



CONNECTIONS

July 2009



Safety

BE SAFE IN THE HEAT Even here in Western Washington, it can be hot enough to cause health and safety issues, especially because we are not accustomed to the heat. The American Red Cross has provided the following information to help you protect yourself, your family, and your co-workers.

1. Know the Terms

- **Heat Wave:** Protracted time of severe heat and humidity.
- **Heat Index:** Measured in Fahrenheit, the heat index indicates "how hot it really feels." It is actual air temperature plus relative humidity.
- **Heat Cramps:** The muscles hurt and have spasms because of strenuous efforts. The least severe of heat-related injuries, it is a warning sign that the body is hard-pressed to deal with the heat.
- **Heat Exhaustion:** This occurs when body fluids are depleted because of heavy sweating. More blood flows to the skin, reducing supply to vital organs and causing mild shock. Left untreated, heat exhaustion can lead to heat stroke.

2. Protect Yourself from the Heat

- Keep things slow and refrain from strenuous activities. If you must, however, schedule it during the coolest part of the day, between 4AM and 7AM.
- Stay inside if you can. Stay on the first floor, out of the sunshine. If possible, spend time in an air-conditioned public building.
- Wear light-colored clothing to deflect some of the sun's rays.
- Increase water intake (even if you're not thirsty) and avoid alcoholic or caffeinated beverages. Beer for instance dehydrates the body.
- Have small meals often. Avoid high-protein food, which can shoot up metabolic heat.
- Avoid salt tablets unless otherwise your physician tells you to use them.

3. Recognize the Symptoms

- For Heat Exhaustion: Cool, moist, pale or flushed skin; dizziness; vomiting, heavy sweating; nausea and exhaustion.

4. Give First Aid and Call for Help

- For Heat Stroke: hot, red skin; fast, weak pulse; quick, shallow breaths; high temperatures (as high as 105F).
- For Heat Cramps: Take the victim to a cooler place and make him comfortable. Give him non-alcoholic or decaffeinated fluids (water is best) and "lightly stretch" the muscle every 15 minutes.
- For Heat Exhaustion: Take the victim to a cooler place. Take off and/or loosen clothing and press cool, wet cloths onto the skin. If he is awake, have the victim drink cool water slowly every quarter of an hour.
- Heat Stroke: Call 911 immediately! In the meantime, take the person to a cooler place and cool the body at once by immersing him in a cool bath or by covering him in wet sheets while fanning him. Keep the victim lying down and keep up the cooling process. Never give anything to eat or drink if the person is vomiting or is undergoing changes in consciousness.

STAR Performer-July



Troy Lowery has only been with UMC for just over a year, but in that short time has demonstrated his tremendous abilities as a Sr. Project Manager at the Pioneer Studios and Onelab projects. Troy is most comfortable in a design-build environment, where he has the most freedom to use his technical knowledge, creativity, and diverse experience to come up with the best solution for the Company AND the Client. He is a keen observer, a sponge for information, and has a very intuitive approach to managing people and projects. He thinks it through and five moves ahead. From his time as a skilled tradesman, he is very perceptive of the interpersonal dynamics and morale at the jobsite. Troy has a unique skill in bringing people together, not only the UMC team, but also the Client, our suppliers, subcontractors, and the other trades. He recognizes that we can achieve more together.

Using his experience and all the attributes above, Troy led the Onelab project to incredible success. His UMC team started overhead rough-in on March 1 and installed 50 AHUs, 350,000# of sheetmetal, 3600 LF of stainless welded piping, and a DDC system that controls the strange HVAC system and monitors the complex

electrical system. Although the fast-track schedule only allowed 4 months from start of overhead rough-in to Owner occupancy, the first phase completed commissioning two weeks early! This success was only possible because he inspired each Team member to plan and pre-fabricate to an extent never before seen at UMC.

Each person in UMC plays a critical role in getting new work and maintaining client relationships. The success with Sellen at Onelab helped UMC get the Swedish Issaquah project.

Troy inspires people to be their best. Thank you Troy for being a STAR Performer!

Written & Submitted by:
Tom Boysen & Dean Petterson



Birthdays

July

- 2 Shaun Buckley
- 5 Brittney Spurlock
- 8 Ralph Schaeffer
- 10 Julie Blanchard
- 14 Richard Farmer
- 14 Todd Olson
- 14 Dean Harriman
- 15 Linda Weisberg
- 19 Jenn Rando
- 20 Vicky Rozis
- 29 Mike Spencer
- 31 Chris Riddle
- 31 Matt Mifflin

August

- 15 Doug Smith
- 17 Bruce Freeman
- 18 Dan Sperlin
- 23 Toni Adams
- 24 John Strand
- 24 Les Bouck
- 25 Curtis Watson
- 25 Gary Green
- 27 Troy Lowery
- 28 Monica Todd



Anniversaries

10 Years:

Jim Carlson (Aug)

5 Years:

Paul Donohue (July)
Clifford Lamb (July)
Ethan Mutoli (Aug)

2009 Calendar of Events



AUGUST

Summer Picnic
Saturday, 8/1/09
Cottage Lake, Woodinville

SEPTEMBER

Golf Tournament
Sunday, 9/13/09
Harbour Point Golf Club

OCTOBER

Trick or Treat & Party
Friday, 10/30/09
UMC

2009 Events (cont'd)



NOVEMBER

Book Fair
Thursday, 11/5/09
UMC

DECEMBER

Santa Party
Friday, 12/11/09
UMC

JANUARY

Holiday Party
Saturday, 1/9/10
Embassy Suites, Bellevue



Rick Patek started working for UMC on 6/1/09 as a BIM Modeler. Rick's last position was with Holaday-Parks as Lead Drafter. He has ten years of detailing and drafting experience in the piping, plumbing, and HVAC field. Rick enjoys golf.

Healthy Lifestyles

UMC encourages and supports fitness and exercise. A growing trend among employees is eating healthy and exercising with co-workers. There are different variations of achieving a goal - weight loss programs, gym workouts, walking, biking and playing sports.

Congratulations to the following people who have collectively lost over 280 pounds by changing their lifestyle:

- Brittney Spurlock
- Bryan Eppler
- Catherine, Waldren
- Curtis Watson
- Gail Kinner
- Julie Blanchard
- Mary Bouck
- Rich Munoz
- Toni Adams
- Warren Rose

Keep up the great work!!!

WELCOME TO UMC!

New Hires



John Eimer started working for UMC on 6/1/09 as Chief Estimator, reporting to Bryan Eppler. John's last position was with Shinn Mechanical as a Project Manager for five years. Prior to this he was a Project Manager for University Mechanical for eight years. He also worked for Washington Mechanical as a Chief Estimator for fourteen years. John enjoys golf, cooking and traveling.



Debi Seriales began working for UMC through Aerotek on 6/8/09. Debi will be reporting to Doug Smith. Debi's last position was as executive assistant to the President/ Owner of Magna Design (office furniture manufacturer) for 24 years. Her position included HR and other management responsibilities. Debi enjoys working out, collecting gemstones and walking her dog.

