

*Friday, February 10, 2006*



=== UMC NEWSBLAST ===

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### Safety Corner

Safety Driving Tips for severe weather:

When it rains:

- Traction is reduced. Water mixes with road oils, grease and dirt to make roads slippery. Also, your risk of hydroplaning is increased with speed.
- Visibility is often impaired. Turn on your lights. Use the defogger or air conditioner to keep windows and mirrors clear inside.

When it's foggy:

- Stay to the right of the roadway.
- Turn on your headlights -- day or night -- to low beam.
- If you can't see the road's edge, pull off on the right -- well out of the traffic lane -- and turn on the emergency flashers.

On ice or snow:

- Bridges and overpasses freeze first. Slow down and avoid sudden changes in speed or direction.
- Keep windows clear of snow and ice.
- Keep your speed steady and slow --but not too slow. In deeper snow, it's often necessary to use the car's momentum to keep moving.
- Use brakes cautiously. Abrupt braking can cause brake lock-up, which causes you to lose steering control.
- Antilock brakes are designed to overcome a loss of steering control. To make antilock brakes work correctly, apply constant, firm pressure to the pedal. During an emergency stop, push the brake pedal all the way to the floor, if necessary, even in wet or icy conditions.
- If you get stuck in snow, straighten the wheels and accelerate slowly. Avoid spinning the tires. Use sand or cinders under both drive wheels.

In severe weather:

- High winds -- use extra care and consider if a trailer, van or other "high-profile" vehicle should be operated at all.
- Hailstorms -- find shelter by driving under an overpass or bridge.
- Severe thunderstorms -- listen to your car radio and be alert. If you spot a tornado, don't try to outrun it. Get out of the car, find shelter in a ditch or low-lying area and lie face down to protect yourself from flying debris.

Hurricanes -- avoid low areas and move inland while there's still plenty of time.

**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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### Quotable Leader

*Learn to know every man under you, get under his skin, and know his faults. Then cater to him - with kindness or roughness as his case may demand.*

*-John McGraw*

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## Welcome to UMC!

**Trish Motyl-Hruby** started working for UMC on 1/30 as Health & Safety Coordinator, reporting to Jim Schick. Trish worked for the past three years for Pilchuck Construction as Safety & Claims Administrative Assistant. Before that she worked for City University as an Administrative Assistant, for Bombardier Motor Corporation as a Regional Secretary and SpaceLabs Medical Corporation as an Operations Secretary. Trish graduated from Fairleigh Dickinson University with a BS degree in Hotel/Restaurant Management and a minor in Business Mgt. Trish enjoys competitive running, personal fitness training, and traveling with their "Toy- Hauler."

Please stop by or drop an email to give her a UMC welcome!

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## 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.

### —→ February's STAR Performer: John Strand

John started with UMC on February 9, 1976. When John came aboard he started his career as a plumber and plumbing foreman. Eventually John moved into the office working for the Service and Special Projects group.

Since those days, John has managed countless projects. John generates all of the business for projects he manages. Through all this hard work John has managed to consistently build effective project teams that perform and **Build Value** for the company. He has the loyalty and respect of the crews that work for him. He has also developed great customer loyalty with those for whom he has provided services.

John's commitment and loyalty to UMC is admirable and epitomizes our culture and our way of doing business. I truly enjoy working with John and hope he has another 30 years in him!

- Jerry Bush

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## Project Spotlight

**John Strand** gives us this update on **Swedish Medical Center projects**.

For those who may have wondered what's been going on at this property,

Over the last 15-16 years UUMC has been pretty much the mechanical contractor of choice at this facility, up until 6 years ago it was Providence Medical Center, built in 1910. Work for Providence was rather hit and miss, but now that Swedish owns the property and has had time to work on improvement plans, things have pretty much been on a none stop coarse, and we have been lucky enough to fill the needs mechanically on nearly each and every project that has come up. Here is a list of some of the most noteworthy projects over the last few years.

- New Medical Oxygen Park Facility (Large medical o2 and fuel oil project)
- New Emergency Generator project (Fuel Oil and Remote Radiators)
- Sleep Center
- Laboratories
- Gift Shops
- Chapel
- 1910 Infrastructure
- Several new Chillers
- Several new Cooling Towers
- Custom Built in place 40,000 cfm Air Handling Units
- Kitchen Renovation
- 4 East complete floor build out
- New Cath Labs and EP Labs PH 1
- New Cath Labs PH 2
- Complete new Medical Gas Cylinder Storage Systems
- ICU Second Floor Renovation
- Four new Cardio Vascular Operating Rooms
- (2) New Body Interventional Radiology Procedure Rooms.
- Center Building PH 1 Mechanical Infrastructure Upgrade

## Project Spotlight, cont'd

- Center Building PH 2 Mechanical Infrastructure Upgrade
- Presently working on (2) new Cath Labs, (2) CV/ Nero Operating rooms, South Addition Mechanical Infrastructure Upgrade, and a seemingly never-ending series of hot pop up projects.

Our Office and field teams know very well how important it is for all of us to stay focused on excellent field /office and follow up service to this facility.

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## Upcoming Events

Come join us for the February Birthday Celebration! The luncheon is Thursday February 16<sup>th</sup> starting at 12:00 PM. Those celebrating birthday's in February are: Paul Donohue, Tom Callea, Warren Rose, Dean Cresanta, Shane Jacob, Dick Kirk, Davin Chea, Travis Schoeben, and last but certainly not least Dean Petterson.

Can you guest what happened at UMC 30 years ago yesterday? Give up? Need a hint?

UMC was fortunate enough to hire the skills of **John Strand**, do you see the theme of this edition of the Newsblast! Please join us in helping celebrate John's career with UMC on Friday February 17<sup>th</sup> in the Lunch Room/Central Plant. Bring your stories to share with the group.

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## UMC Health Awareness Corner:

Just like brushing your teeth, healthy habits should be cultivated on a daily basis. The following is a guide to daily tasks:

1. Activity should be a daily occurrence. Walk, run or jump for a minimum total of 20 minutes a day.
2. Protect your skin. Sun block should be applied on face, neck, arms and hands even in the dead of winter. It protects against climatic toxins too. Moisturize skin daily.
3. Eat fruits, vegetables, grains, low-fat dairy products and small amounts of protein. Avoid sweets and other processed foods.
4. Meditate or spend a minimum of five minutes daily in quiet time.
5. Find your spiritual self. Discover what inspires you, raises your level of consciousness, motivates you, and satisfies your soul.
6. Exercise your brain. Read, study, solve problems, and learn new skills. As does the body, the brain atrophies with lack of use.
7. Hug somebody.

## St. Patrick's Day Dash

Come join the UMC Leprechaun's and run, jog or crawl to the 22<sup>nd</sup> annual Henry Weinhard's St. Patrick's Day Dash, Sunday March 12 at 9 AM. It's one of Seattle's largest foot race that ends with a beer garden at the finish. It's no Pot "O" Gold but it's the next best thing. Registration information and forms can be found at [www.stpatsdash.com](http://www.stpatsdash.com). Start training now! Weekly runs are at noon on Monday, Wednesday and Friday's. For more information, contact Bill Laughlin or Bruce Pence.

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