

Friday, August 25, 2006



==== UMC NEWSBLAST ====

Safety Corner

OSHA's Hazard Communication Standard (HCS) specifies certain information that must be included on MSDSs, but does not require that any particular format be followed in presenting this information (see 29 CFR 1910.1200 (g)). In order to promote consistent presentation of information, OSHA recommends that MSDSs follow the 16-section format established by the American National Standards Institute (ANSI) standard for preparation of MSDSs (Z400.1).

By following this recommended format, the information of greatest concern to workers is featured at the beginning of the data sheet, including information on chemical composition and first aid measures. More technical information that addresses topics such as the physical and chemical properties of the material and toxicological data appears later in the document. While some of this information (such as ecological information) is not required by the HCS, the 16-section MSDS is becoming the international norm. The 16 sections are:

- * Identification
- * Hazard(s) identification
- * Composition/information on ingredients
- * First-aid measures
- * Fire-fighting measures
- * Accidental release measures
- * Handling and storage
- * Exposure controls/personal protection
- * Physical and chemical properties
- * Stability and reactivity
- * Toxicological information
- * Ecological information
- * Disposal considerations
- * Transport information
- * Regulatory information
- * Other information

OSHA is preparing a guidance document that will include instructions for composing individual sections of the MSDS. The guidance document will be posted on the Agency's website in the near future.

In 1985, OSHA established a voluntary format for MSDSs (OSHA Form 174) to assist manufacturers and importers who desired guidance on organizing MSDS information. When completed correctly, an MSDS prepared using Form 174 contains all of the information required by OSHA. However, Form 174 does not use the more organized and comprehensive 16-section format.

OSHA believes that use of a consistent format will improve the effectiveness of MSDSs by making information easier for the reader to find, regardless of the supplier of the MSDS. Because the 16-section format is accepted by consensus as the most appropriate format, OSHA no longer endorses that Form 174 be used for the preparation of MSDSs. Use of Form 174, however, is still acceptable under the HCS if it is completed correctly.

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.

Quotable Leader

"Confidence is contagious. So is lack of confidence."

- Vince Lombardi

Project Spotlight

Kevin McLean gives us this update on the **Cosmopolitan Tower Update**

The roof slab was poured in late June and we began placing rooftop equipment starting with the cooling towers on July 24th. Final framing of the roof walls is progressing and rooftop rough in work is anticipated to be complete by mid September. HVAC overhead duct rough-in work is completed thru level 32 and GRD/trim work is completed thru level 17. There is still substantial work for James Flints' crew for the rooftop fans & associated ductwork.

Plumbing in-wall rough-in work is completed thru level 30 and plumbing finish is completed thru level 16 along with riser work completed to level 33.

Overall completion is slated for the end of December and tenants begin moving into the building in late January and early February.

UMC Core Values

UMC's "STAR Performance" Core Values (**S**afety, **T**eamwork, **A**ccountability, **R**espect, **P**erformance) truly reflect our culture and are instrumental in the achievement of our goals.

————→ [September's STAR Performer:](#) Steve Brooks

Steve Brooks has been with UMC for over 8 years. In those years he has grown from a college student full of questions to a Senior Engineer with many of the answers. Steve truly does walk the walk when it comes to UMC Core values.

Steve has spent most of his career at UMC doing T.I. designs for one of our best and most demanding clients - Fred Hutch. His attitude, effort, and abilities have earned him the respect of his peers as well as the entire Hutch team.

Over the past year, the challenge of Project Management was added to the mix for Steve. He is now running the construction for many of the projects that he designed. He is truly learning what it means to be accountable for your design. As always, Steve has met this challenge and performed.

Besides being a very good engineer and an up and coming PM, Steve always has a smile on his face, a humorous remark (or two), and the right attitude. He is one of the reasons it is fun to work at UMC.

Congratulations Steve! You truly are a STAR Performer. I look forward to working with you for many more years.

Written by ~ David Malone

UMC Health Awareness Corner

How to Select a Multi-vitamin Supplement

The body needs roughly 40 vitamins and minerals each day for good health, and it's not always easy to get all of those from food.

To find the least expensive multi-vitamin supplement that still provides all the vitamins and minerals you need, keep these tips in mind:

- ✓ Avoid supplements that provide more than 100% of the Daily Value (DV) for any vitamin or mineral.
- ✓ Choose a supplement with no more than 3,000-3,500 International Units (IUs) of retinol or vitamin A.
- ✓ Men and post-menopausal women should choose multi-vitamins with 50% or less of the DV for iron.
- ✓ Don't expect to find 100% of the DV for calcium or magnesium in a multi-vitamin. Adding these would make the pills very large.
- ✓ Look for the USP (United States Pharmacopoeia) symbol, a mark of a quality product.
- ✓ Most additives, such as herbs, are unnecessary and just drive up the price of the supplement.
- ✓ Supplements designed for certain age groups or sexes tend to be pricier. You can usually find a similar formula in a generic brand.

Source: WebMD

Mark your Calendars

August 26, 2006 – Annual UMC Family Picnic Come join the family fun at Cottage Lake Park. The festivities start at 10:00 AM. Volunteers are welcome to come early to help set up and we will need people to stay late and help with clean up. Hope to see you there. If you have questions please contact Linda Barnhart at (206) 368-6227 or email at lbarnhart@umci.com

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
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