



April 2026

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**TO BENEFIT ...
PARTICIPATE!**

Thursday, April 23, 2026



Monterey, CA

5:00pm – Contractor Members
Meeting and Dinner

Guest Speakers Jose Munoz, Business
Manager

John Barber and Trudi Teller
IBEW #234

PLEASE RSVP TO

jlchamplin@gmail.com

We hope you will join us!

GENERAL MEMBERSHIP MEETING

**COME AND MEET THE NEW
ADMINISTRATION. DON'T MISS THIS
MEETING!**

**PLEASE NOTE THAT THIS MEETING
IS FOR CONTRACTOR MEMBERS
ONLY.**



HEALTH NOTE CORNER

CARPEL TUNNEL SYNDROME PREVENTION AND TREATMENT

Carpal Tunnel Syndrome (CTS): Is one of the most frequent musculoskeletal disorders among electricians. It results from the compression of the median nerve in the wrist, often caused by repetitive motions like twisting wire, regular use of hand tools, or holding vibrating power tools.

Symptoms of Carpal Tunnel Syndrome include:

- Numbness, pain, burning, or tingling in the wrist or fingers, except for the little finger.
- These sensations may get worse when you use your hands or grip a tool.
- Your hands, fingers, and wrists may feel weaker than normal, causing you to drop things. Actions like opening a jar or holding a fork may be hard to do.
- You may experience temporary relief when you shake out your hands.

Primary Risk Factors

- Repetitive Motion: Continuous tasks like pulling cable, installing conduits, and twisting wire connectors.
- Awkward Postures: Working in cramped or overhead spaces often requires hands and wrists to be in non-neutral, stressful positions.
- High Force: Using significant manual force to operate hand tools or pull heavy-gauge wire.

- Vibration: Frequent use of power drills and reciprocating saws.
- Certain health conditions can contribute to the development of carpal tunnel syndrome. These include obesity, diabetes, rheumatoid arthritis, and hypothyroidism.

How Can You Prevent Carpal Tunnel?

- If you work with vibrating tools, wear gel-padded gloves to absorb the vibrations.
- Select tools with padded, non-slip grips and designs that reduce need for excessive wrist bending.
- If possible, change activities for a few minutes each hour so your muscles don't get stiff.
- Relax your grip on hand tools and also while driving. Most people use more force than necessary when they perform these or similar tasks.
- Take regular breaks to stretch hands and wrists. Click here for exercises: <https://d.docs.live.net/bbb04875659c0422/Desktop/Monterey%20NECA%20Files/Newsletters/2026%20Newsletters/April%20Newsletter.docx>
- Keep your hands warm. Cold keeps your muscles stiff, so wear gloves or adjust the room temperature.

How to treat Carpel Tunnel Syndrome
At Home Treatments

- Ice: Apply cold packs for 10–15 minutes several times a day to reduce swelling.
- Rest: Limit the activities that trigger pain, like heavy gripping or repetitive twisting.
- Night Splinting: Wearing a wrist brace at night is often the first and most effective step. It keeps your wrist in a neutral position, preventing the curling that happens during sleep and compresses the nerve.
- Medication: Over-the-counter nonsteroidal anti-inflammatory drugs

(NSAIDs) like ibuprofen can help manage pain and inflammation in the short term.

Medical Treatments

- Physical or Occupational Therapy: Therapist can teach you nerve gliding exercises (which help the nerve slide through the carpal tunnel) and strengthening routines for your forearm.
- Acupuncture: Reduces inflammation, increase blood flow to alleviate nerve compression.
- Corticosteroid Injections: If symptoms persist, a doctor may inject a steroid into the carpal tunnel
- to quickly reduce inflammation. Relief can last up to six months.
- Surgery (Carpal Tunnel Release): In severe cases where conservative treatments fail or nerve damage is present, a surgeon may cut the ligament to permanently relieve pressure on the nerve..

Anita Alvarez RN, PHN
Nurse Health Advocate
Electrical Workers Health and Welfare Trust,
IBEW LU 234
831-741-8677



LABOR RELATIONS: DOL OPINION FLSA2026-2 AND REGULAR RATE OF PAY

On January 5, 2026, the U.S. Department of Labor's Wage and Hour Division (WHD) issued FLSA2026-2, an opinion letter addressing whether certain bonus payments may be excluded from the "regular rate of pay" under Section 7(e) of the Fair Labor Standards Act (FLSA) for purposes of calculating overtime premiums. The WHD concluded that, under the specific facts presented, the employer must include bonus payments in the regular rate of pay and cannot treat them as excluded discretionary bonuses. Read more in this [NECA Labor Bulletin](#).



AED REQUIREMENTS FOR CALIFORNIA CONTRACTORS AND CONSTRUCTION JOB SITES

Automated External Defibrillators (AEDs) are life-saving medical devices designed to treat sudden cardiac arrest by restoring a normal heart rhythm through electrical shock. Because construction work often involves physically demanding tasks and electrical hazards, AEDs are increasingly viewed as an important component of job-site safety programs.

Are contractors in California required to have AEDs on job sites?

Currently, neither federal OSHA nor Cal/OSHA has a blanket requirement that all construction contractors must have an AED on every job site. However, employers are required to ensure that adequate first-aid resources are available and that trained first-aid personnel are present when medical services are not immediately accessible.

While AEDs are not universally mandated for construction sites, California law does require AEDs in certain types of buildings and facilities, particularly larger occupied structures or specific occupancies.

Electrical contractors and emerging requirements

Contractors performing high-risk work, particularly electrical work, should be aware that California has considered legislation to expand AED requirements for certain high-voltage worksites. Safety professionals widely recommend AED availability on these projects due to the increased risk of cardiac events associated with electrical exposure.

Best practices for contractors

Even where not specifically required, many safety organizations recommend that contractors consider AEDs as part of their safety programs. Best practices include:

- Providing AEDs on larger or higher-risk job sites
- Training supervisors and key employees in CPR/AED use
- Maintaining AEDs according to manufacturer requirements
- Notifying local emergency medical services of AED locations
- Keeping inspection and maintenance records

California law also provides liability protection for individuals and companies that maintain AEDs and use them in good faith during emergencies.

MILWAUKEE APPRENTICE OF THE MONTH

- April: Jake Myhre, 3rd Year Apprentice



ELECTRI NEW TOOLS FOR CONTRACTORS

ELECTRI is inviting contractors to explore a new resource introduced during the recent March Council Room Session – “The Road Ahead: Rollout and Updates.” Whether or not you attended the session, members are encouraged to review the recording and materials, which highlight practical tools designed to help electrical contractors better understand, evaluate, and prioritize their technology strategies. This initiative is part of ELECTRI’s ongoing effort to provide actionable insights that support smarter decision-making and long-term business success across the industry.

The featured tools including the Tech Stack Priority Tool and the Contractor Existing Tech Evaluation Tool offer a structured approach to identifying high-impact technologies and assessing current capabilities. By inputting company-specific data and engaging team members in the evaluation process, contractors can generate recommendations on where to invest, optimize, or improve both technology and internal processes. While these tools are not intended to provide final answers, they serve as a valuable starting point for organizing and prioritizing the many technology options available today.

Contractors are encouraged to test the tools and share feedback and can reach out to [Nate Scott](#) for assistance or additional information.

[Tool Guide](#)

[Tech Stack Priority Tool](#)

[Contractor Existing Tech Evaluation Tool](#)



UPCOMING CLASSES OFFERED THROUGH THE JATC

Please note that if you reserve a space and do not show up for class, you will be responsible for paying for the class.

CPR/FIRST AID

- Saturday, May 2nd from 8am-1pm
- Saturday, August 1st from 8am-1pm
- Saturday, November 7th from 8am-1pm

This is NOT a drop-in class. Sign-up is required.

Instructor Merralinda Goddard will be teaching on the basics of First Aid and CPR.

Please note that class size is limited and sign-up is required. (Also note that if you reserve a space and do not show up for class, you will be responsible for paying for the class).

NFPA 70-E

**Saturday, March 7th
8:00am-2:00pm**

David Martinez will be the instructor for this class. This class is NOT a drop-in class – sign-up required. Participants are encouraged to sign up by contacting Stacy at Stacy@tricountyjatc.org. Journeymen will receive hours of continuing education upon completion of the class. The class will be held at the Training Center in Castroville.

CONFINED SPACE AWARENESS TRAINING

Cancelled due to lack of sign-ups. We hope to reschedule for sometime soon. Please contact us if you have interest in attending!

OSHA 10

If you are interested in taking an online OSHA 10 course, please contact Stacy at info@tricountyjatc.org to sign up.

PLEASE NOTE THAT ALL CLASSES REQUIRE REGISTRATION PRIOR TO THE CLASS.

Please contact Stacy at info@tricountyjatc.org to sign up for all classes.

We are in the process of adding classes to our calendar. Please reach out if you have a request for a class that would be beneficial to your firm.



CLASS COMPLETIONS
NFPA 70E
held on 03/07/26

Amauri Arista, Phillip Garcia, John Greene, Javier Martinez, Aaron Monroy, Benjamin Morales, Chris Olsen, Michael Rodda, Luis Rodriguez, Allister Sorrells, Jonathan Stanley, and Adrian Vargas

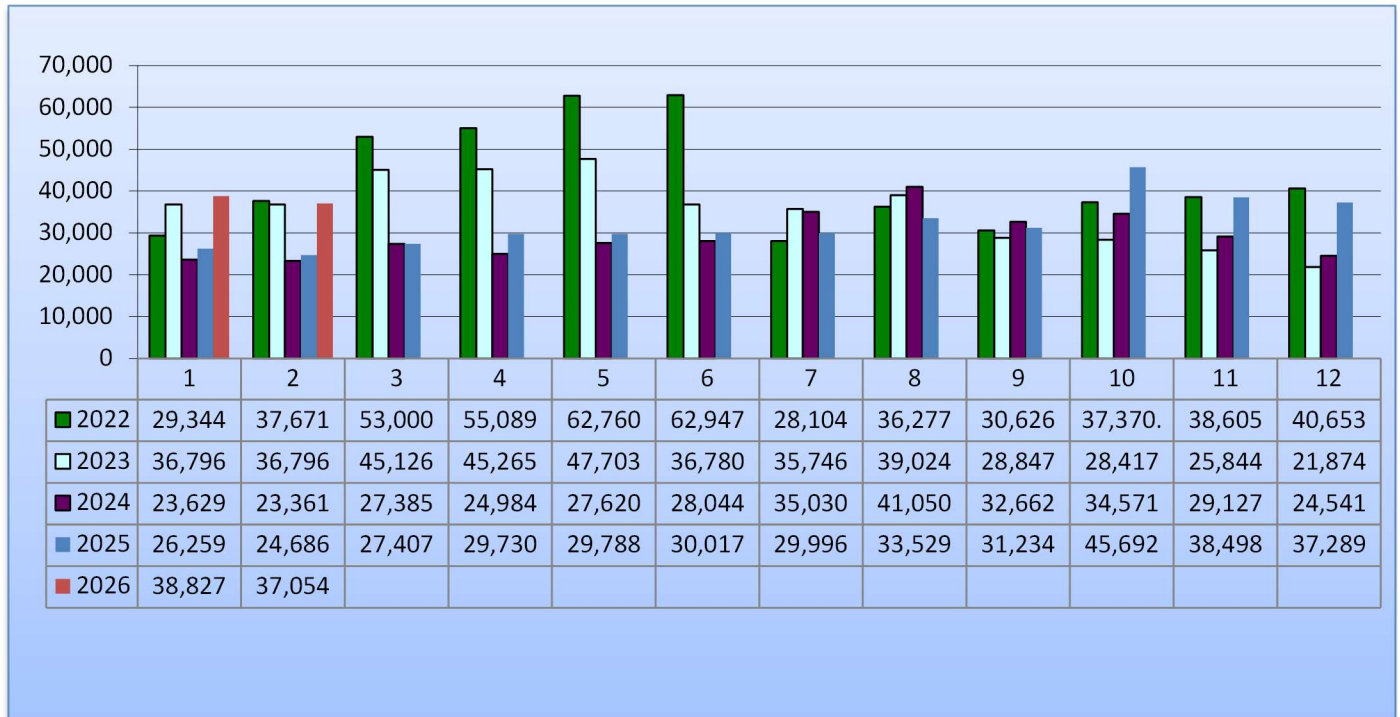
PLEASE NOTE: There is not currently a receptionist at the JATC office. To sign up for classes, please email Stacy at info@tricountyjatc.org or call (831) 741-9069.



AVAILABILITY LIST UPDATE

On the Inside Out-of-Work List, there are 19 on Book 1, 9 on Book 2, 19 on Book 3 and 4 on Book 4. There are 0 on Book 1, 0 on Book 2, 2 on Book 3 and 0 on Book 4 for Sound & Comm. There are no CE's on Book 1 and 0 on Book 2, 5 CW1's and no CW2's available. ***If you are interested in hiring an apprentice in the near future, please contact Stacy at the JATC office to let her know your future needs. No apprentices are currently available.***

INSIDE WORK HOUR HISTORY



APRIL 22, 2026



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NECA EMERGE 2026
A Specialty Work & Emerging Opportunities Conference
April 13-15, 2026
Marriott Marquis | Atlanta, GA



This groundbreaking conference consolidates specialized contractor areas and key business trends, streamlining efficiency and travel for NECA contractors and stakeholders.

NECA EMERGE unites several industry-favorite meetings—including Service & Maintenance and Business Development, and limited energy and systems integration disciplines—merging them into one power-packed three-day conference.

Tracks include: Business Development, Emerging Opportunities, Limited Energy & Systems Integration, Service & Maintenance, and Prefabrication. Get ready for a NECA event like no other and emerge prepared to take on new opportunities!

NECA 2026 LAS VEGAS

OCTOBER 4 - 7, 2026
Mandalay Bay Beach





April 13-15, 2026

NECA Emerge
Atlanta, GA

April 23, 2026

General Membership Meeting
Meet the IBEW #234 Leadership
Tarpy's Roadhouse
Cocktails 5 pm
Dinner 5:30 pm

May 4-6, 2026

Legislative Conference
Washington DC

May 18-20, 2026

Safety Professionals Conference
Atlanta, GA

June 10-12, 2026

Academy Meeting
Anchorage, AK

July 13-14, 2026

District Nine Meeting
Wailea, HI

July 15-18, 2026

Tri-District Meeting
Wailea, HI

October 4-7, 2026

125th Anniversary NECA Convention
Las Vegas, NV