CONNECTIONS

November 2009

Safety

Five Safety Tools You Can't Live Without

UMC wants all of our employees to be safe at work so that they can go home every day to their family and friends who depend on them for so much more than eight hours of work per day. We do all that we can to keep our jobsites safe and to provide needed safety training, and to encourage all employees to think safety first. Your on the job safety awareness should go home with you everyday. Here are five safety tools that you should have in your home.

Smoke Detectors
Install smoke detectors on every floor of your home, particularly outside bedrooms. Test them regularly and replace the batteries annually. Smoke detectors may be the early warning system that allows you to extinguish a fire or to escape harm.

Fire Extinguishers
Keep fire extinguishers in your kitchen and garage. Be sure they are readily accessible and recharged as necessary. Most fire extinguishers are the combination ABC type. Class A puts out fires of ordinary combustibles. Class B is used on fires involving flammable liquids such as oil. Class C is used on electrical fires. The ABC extinguishers can be used for any type of fire.

Carbon Monoxide Detectors
Carbon monoxide is odorless and colorless and is produced by incomplete combustion. Exposure to it may be fatal. CO detectors go into alarm and warn people about dangerous CO buildup caused, for example, by a malfunctioning fuel-burning device. In the home, some common sources of CO include open flames, space heaters, water heaters, blocked chimneys or running a car inside a garage. Some detectors are available that function as both CO and smoke detectors.

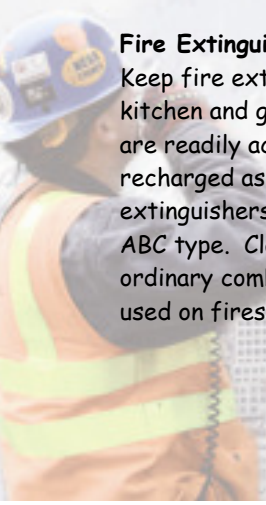
Ground Fault Circuit Interrupters (GFCIs)
A ground fault circuit interrupter is an inexpensive electrical device that, if installed in household branch circuits, could prevent over two-thirds of the approximately 300 electrocutions still occurring each year in and around the home. Installation of the device could also prevent thousands of burn and electric shock injuries each year, and prevent or minimize electrical fires.

In the home's wiring system, the GFCI constantly monitors electricity flowing in a circuit, to sense any loss of current. If the current flowing through the circuit differs by a small amount from that returning, the GFCI quickly switches off power to that circuit.

Three common types of GFCI are available for home use: receptacle (fits into the standard outlet box), circuit breaker (in the panel box to give protection to selected circuits), and portable (plugged into a receptacle or contained in some extension cords.) Circuit breaker and receptacle-type GFCIs may be installed in your home by a qualified electrician. Receptacle-type GFCIs may be installed by knowledgeable consumers familiar with electrical wiring practices who also follow the instructions accompanying the device. When in doubt about the proper procedure, contact a qualified electrician. The portable GFCI requires no special knowledge or equipment to use.

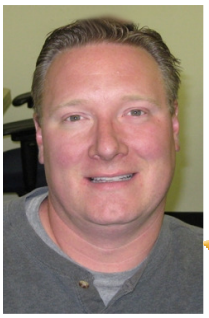
First Aid Emergency Kit
Store antibiotic ointment, bandages, adhesive tape, cold packs, antibacterial hand cleaner, scissors, tweezers, eyewash, over the counter pain medication, and a flashlight in an easily accessible place. This will help you respond quickly to minor family emergencies. Also, put a first aid kit in your car.

Using these safety tools can help ensure that you and your family will be safe. Safety is a 24/7 commitment.



UNIVERSITY MECHANICAL CONTRACTORS, INC.
We Build Value

STAR Performer-Nov.



Ian Footer stands out as an outstanding UMC employee who deserves some additional recognition by his approach to his job. Ian continues to strive to do the right thing and puts 110% effort into everything he does. What is nice about Ian is when asked to take care of a task he jumps right on it. People like Ian with a proactive and positive approach that he brings with him is what makes UMC such a strong company. Ian consistently has the 'Yes we can do it attitude' which goes a long way and make it a pleasure to work with him day in and day out.

Ian has also been a very integral part in helping with our company events, most notably, the company picnic. He was the "muscle" behind the loading, unloading of all the food, decorations and tables and chairs and then helped with flipping burgers.

Thanks for all you do Ian!

Written & Submitted by:
Steve Otis

REMINDER:

We will be changing the STAR Performer program for recognizing employees from "monthly" to "quarterly" beginning in January, 2010. There will be only four (4) people acknowledged during the year for their outstanding core values. The quarterly announcements will be in March, June, September and December.

Anniversaries

15 Years:
Ed Willis (Nov)

10 Years:
Jeff Buck (Nov)
Steve Otis (Dec)

5 Years:
Amosean Maltos (Nov)

Birthdays

November
3 Gary Morgan
4 Jim Carlson
6 Todd Smith
7 Andrea Szalda
7 Michael Crook
9 Steve Brooks
11 Sonja Cotterell
11 Rene Mendez
12 Randy Adams
13 Randy Bailey
13 Nancy Haugen
15 Rick Davison
15 Greg Ferguson
22 Brigid Beavin
29 Bill Laughlin
29 Jessica Bonciolini
30 Duane Stenson

December
4 Steve Stamm
5 Paul Idzik
8 Rick Coulter
9 Audie Wallace
11 Jerry Bush
24 Ian Footer

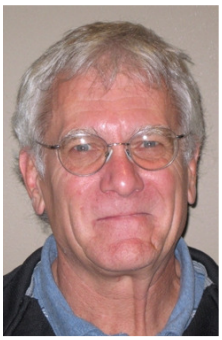
2009 Calendar of Events

DECEMBER
Santa Party
Wednesday, 12/16/09
UMC

JANUARY
Holiday Party
Saturday, 1/9/10
Embassy Suites, Bellevue

WELCOME TO UMC!
New Hires

Brian Will started at UMC on 10/20/09, as a Project Engineer reporting to Bryan Eppler. Brian has worked for Lease Crutcher Lewis for five years, starting with them as an intern during his senior year at the UW. He graduated for the UW Construction Management program in 2005 and has worked on three large commercial construction projects with Lewis, two of which UMC was the mechanical contractor. He just returned from a 2-month trip to Asia, where he and his father sailed approximately 2,000 nautical miles. Brian hopes to travel to many parts of the world in the future as well. When not at work, Brian enjoys hiking, snowboarding, swimming, and getting together with friends to BBQ.



Terry Parmley started with UMC on 10/26/09 as a Senior Controls Specialist, reporting to Scott Locke. Before coming to UMC, Terry worked for two years as a CAD detailer for VECA Electric. Prior to this he worked as a controls specialist for Siemens Building Technologies for 12 years. Terry enjoys sailing, bicycling and music.