



CONNECTIONS

August 2011

Safety



Don't Be Shocked

- **Serious injuries and death can occur from exposing yourself to unsafe electrical conditions on your jobsite or at home. In order to avoid electrocution, it is important that you, your family and your crew members understand the safety issues related to electricity. It is the amount of current that passes thru the body – not only high voltage – that can kill. Don't let yourself become the path to ground.**
- *Water and electricity can be a fatal combination.*
 - Wear rubber gloves and boots, use rubber mats, insulated tools, fiberglass ladders, and rubber sheets if necessary.
 - Make sure your hands, cords, and receptacles are dry when plugging or unplugging power cords.
 - Don't let cords, particularly damaged cords, sit in water.
- *Tips to avoid electrical accidents:*
 - Treat every electric wire as if it is live.
 - Properly cover all electrical outlets.
 - Do not fasten electric cords to a building with staples or wire or hang them in such a way (as using nails for hooks) that protective outer jacket or insulation could get damaged. Twine or zip-ties are good alternate fasteners because they will not conduct electricity.
 - Inspect equipment, tools and extension cords before each use.
 - Take faulty equipment, damaged cords, or plugs with bent or missing prongs out of service for repair or discard.
- If a plug does not have three prongs or if the receptacle does not have three openings, make sure the tool is grounded in some other way before use.
- Never try to bypass an electrical system by cutting off the third prong of a plug.
- Circuit breakers only protect the wiring. Ground fault interrupters keep you alive.
- Maintain at least a 10-foot clearance from all overhead electric lines when working with tall equipment, such as ladders.
- Use extreme caution with scissor lifts around electricity. Do not run over electric cords with the lift: plan your route and redirect cords if necessary. The lift can become energized if it slices into overhead electric wires or if it cuts or damages cords with the pothole bars. In the last two months, in the Seattle area, there have been at least four injury incidents involving electric cords and scissor lifts.
- Turn off power and report the smell of hot or burning plastic, smoke, sparks, or flickering lights.
- Stop using a tool or appliance if a slight shock or tingling is felt.
- Never disconnect an electrical plug by pulling the cord.
- Never raise or lower power tools by their electrical cords.
- Whenever working on an electrical circuit, the circuit should be turned off and locked out at the circuit breaker or fuse box to ensure that the circuit cannot be accidentally turned on.
- Be sure that power source you are using has a GFCI. If not, use a GFCI pigtail.

Safety (cont'd)

- Do not load power cords beyond their capacity.

Most people do not realize that only a small amount of current is needed to cause severe electrical shock. Electricity has become so commonplace and so necessary that we no longer think of it as a source of danger. Use these pointers to help you evaluate your habits around electricity and don't be shocked!

2011 Events Calendar

SEPTEMBER

Golf Tournament

Sunday, 9/11

7:00am-2:00pm

Harbour Point Golf Course

OCTOBER

Trick or Treat Party

Thursday, 10/27

3:00pm-5:00pm

UMC

DECEMBER

Santa Party

Thursday, 12/8

5:00pm-7:00pm

UMC

JANUARY, 2011

Holiday Party

Saturday, 1/14

6:00pm-Midnight

Lynnwood Convention Center

Anniversaries

15 Years:

Danny White (Aug)

5 Years:

Tim Turner (Aug)

Jake Monsaas (Aug)

Catherine Waldren (Aug)

Steve Carpenter (Sept)

Brent Johnson (Sept)

Judy Gaylor (Sept)

Toni Adams (Sept)

Birthdays

August

13 Tommy Kadoya

15 Doug Smith

17 Bruce Freeman

23 Toni Adams

24 John Strand

24 Les Bouck

25 Curtis Watson

26 Kyle Richard

27 Troy Lowery

September

5 Mary Bouck

6 Karen Langeberg

6 Kevin Breiwick

8 Grant Young

13 Ned Miller

18 Troy Turpin

20 Leah Holden

20 Kathy Jenkins

28 Lloyd Lagutang

29 Mike McNeil

Wall of Honor



ANY MORE NAMES TO SUBMIT BEFORE THE DESIGN BEGINS?...

We are starting a program to honor and keep in our thoughts the family members of UMC employees who are **actively** serving in the US Army, Navy, Marine Corps, or Air Force. We are very appreciative of their dedication and service to our country, so we would like to acknowledge them and need your help.

If you have any family members, (son, daughter, mother, father, sister, brother, aunt, uncle, cousin, and / or any in-law of the same) now serving in the Armed Forces, please send me the following information:

- Name
- Rank
- Branch of Service
- Relationship to you (the employee)

** Also, we would like to include a photo (preferably in uniform) on our wall of honor.

In addition to active members of the Military, if you personally or if you had a family member (s) that has **previously** served in any war or branch of service, please send me their name, rank, and relationship as we will be listing this group of people separately (no photos).

Once the wall of honor is complete, it will be on display at the UMC main office, so please get your submissions to Marj (mschmidt@umci.com) ASAP.

