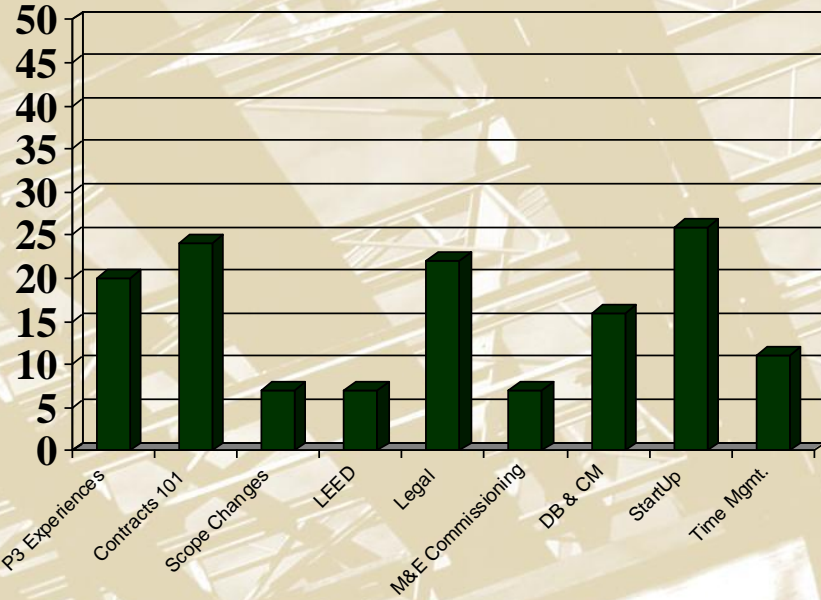
Online Blogs

BIRD
Construction Company

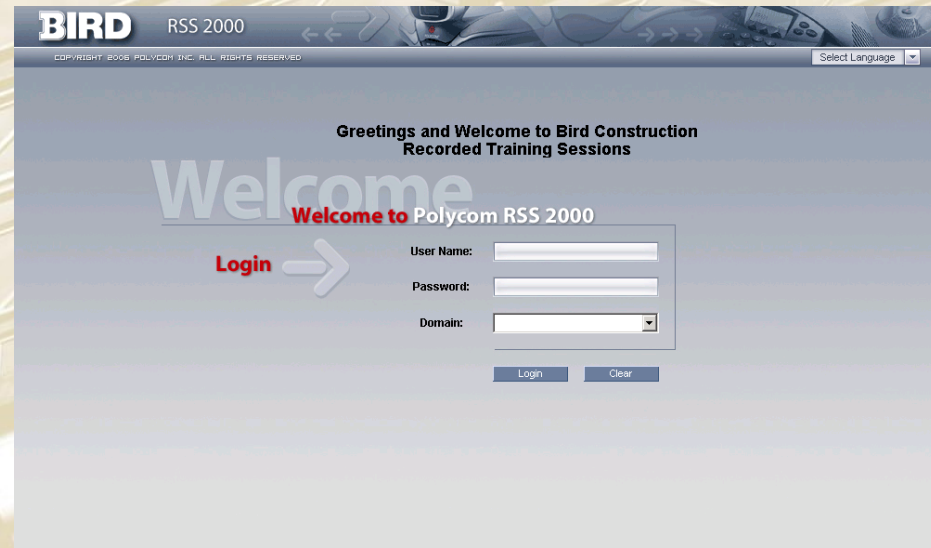
120 Millennium Drive, Suite #200
Quispamsis, New Brunswick
Canada E2E 0C6

Tel: 506-849-BIRD
Fax: 506-847-0270
saintjohn.info@bird.ca

Participation



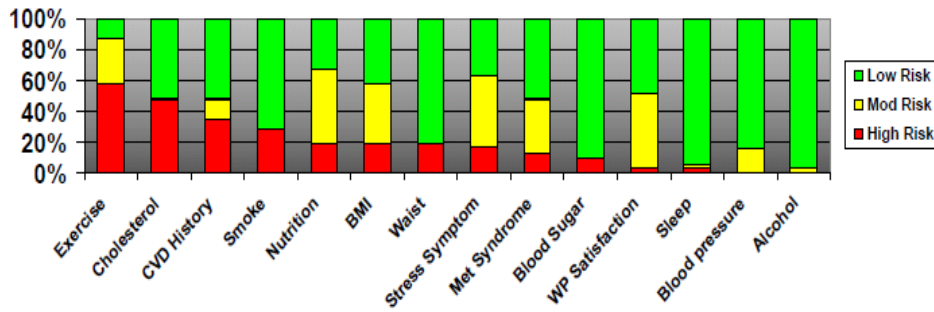
■ # of Full-Time Employees in Attendance



Participation



New Brunswick Health Assessment 2010



Based on 31 Participants

I.P. of Business Health Matters Inc.



BIRD CONSTRUCTION
HEALTH ASSESSMENTS
2010



61 participants (28 in NB)

GENDER	Count	Percentage
Males	40	78% of participants were male
Females	11	22% of participants were female
Total	51	

AGE	Value
Overall average age	37.5 yrs
Average male age	39 yrs
Average female age	33 yrs

	Serious Health Risk	Needs Improvement	Fair	Good	Very Good	Excellent	N/A	Total
BODY COMPOSITION (% of body fat)	<i>*Body Comp not done in Bedford this year*</i>							
Males	3	15	0	5	5	2	0	
Females	2	1	0	3	0	0	0	
Total	5	16	0	8	5	2	0	36
CARDIO ABILITY								
Males		0	4	20	4	3	9	
Females		1	3	6	0	1	0	
Total		1	7	26	4	4	9	51
GRIP STRENGTH								
Males		3	3	11	9	9	5	
Females		0	2	1	4	4	0	
Total		3	5	12	13	13	5	51
PUSH UPS								
Males		4	4	5	11	11	5	
Females		0	1	3	5	2	0	
Total		4	5	8	16	13	5	51
CURL UPS								
Males		7	2	1	3	23	4	
Females		2	1	3	2	3	0	
Total		9	3	4	5	26	4	51
FLEXIBILITY								
Males		12	11	6	6	1	4	
Females		2	2	2	4	1	0	
Total		14	13	8	10	2	4	51
RISK OF OBESITY RELATED DISEASES								
	Low	Increased	High	Very High	N/A			
Males	15	21	1	3				
Females	5	5	0	1				
Total	20	26	1	4	0			51



120 Millennium Drive, Suite #200
Quispamsis, New Brunswick
Canada E2E 0C6

Tel: 506-849-BIRD
Fax: 506-847-0270
saintjohn.info@bird.ca

Culture



BIRD
Construction Company

120 Millennium Drive, Suite #200
Quispamsis, New Brunswick
Canada E2E 0C6

Tel: 506-849-BIRD
Fax: 506-847-0270
saintjohn.info@bird.ca