

CONNECTIONS

January 2009



Safety

2008 was a good year for Safety at UMC. Reporting of first aid incidents and near misses continued to improve. There were only 13 OSHA recordable accidents, a 40% improvement in incident rate over the five year average. We can all be proud of this record.

Injuries affect your own well-being, your family, and your work performance. However, according to the Center for Disease Control statistics, only 10% of all medically consulted injuries occur at work. Most injuries occur at home or on the road, in the places where we all feel the most comfortable.

In order to avoid injuries, each of us must strive to be aware of the hazards in all of the environments in which we participate. Once a hazard is recognized, correct it. At work, at home or on the road: recognize the hazard and correct it.

To do a quick safety audit of your home, consider these items in a room by room tour.

Kitchen: falls, poisoning, fire, burns/scalds, choking/suffocation, electric shock

Bathrooms: falls, poisoning, fires, burns/scalds, drowning, electric shock

Bedrooms: falls, escape routes, fire, suffocation, electric shock, poisoning

Living Room: trips/falls, electric shock, fire, ventilation, sharp edges, defective furniture

Basement: trips/falls, electric shock, standing water, poisoning, defective tools, lighting, ventilation, safe storage of tools, power tool safety, safe shelving, flashlight

Garage: trips/falls, fire, poisoning, electric shock, safe tool storage, power tool safety, safe shelving, first aid kit, emergency preparedness kit for each family member, shelter in place kit, flashlight

Backyard: trips/falls, poisoning, fire, safe use of mowers and other tools, standing water

Automobile: maintenance, tire pressure, fuel, buckle-up, first aid kit, prevent back-overs, food, blankets, extra clothing, flashlight

Safety is a 24/7 commitment. Awareness and preventive action are the keys to achieving safety for yourself, your family, and your co-workers. It is up to you to lead by example: remember 90% of accidents occur away from work.

STAR Performer-Jan.



January's STAR Performer is Jim Carlson. I've known and worked

with or around Jim since the Overlake Hospital Sleep Clinic a little over ten years ago. At the time, Jim worked for one of our competitors.

Jim has now worked for me for almost a year. And in this year I have learned that Jim is very organized and efficient at his job. I would challenge any sheet metal estimator to try and keep up with him. Because of his attitude CV, Karen, and I very much enjoy working with him. He has earned our respect and the respect of others outside our department, and our company for his high quality and quantity output. He holds a high standard for his estimates that he completes.

So, for these reasons he is the STAR Performer. Thank you for your diligence and hard work.

*Written and Submitted by:
Bryan Eppler*



Birthdays

January

- 2 Pat Damitio
- 3 Chris Gunn
- 5 Steve Bueler
- 7 Wayne Hakola
- 11 Brett Endres
- 11 Kirk Baisch
- 14 Khai Xiong
- 16 Jon Ericson
- 29 Scott Locke
- 30 Rick Hawkins

Birthday's (cont'd)

February

3 Davin Chea
6 Paul Donohue
10 Debbie Jones
17 Warren Rose
22 Ruthann Browse
24 Shane Jacob
25 Dick Kirk
26 Wayne Denton
29 Dean Petterson

2009 Calendar of Events



Summer Picnic - TBD
Golf Tournament - TBD
Halloween Party - TBD
Santa Party - TBD
Holiday Party - TBD

Holiday Party Update

A fun and successful Holiday Party was held on Saturday evening, January 10, 2009 at the Embassy Suites in Bellevue. Photos from this evening and other UMC events during 2008 are available online at <http://pipeline.umci.com/gallery/>.

UMCCF News

Children's Hospital Toy Donation Drive



Thank you to all who donated toys for the Children's Hospital toy drive. The toys were delivered before Christmas and were very much appreciated by the hospital as donations were down this year. They were very pleased by the number of toys we delivered.

Charitable Contributions

Thank you to the following people who contributed to the UMC Charitable Foundation during 2008:

- Mary Bouck
- Rick Coulter
- Judy Gaylor
- Leah Holden
- Dave Johanson
- Bill Laughlin
- Scott Locke
- Clarice Kellogg Olson
- Steve Russo
- Marj Schmidt
- Doug Smith

The donation recipients were:

- Mukilteo Food Bank
- Lupus Foundation
- Crohn's & Colitis Foundation
- Leukemia & Lymphoma Society
- Sunshine Physically Handicapped Foundation
- Children's Hospital
- American Heart Assn.
- American Cancer Society
- UMC General Foundation Fund

To participate, you could either choose payroll deduction during 2009 or just write a one-time check. Remember, your donation is tax deductible!

You can find the payroll deduction form online at <http://www.umccf.org/?page=pledge>. You can simply fill out the form and submit it to payroll. Additionally, we will accept your form anytime throughout the year.

There are a multitude of charities that depend on the generous support from the working class, especially in these tough economic times.

You can select a charity from the UMCCF website list or you can name your own organization - either way, any donation will be greatly appreciated!

