

Friday, August 11, 2006



==== UMC NEWSBLAST ====

Safety Corner

Respiratory Protection

According to publications from OSHA respiratory protection must be worn whenever you are working in a hazardous atmosphere. The appropriate respirator will depend on the contaminant(s) to which you are exposed and the protection factor (PF) required. Required respirators must be NIOSH (National Institute of Occupational Safety and Health) approved and medical evaluation and training must be provided before use.

Single strap dust masks are usually not NIOSH approved. They must not be used to protect from hazardous atmospheres. However, they may be useful in providing comfort from pollen or other allergens.

Approved filtering facepieces (dust masks) can be used for dust, mists, welding fumes, etc. They do not provide protection from gases or vapors. Do not use these masks for Asbestos or Lead instead here are four masks that you can choose from for those applications:

Half face respirators – can be used for protection against most vapors, acid gases, dust or welding fumes. Cartridges/filters must match contaminant(s) and be changed periodically.

Full face respirators - has the same protection as the half face respirator only the face shield helps protect the face and eyes from irritants and contaminants.

Loose fitting powered air purifying respirators – (PAPR) offer breathing comfort from a battery powered fan which pulls air through filters and circulates air throughout helmet/hood. They can be worn by most workers who have beards.

Self Contained Breathing Apparatus – (SCBA) is used for entry and escape from atmospheres that are considered immediately dangerous to life and health (IDLH) or oxygen deficient. They use their own tank.

If you have any questions or comments about UMC's Safety Program and Policies, please ask Jim Schick or Brian Van in our safety department.

Welcome to UMC!

Mehrdad Rad rejoined UMC on 7/17 in the detailing department, after previously working for UMC a few years ago on the SeaTac Expansion Project (STEP) and Fred Hutchinson Cancer Research Building. Mehrdad has over 15 years experience in protection consulting and design. Mehrdad enjoys hiking.

Quotable Leader

"If you can believe it, the mind can achieve it."

- *Ronnie Lott*

Ring the Bell!

Harborview - Ninth and Jefferson Building (NJB)

This is a very exciting design build project with many long range opportunities for University Mechanical Contractors, Inc. Our clients are Wright Runstad (developer for the project) and Turner Construction. The project is a 14 story building located on the Northeast corner of the Harborview campus. The completed building will include approximately 250,000 sq. ft of parking on 5 floors and approximately 500,000 sq. ft of combination laboratory and medical office use. The facility includes the emergency generators and other infrastructure to serve the adjacent IEB project that is currently under construction by Turner Construction. The current project includes tenant improvements to fill approximately 50% of the total lease space. The tenant improvements include space for the following: King County Medical Examiner, Madison clinic, Harborview pathology department, Harborview Physical therapy, UW - School of Medicine, Harborview - neurology dept., Harborview - Sleep center, Harborview - Radiology, Harborview - Ortho clinics, Harborview - Spine clinic. Construction will commence in November with the underground garage drainage. The parking garage is required to on-line in mid 2007 with the tower complete in mid 2008.

The project team includes: David Malone - Lead mechanical engineer, Keith Flowers - Sr. Project Manager, Mark Stenson - Project Superintendent, Dean Petterson - Project Executive

Project Spotlight

Audie Wallace gives us this update on the **OHMC South Tower Project**

Overlake Hospital's \$125-million South Tower Project will include nine levels. Five levels of medical space and four levels of parking garage underneath with the provisions to add four future floors of medical space.

The South Tower has a new state-of-the-art 48-station Emergency Trauma Center located on the ground floor. Also includes 110 high-tech single-patient rooms, giving patients and their families' privacy and support space. There will also be 6 new operating rooms with the latest technology, a large Critical Care Unit, and a 370-car parking area below ground and connector passageways to the Group Health Specialty Center. The South Tower construction is scheduled to be completed summer of 2007, opening early 2008.

Our field crew is headed up by Matt Mifflin as project superintendent, Gerhard Renz and Nate Zeumualt as plumbing foreman, Dave Gordon as fitter foreman and Ron Hertel as sheet metal foreman.

The mechanical and plumbing systems include several Custom Fabricated Air handling units blowing over 200,000 cfm of air, a new medical gas equipment plant, a pair of 500-ton chillers and cooling towers, and a new dedicated emergency fuel system for power back up. With over 50 miles of piping and 350,000 lbs of ductwork, and all the specialty systems, the field crews have their hands full.

GLY and Overlake *have extended compliments to the whole project team on many occasions so far, keep up the good work!*

UMC Health Awareness Corner

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

91. Look for walks, runs, health screenings and other healthy events in your community. **92.** Use skin cream with SPF15 on your hands to prevent wrinkles and spots. **93.** Keep a six pack of bottled water in the car for yourself and the kids. **94.** Get help for chronic pain. **95.** Enjoy Music. **96.** Arrange a regular time together with friends. **97.** Plan regular date nights with your significant other. **98.** Meditate. **99.** Do less. **100.** Be a good listener.

Mark your Calendars

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.

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. Information about the picnic has been sent in paychecks (check it out). Posters have been distributed/posted on the jobsites. Please RSVP to Lisa Upton either by email at lupton@umci.com or call (206) 368-6969.

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.

University Mechanical Contractors, Inc.

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Please email questions, comments or news to Linda Barnhart @ lbarnhart@umci.com
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