

CONNECTIONS

May 2010



Safety

OSHA, MCAWW, UA Local 32 and UA Local 26 have agreed to form an Alliance to use their collective expertise to help foster a culture of prevention while sharing best practices and technical knowledge. As the Safety Committee Chairman of MCAWW, UMC Safety Director, Kirk Baisch, has participated in the initial planning and formation of the Alliance, and will continue to be one of the key players in ongoing Alliance activities. This Alliance will provide the parties an opportunity to participate in a voluntary cooperative relationship with OSHA for purposes such as training and education, outreach and communication and promoting a national dialogue on workplace safety and health. This is the only alliance with labor, business and OSHA in the country.

Sleep and Safety

Health experts say that the average adult needs at least 7 to 8 hours of sleep a night. People who don't get enough sleep are at greater risk of obesity and

diseases like diabetes, stroke, heart disease, depression, and high blood pressure. Workers who suffer from these conditions may be absent more often and may be more at risk when they are on the job.

Furthermore, lack of sleep can lead to poor concentration, poor judgment, lessened attentiveness, and more mistakes, all of which can make workers less safe. Studies show that people suffering from too little sleep are apt to follow certain unhealthy behaviors, such as:

- Eating foods high in sugar or carbohydrates
- Smoking cigarettes or using tobacco
- Using alcohol or sleeping pills to help them get to sleep

These actions, in turn, can lead to safety problems if your workers are groggy from the side effects of sleeping pills or alcohol, or jittery from too much sugar. If you notice workers who are often yawning or working slowly, mention that they seem particularly tired and remind them that their safety and the safety of others require them to be alert when they're on the job.

Poor sleep quality affects safety performance in other ways as well. Many workers who sleep less than 6 hours per night report symptoms such as:

- Becoming impatient with others
- Finding it difficult to concentrate
- Making errors in their work
- Having trouble organizing or failing to finish assigned tasks on schedule

The following suggestions will keep you wide awake and safe on the job by improving your sleeping habits.

- Set a regular schedule for going to bed every day—you can't make up for a big deficit on weekends.
- Get regular daily exercise, but not right before going to bed.
- Avoid caffeine, alcohol, nicotine, or heavy meals close to bedtime.
- Don't use bedtime to start planning—or worrying.
- Make a point of organizing your life so they can get the 7 to 8 hours of sleep a night that most people require.



Birthdays

May

2 Chris Sandhop
5 CV Nguyen
5 Gail Kinner
7 Eric Talley
9 Janelle Jones
9 Cindy Littrell
15 Steve Otis
17 Debi Seriales
19 Rene Soucy
25 David Malone
26 Rich Happel
26 Antonio Fernandez
28 Tom Boysen

Birthday's (cont'd)

June

2 Tasha Hawkins
11 Jon Baker
13 Linda Pelletier
17 Peter Martynovych
18 Rich Munoz
21 Catherine Waldren
24 Steve Russo
24 Konstantin Aluf



Anniversaries

5 Years:

Bryan Johnson (May)



2010 Calendar of Events

AUGUST

Summer Picnic
Sunday, 8/8
10:00am-2:00pm
Cottage Lake Park, Woodinville

SEPTEMBER

Golf Tournament
Sunday, 9/12
7:00am-2:00pm
Harbour Point Golf Course

OCTOBER

Trick or Treat Party
Thursday, 10/28
3:00pm-5:00pm
UMC

DECEMBER

Santa Party
Thursday, 12/9
5:00pm-7:00pm
UMC

JANUARY, 2011

Holiday Party
Saturday, 1/15
6:00pm-Midnight
Lynnwood Convention Center

STAR Performers 1st Qtr.



Congratulations to the UMC
Detailing Team - 1st Quarter STAR
Performers:

This quarter's group of STAR
Performers exemplifies the meaning
of "teamwork".

Over the past five months, the
Detailing Team has undergone a
complete overhaul that includes
participating in intense training
programs, implementing a cross-
functional CAD tool, rebuilding all
CAD Menus, creating a standard
menu for all users, rebuilding 2D
drafting menus, establishing plot
tables and color assignments, layer
conventions.

All of these internal changes have
happened concurrently with the
Detailing Team's continued support
of the rest of UMC's current
projects and, specifically, the
Swedish Issaquah project.

Between tackling the drafting and
coordination responsibilities and
meeting the fast-paced demands of
the drawing issue schedule,
UMC's detailers have done an
outstanding job over the duration of
the Swedish Issaquah project and
have been a pleasure to work with.

UMC's continued success would not
be possible without the remarkable

example of "teamwork" that the
Detailing Team exemplifies on a daily
basis.

Submitted by: Troy Lowery & the
Swedish Issaquah Team



NEW CELL PHONE LAW

Washington's new cell phone law takes effect this summer

If you're driving on the freeway, you
can travel more than the length of a
football field in the time it takes to
read a short text message.

For the past few years, if police
pulled you over for a traffic
infraction, they also could ticket you
if you were holding your cell phone
and talking. Now, talking on your cell
phone could be the violation that gets
you pulled over to begin with.

Starting on June 10, 2010, talking or
sending text messages while holding a
wireless device will carry a \$124 fine,
after legislation signed by Gov. Chris
Gregoire that changes the current
cell phone law into a primary traffic
offense.

Quick facts about cell phone use while driving

- A driver talking on a cell phone is as impaired as a driver with a .08 blood-alcohol level.
- A driver who is texting is as impaired as a driver with a .16 blood-alcohol level. That's double the legal limit.

New Cell Phone Law (cont'd)

- Drivers talking on cell phones are half a second slower to hit the brakes in emergencies and miss more than half the visual cues seen by attentive drivers.

