



Dear UMC Team,

There is a housekeeping item at the forefront of discussion this month. It has come to our attention that the use of our corporate name has not been consistent. With legal entanglements always in the news, it's important that we use our corporate name correctly and refer to the company as **"University Mechanical Contractors, Inc." or UMC.** It is understandable that there is a bit of confusion as to the use of UMC. This is only to be used when referring to our website, www.umci.com. We need to refrain from using just "University" or "University Mechanical" or "UMCI." Shortly we will have a link on *Front Desk* to explain and give examples as to the proper way to use the corporate name. Please see Gail or Linda B. if you have any questions.

Your editors,
Eeyore & Tigger



Safety

Heat Related Illness in the Outdoor Environment...new DOSH Directive effective June 5, 2007.

Heat related illness (HRI) is a well known, recognized hazard in the outdoor work environment. According to the US Department of Labor, Bureau of Labor Statistics, there were 18 deaths and 1,590 lost work-time claims in the US in 2004 due to 'Exposure to Environmental Heat'. There has been three here in Washington during the past two years. HRI includes; heat fatigue, heat rash, fainting, heat cramps, heat exhaustion, and heat stroke. Aside from these disorders, heat poses an additional threat of injuries due to accidents caused by heat related fatigue, dizziness, and disorientation.

Here at UMC the working conditions that may increase the susceptibility for HRI such as air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as ground, air movement, workload severity and duration, and personal protective equipment (PPE) worn by employees has been taken into

consideration. Notices will be posted at jobsites for the do's and don'ts to help eliminate HRI. The catch phrase to remember is "PAT":

- **Prevention:** Drink proper fluids before and throughout the work shift. While working, drink small amount of water (quart per hour).
- **Awareness:** Know the causes of Heat Stress. High temperature and humidity; direct sun/heat; limited air movement; physical exertion; poor physical condition; some medications. Know your limits. Know the types of Heat Illness
- **Treatment:** Notify your supervisor if you or a co-worker has any signs or symptoms of heat stress. Get the worker to a shaded or ventilated area for a minimum of five minutes (based on medical condition). Provide cool drinking water and fan or mist the person with water. If symptoms continue, seek medical attention by calling 911.

Project Spotlight: OHMC South Tower by Linda Barnhart

UMC is near completion of the South Tower project at Overlake Hospital Medical Center. After visiting the site last week for a tour by General Foreman Matt Mifflin, it became perfectly clear the unique challenges the team had on this project. During the tour Matt explained how difficult some of the applications were and if the rough-in or detailing was off even by 1/8" how it would effect the installation of many sink fixtures and foot pedal controls for all the rooms in the new Emergency and Trauma



Air-Handler Units in Mechanical Room

center, as well as new patients rooms. The mechanical room was even more challenging for the crew. It was fascinating to see and hear about the detail of coordination that went into placing these enormous air-handling units into a very tight space, while closely following concise safety measures so the

installation could be done without injury to any UMC employees. Both Matt and Audie Wallace, Project Manager, among other spent a few months coordinating this effort. My hat goes off to every UMC

employee that was involved with the challenges of this project. It's jobs like this that lets us know how great we are as a well oiled team. Way to go "Overlake team".



**UNIVERSITY
MECHANICAL
CONTRACTORS, INC.**

We Build Value

STAR Performer



This month's STAR performer of the month has only been with UMC for a relatively short period of time but has already made a

significant impact. Catherine is not only new to our company, but also new to the Human Resources field, so it is particularly remarkable she has been able to perform at such a high level, virtually from the day she started. Catherine has many strengths: she is able to collaborate and work with any type of person and leave them feeling respected and valued, she has the ability to take any work

report, tool or process, analyze it, modify it, and make it better; she has that "do whatever it takes to get the job done" type of attitude that enables her to be exceedingly productive and efficient. Catherine is a person who's defined by values such as integrity, hard work, common sense, compassion, and creativity/innovation.

Please take a moment to stop by and congratulate Catherine for her achievement and the many contributions she has made to UMC.

*Nominated by Linda Barnhart
Written by Dave Babington*

Still looking for the kid in you!

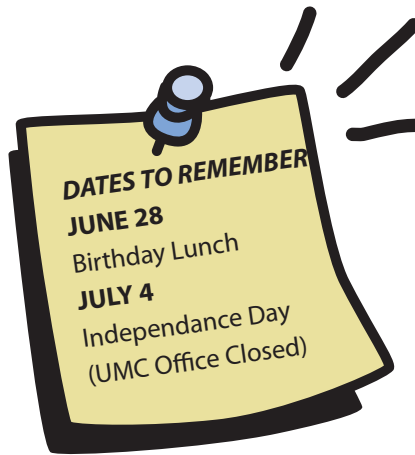


Remember how much fun it was to have recess and play games with all your good friends?

Well here's your chance to relive those awesome childhood days!

We want to know how many of you would be interested in joining a summer co-ed kickball team sponsored by UMC. League games will be played in Everett (Henry M. Jackson Park) and begin early August. Please contact either Linda Barnhart at lbarnhart@umci.com or Gail Kinner at gkinner@umci.com, and we'll add you to the team!

"What we actually learn, from any given set of circumstances, determines whether we become increasingly powerless or more powerful."
-Blaine Lee



Company News

NEW EMPLOYEE

Please welcome the following employees who recently joined UMC:



Marshall Nichols
Project Manager



Jason Petterson
Summer Intern

Employee News

Jonathon Ericson is a tenor for the Seattle Men's Chorus, there is a concert this weekend! Presents: Scared Faithless at McCaw Hall on Friday, June 22 - 8 pm and Saturday, June 23 - 8 pm. For more information about upcoming concerts please visit the following website: www.flyinghouse.org

Digital Camera Tip

Tip #8 - Organizing and archiving



Even before the digital age of photography, most people had problems organizing and storing photos. Unfortunately, the advancement of digital photography has not rid us of these problems – the abundance of random memory cards and digital photo files can be a little overwhelming. However, there are a few simple steps you can take to help you better organize and access your digital photos:

- After you download your photos from your camera to your computer, rename the files. By spending a little extra time renaming your files and folders initially, it's much easier to find them again later.
- Include the date in the names of your folders and photo files – for example, "060507" for June 5, 2007.
- Use more descriptive names – for example, instead of "parade.jpg" try "mukilteo_lighthouse_festival_parade.jpg"
- You can also make different folders on your computer for different topics — one for pictures of your family, one for pictures of your friends, one for your work, and so on.

If you have any questions about your digital camera, please feel free to contact Gail Kinner gkinner@umci.com.

Interested in contributing to the U-Connections? If you have a birth announcement, marriage, engagement, or a special personal achievement you'd like to share with UMC, please e-mail Gail Kinner, gkinner@umci.com, and we'll include it in the next U-Connections.