CONNECTIONS

Sept. 2010

Safety

Ergonomics is the science and practice of evaluating tasks to make them easier on the body. It aims to make work more comfortable, efficient and safe. Ergonomics can help prevent injuries when tasks involve repetitive motion, lifting heavy objects, reaching, bending over, using continuous force, or working with vibrating equipment.

Ergonomic principles can help on the job site, in the office, and at home. Each individual should consider potential problems and adjust work habits to use your body in safe and efficient ways. Be aware of the way you work. Organize your work station to work with your body mechanics. Take time to stretch frequently.

The following ergonomic strategies will help prevent injuries and make work more comfortable and efficient.

- Change awkward movements. Plan your work and position tools and supplies within easy reach. Make an effort to arrange materials so as to minimize leaning, and bending or twisting at your waist or wrists.
- Minimize contact with furniture or machinery. Be aware of when you lean on or against objects, and when you rest your hands, elbows, or knees against them. Adjust your posture, supplies, and tools to minimize contact.
- Break up repetition. Vary your tasks so that you are not repeating the same motion for prolonged periods. Stretch in the opposite direction to release tension.
- Reduce exposure to vibration. Alternate tasks that involve vibration with tasks that are non-vibrating. Use anti-vibration gloves if needed.
- Be aware of your posture. Sit correctly: avoid slouching or leaning back, adjust your seat height so that your arms and shoulders stay relaxed, and keep your feet flat on the ground or on a foot rest. Stand straight, shoulders back, head up. Breathe deeply.

Ergonomics can help us all work more comfortably, efficiently, and safely.

Reminder: this is the time of year when our children return to school. Drive alertly.

- Be on the lookout for children who may stray into traffic while waiting for and when getting on and off of the school bus.
- Be aware of school zones and follow posted speed limits.
- Respect and obey school crossing guards.
- Watch for pedestrians when picking children up and dropping them off at school.

Birthdays

September

5 Mary Bouck
6 Karen Langeberg
13 Ned Miller
18 Troy Turpin
20 Leah Holden
20 Kathy Jenkins
28 Lloyd Lagutang
29 Mike McNeil

October

1 Bryan Eppler
1 Marj Schmidt
2 Ted Granston
7 Mark Shipley
9 Leo Cleek
14 Teng Vang
15 Brian Burton
19 Renee Leon
21 Jenni Gregg
21 Parris Talbert
28 Jeff Buck
31 Keegan Hollister

UNIVERSITY MECHANICAL CONTRACTORS, INC.
We Build Value

Anniversaries

5 Years:
Sonja Cotterell (Sept)
Scott McDaniel (Sept)
Ned Miller (Oct)

2010 Calendar of Events

SEPTEMBER
Golf Tournament
Sunday, 9/12
7:00am-2:00pm
Harbour Point Golf Course

OCTOBER
Trick or Treat Party
Thursday, 10/28
3:00pm-5:00pm
UMC

DECEMBER
Santa Party
Thursday, 12/9
5:00pm-7:00pm
UMC

JANUARY, 2011
Holiday Party
Saturday, 1/15
6:00pm-Midnight
Lynnwood Convention Center

WHAT'S HAPPENING AT UMC

Industrial Division

Hanford 200 West Pump and Treat
The name of this project may seem a bid odd, but it is quite descriptive of the work. A processing plant will be built at the Hanford Nuclear Reservation in the geographic area called 200 West. The plant will take groundwater that is extracted by pumps from the aquifer, treat it to remove impurities, and then pump the clean water back into the aquifer. With approximately 60,000 UMC man hours, this is a significant project. Our scope, acting as a subcontractor to Skanska, includes process piping, plumbing, HVAC and the setting of all process equipment, tanks, and vessels.

We are in the process of setting up our field office and working with the concrete crews setting pipe sleeves. Mobilization will be mid-September, field work will start in earnest in mid-October, and we are to be ready for start-up at the end of July next year. Ed Holmes, Pipefitter craft supervisor is watching over the early site work. The other long term team members are Ryan Hoggatt, Project Engineer, Rick Hawkins, Superintendent, and Steve Russo, Project Manager. Right now, these folks are organizing our mobilization, working on submittals, and along with our estimating and purchasing groups, working on re-pricing the job now that design is 100% complete.

The other major UMC activity right now is leading the Building Information Modeling (BIM) effort for the project. Brett Endres, Technical Services Manager is leading a team of BIM Coordinators comprised of Randy Adams, Mehrdad Rad, and Eric Talley.

Spokane County Regional Water Reclamation Facility
UMC mobilized in February for this 70,000 man hour project to build a new Wastewater Treatment Plant. As a subcontractor to CH2M HILL, our scope includes process piping, plumbing, HVAC and the setting of all process equipment, tanks and vessels. We are on schedule and expect to be complete and ready for start-up in July next year.

Our current crew size is about a dozen and we expect this to double once process piping gets going. We are out of the ground and our major field effort now is installing 30 inch diameter Low Pressure Air lines. Our on-site team is Project Manager Randall Gaylor, Superintendent Ron Clark Senior, Project Engineers Mark Budke and Matt Kopicky, and Administrative Assistant Judy Gaylor. BIM Coordinator Rene Soucy is on the team and working out of Mukilteo.

Brightwater Treatment Plant
We are in the home stretch for this project, a new Wastewater Treatment Plant for King County. It was four years ago, in the summer of 2006, that UMC mobilized to install early yard piping. In the fall of 2007, we started the construction of the process facility itself as a mechanical subcontractor to Hoffman Construction Company.

Construction work is essentially complete with the exception of installing re-designed chemical trench piping. While finishing this piping, our crews are also starting up the various process systems and the current plan is to be complete in February next year. This plan may be modified depending on King County decisions dealing with the long delayed conveyance tunnel which is not expected to be complete until the end of 2011.

Industrial (cont'd)

Superintendent Mike Spencer and piping foremen Jeff Johnson and Steve Turek continue to lead the fitter field crews and plumbing is supervised by Ryan Santeford. Millwright supervisor Tom Abbott is also involved in check-out activities. Site staff is comprised of Project Engineers Linda Weisberg and Ryan Hoggatt, Administrative Assistant Deborah Black, and Project Manager Steve Russo. Ryan will be leaving soon to work full time on the Hanford project at which time Linda will assume even more Brightwater responsibilities.

Bonneville Power Administration Energy Conservation Projects
The BPA manages energy conservation projects for military bases in the Northwest. Since late 2009, UMC has been awarded seven projects with a combined value of between $5 million and $6 million. On six of these projects, we are the General Contractor. Project Manager, Brian Burton, has overseen all of this BPA work. Current projects are described below.

At Joint Base Lewis McChord, Piping Foreman, Jud Hildebrandt, is heading up the installation of approximately 450 steam traps. We were just awarded another steam trap project. This one is at Bremerton and involves approximately 1,400 traps.

At Bangor, we are nearing completion of a chiller project that included (8) Turbocor Compressor retrofits, (2) new chillers and (5) new cooling towers, all spread over (4) buildings. In addition, we were recently awarded the installation of (2) new chillers which will keep our crews busy for a while yet. The Turbocor retrofits were executed by our Service Group and the field crew of Leigh Smith and Premo Petterson was led by Dennis Charles.

Also at Bangor, we are nearing completion of a heat recovery project that included the addition of economizers and upgrades to process control systems for six boilers. For all of our Bangor work, Pipefitter supervisor, Larry Hanson, has led our crews and the following craft supervisors were involved at some point: Millwright Tom Abbott, Carpenter Mike Yonich and Ironworker Scott McDaniel. Project Engineer Matt Kopicky was also involved for part of the work.

Other Activities
UMC currently has smaller capital and maintenance work at Nucor, Lafarge, Seattle Steam, Nippon Paper, Boeing (Everett), Continental Mills and Jorgensen Forge. Piping associated with this work is being led by Pipefitter supervisor Rick Pelletier.

-Written & Submitted by:
Dave Johanson
Steve Russo
Brian Burton

CONGRATULATIONS!!

Gail Kinner, Marketing Manager for UMC, earned the designation of Certified Professional Services Marketer (CPSM) this past August. She is among an elite group of professionals to be certified by the Society for Marketing Professional Services (SMPS). Certified Professional Services Marketers (CPSMs) are recognized as having the experience and knowledge to generate profitable business in the architectural, engineering, and construction marketplace. To achieve this designation, certification candidates must meet educational and experience requirements, pass a rigorous written examination, and pledge to abide by the CPSM Code of Ethics. The process validates the individual's mastery of and ability to apply critical business development knowledge in an industry that values certification.
Congratulations Gail – great job!!

STAR Performer – 2nd Qtr.

Kenny Zeumault

WELCOME TO UMC

New Hires

Tom Struble started working for UMC on 8/16/10 as an Energy Engineer reporting to Scott Locke. Before coming to UMC, he spent over six years as a submarine officer in the US Navy. Tom was a Naval Nuclear Engineer on board the USS Virginia in Croton, Connecticut and ended his tour in the Navy at Bangor Sub Base in Silverdale, Washington. When not at work, Tom enjoys traveling, exercising, cooking, and brewing his own beer.