

*Friday, June 2, 2006*



==== UMC NEWSBLAST ====

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### Safety Corner

#### **Lockout and Tagout**

1. Always lock or tag the energy sources to gear and equipment before you start to do maintenance or repairs on them. You may need to lockout or tagout something during construction, installation, adjustments, inspections, and modifications.
2. Energy sources include electrical, hydraulic, and pneumatic. Some energy is potential, such as the energy stored in capacitors, compressed air or springs.
3. Never remove or ignore locks or tags on machinery or circuits.
4. Don't try to bypass lockouts or tagouts.
5. Remember that tagouts are warnings only.
6. Before you start to tag or lock something out, make sure that everyone affected knows what is going on.
7. Locks and tags must be durable; readable if exposed to water or chemicals; easy to identify; standardized in shape and color; marked to identify who is using it.
8. Know the six steps to de-energizing something and applying a lockout or tagout.
  - Understand the equipment and its energy source. Is there a checklist or written procedure?
  - Turn off the equipment.
  - Isolate all the sources of energy.
  - Apply the lock or tag.
  - Control any residual energy.
  - Verify your work.

**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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### UMC Employee News

Promotion: Dominique Lower has been promoted to Project Coordinator. She will hold that position until she graduates next year and converts to full-time employment as Project Engineer. Domi began working for UMC in January as a Project Engineer Intern. She is enrolled in the Mechanical Engineering program at Henry Cogswell College and works part-time for UMC.

Congratulations Domi!

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### Quotable Leader

*" There are three constants in life... change, choice and principles. "*

- Stephen Covey

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### Project Spotlight

**Rosalie Baxter** gives us this update on the Everett Cancer Care Center

Everett Community Cancer Care, on the corner of Wetmore and 13th, will be a state of the arts medical facility. The building boasts four Linear Accelerators, a lobby, four floors of patient care & treatment and six levels of parking. Ray Lind leads our crew as superintendent. Doug Nielson is plumbing foreman and James Flint will be joining us as Sheetmetal foreman. We are currently working on the underground of the steel structure medical section. The second level of the post tension-parking garage is pouring now. We look forward to finishing this project, with Mortenson, next spring.

## UMC Health Awareness Corner

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

**41.** Use fat free yogurt and mustard or horseradish instead of mayo in your tuna salad. **42.** Try your baked potato with salsa instead of sour cream. **43.** Be wary of white foods – bagels, potatoes, bread, pasta and rice. **44.** Watch your portion sizes. **45.** Eat fish high in Omega 3 fatty acids like mackerel, salmon, sardines and herring. **46.** Do a slow burn workout in strength training and see if less is more. **47.** Take a hike. **48.** Try interval training – short bursts of intense activity with periods of rest. **49.** Get 8 hours of sleep regularly. **50.** Wake up at the same time every day.

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## Mark your Calendars

**June 3, 2006 – Issaquah Triathlon** This is a great race for both novice and experienced triathletes. It is a short course or "sprint" triathlon starting with a nice cool swim in Lake Sammamish. Give it a try!! See JB for details.

**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. Please RSVP to Linda Barnhart by June 2.

**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. More information will be coming in the next few weeks regarding the fund-raising efforts/contest that UMC employee's can be involved in.

**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.

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Please email questions, comments or news to Linda Barnhart @ [lbarnhart@umci.com](mailto:lbarnhart@umci.com)

[www.umci.com](http://www.umci.com)



# ***The 1st Annual Safety Awareness Employee Recognition Event***

**The 1<sup>st</sup> Annual UMC Safety Awareness  
Employee Recognition event will be a hosted Casino Night**

**You and a guest are welcome to join in some casino fun!**

**The evening will consist of the following:**

- ◆ Light Appetizers and No Host Bar
- ◆ Safety and Employee Recognition Awards
- ◆ Individual Milestone Recognition
- ◆ Vendor Exhibits – displaying safety equipment and tools
- ◆ Casino Games – a variety of game tables and gaming chips for the evening
- ◆ Random Raffle Drawings
- ◆ Casual Dress (jeans and t-shirts okay)

<b>When:</b>	<b>Friday, June 16, 2006 7:00pm – 10:30pm</b>
<b>Where:</b>	<b>Double Tree Inn – Bellevue (Hilton – Bellevue) 300 112<sup>th</sup> Ave. SE Bellevue, WA 98004</b>
<b>RSVP:</b>	<b>Submit your name (and guest) to Linda Barnhart <b>no later than Friday, June 2<sup>nd</sup>.</b></b>