

*Friday, January 13, 2006*



=== UMC NEWSBLAST ===

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### Safety Corner

A New Year has begun and with it our incident rate starts a zero (0)! Awareness needs to be at the forefront of thinking when on and off the job. Make sure that you are looking at your work area for hazards not only that can be hazardous for you, but your fellow co-worker or another contractors. Report such hazards to your supervisor so the hazard can be dealt with in an appropriate manner. It takes a team to build a project; it takes that same team to make sure that every person goes home safe at the end of shift.

We are updating our safety awareness and incentive program. We have appointed new task forces with representatives from different groups within UMC. In the following weeks there will be roll outs of new incentives, training, and sharpened awareness program to help with the goal of bring our incident rates down from last year and to continue to lower the rate every year until we can hit the goal of zero for a complete year and years to follow. Look for notices in your paychecks, in the job shacks, and via email.

### Take charge of your health.

#### **Tools**

- Maintain tools in proper working condition
- Use anti-vibration tools where possible

#### **Gear**

- Wear warm clothing when working in cold and damp conditions
- Wear protective anti-vibration gloves
- Wear protective clothing to protect hands and feet from direct trauma and wounds.

#### **Behavior**

- Use mechanical devices to reduce repetitiveness
- Vary your body position or stance
- Request that a worksite specialist evaluate your workplace to determine safe alignment, worksite postures, and work-related furniture
- Follow an exercise program that focuses on stretching, good posture and muscle balance

**If you have any questions about any of the safety tips, please ask Jim Schick or Brian Van in our safety department.**

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### Welcome to UMC!

**Rich Munoz** started working for UMC on 1/3 as Controller, reporting to Doug Smith. Rich came to UMC from Concur Technologies in Redmond where he worked as Director of Compliance and Financial Reporting. Prior to this Rich worked for EverTrust Financial Group (Everett) for three years as Corporate Controller, one year for Rival Networks (Seattle) as Corporate Controller, and six years for SeaMED Corporation (Bothell), first as Cost Accounting/Pricing Manager and then as Corporate Controller.

Rich and his wife Lynne live in Mukilteo and have three kids ages 19, 16 and 13. Rich enjoys water and snow skiing, boating and watching his kids participate in sports.

## Welcome to UMC! (cont'd)

**Ed Funk** started working for UMC on 1/3/06 as a Sheet Metal Detailer. Ed came to UMC from the W.A. Botting, and has worked at Hermanson and Miller Sheet metal where he worked as a Sheet Metal Detailer as well. Ed enjoys fishing, hunting, bicycling, fishing, and camping

Please stop by or drop an email to give them a UMC welcome!

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## Project Spotlight

**Rick Wiseman** gives us this update on **Forrest Ridge School**

The Forrest Ridge School is a Plan/Spec project that UMC is currently building with MA Mortenson. Located in the Summerset area of Bellevue, the school is an addition to the current all-girls, Catholic facility at the same location. With the exception of fire protection, UMC is providing the complete mechanical scope, including controls. Our total contract is \$1,222,760. Led by **Brett Endres** and his detailing staff, UMC assisted Mortenson in identifying numerous VE items that resulted in a substantial cost savings for the Owner. Brett's detailer's also led the early coordination effort by identifying several hundred conflicts. Our field staff is comprised of **Rich Manning** (Piping Foreman), **Ron Durst** (Sheetmetal Foreman), and **Gerhard Renz** (Plumbing Foreman). We are currently installing the duct & VAV boxes, as well as plumbing rough in of the Sacred Heart Center building. Completion is scheduled for July of 2006.

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## Quotable Leader

*All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.*

*-Martin Luther King, Jr.*

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## Upcoming events:

### St. Patrick's Day Dash

Come join the UMC Leprechaun's and run, jog or crawl to the 22<sup>nd</sup> annual Henry Weinhard's St. Patrick's Day Dash, Sunday March 12 at 9 AM. It's one of Seattle's largest foot races that ends with a beer garden at the finish. It's no Pot "O" Gold but it's the next best thing. Registration information and forms can be found at [www.stpatsdash.com](http://www.stpatsdash.com). Start training now! Weekly runs are at noon on Monday, Wednesday and Friday's. For more information, contact Bill Laughlin or Bruce Pence.

### New Year Celebration

*University Mechanical Contractors, Inc.*

*New Year Kickoff Celebration*

*Saturday Evening, January 14<sup>th</sup>, 2006  
7:00 PM to 12:00 Midnight*

*Semi-formal attire (tie optional)  
No Host Bar, Dinner Buffet  
Dancing with music from live band*

*If you haven't given your R.S.V.P to Lisa (Bigler) Upton yet there is still time!  
An emailed response to Lisa is sufficient.*

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