

Friday, June 16, 2006



==== *UMC NEWSBLAST* ====

Special Safety Edition

Safety Corner

What we say:

Safety is UMC's #1 Core Value

- We protect and care about the health and well being of our employees and their families.
- We tenaciously pursue the safest workplace.
- We require the formal and prompt reporting of unsafe conditions.
- We encourage healthy living.

What we do:

- Three full-time safety professionals
- Comprehensive safety awareness campaign including training, rewards, news
- Comprehensive safety policy and manual
- Consistent Site Specific Safety Plans on all projects
- Pre-task plan program
- Jobsite safety audit program
- Consistent "safety first" message throughout company
- Monthly safety committee meetings
- Regular safety training
- Weekly jobsite safety meetings on all projects
- Company-sponsored OSHA 10 and OSHA 30 training
- Safety orientation for all employees on all jobs
- Complete and unlimited support from the top down on all issues regarding safety
- And more

Our results to date:

- Four (4) serious recordable jobsite injuries in the month of May
- Sixteen (16) safety incidents in 2006 to date
- Two instances of key UMC field supervisors blatantly violating safety rules
- Several instances of UMC field personnel violating safety rules

Our goals for the second half of 2006:

- 3 or less recordable incidents
- Zero (0) safety violations by any UMC employee

Help me to **Walk the Walk**. – Jerry Bush

If you have any questions or comments about UMC's Safety Program and Policies, please ask Jim Schick or Brian Van in our safety department.

Quotable Leader

***"Nothing in all the world is more dangerous than sincere ignorance
and conscientious stupidity."***

- Martin Luther King

Safety Tip

An "accident" is any unforeseen or unexpected event that may or may not result in injury or damage to property and / or individuals.

The ultimate goal in accident prevention is "zero" injuries and no lost work-time. There can be many barriers in achieving this goal, the most challenging of which is the human barrier - '**Attitude**'. Most people feel that **"it won't happen to me"** or **"it couldn't happen here."** You can do more to protect yourself and your fellow worker by constantly thinking and practicing accident prevention than you can by memorizing all of the rules, regulations, and safeguards ever written or invented. Look at your environment, understand the conditions in which you will be working, participate in the pre-task planning. You must **THINK** before you act.

UMC Health Awareness Corner

Here are ten more easy tips for a healthier life...

51. Take a multivitamin. **52.** Read nutrition labels. **53.** Brush your teeth after every meal. **54.** Floss every day. **55.** Cook two meals at once. You'll have one meal ready on those nights you just don't have time. **56.** Take a nap. **57.** Find a hobby. **58.** Call a friend. **59.** Take the time to get organized. **60.** Eat the skin on your baked potato. Don't eat the skin on your chicken.

Mark your Calendars

June 16, 2006 – Annual Safety Awareness/Employee Recognition Event The first annual event will be held at the Double Tree Hotel in Bellevue. The venue will start at 7:00 PM with light appetizers and no host bar. The dress is casual.

August 13, 2006 – Guts & Glory 5K Walk/Run The Crohn's & Colitis Foundation of America will be hosting the Annual Guts & Glory 5K Walk/Run at Qwest Field. This will be a fun-filled day for the entire family.

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. More information will be coming in the months ahead.

September 10, 2006 – Annual UMC Golf Tournament The date is set and the Course is picked. Join in on the fun of a little golf and a lot of good stories and getting to know your fellow employees. Harbour Point Golf Course is a fun, challenging course for the beginner and even the advance golfer.

University Mechanical Contractors, Inc.

An Affirmative Action, Equal Opportunity Employer

Please email questions, comments or news to Linda Barnhart @ lbarnhart@umci.com

www.umci.com