

Friday, July 14, 2006



==== *UMC NEWSBLAST* ====

Safety Corner

Here we are...at the half way mark for July. Since the inception of our new safety awareness program we unfortunately have only gone one month without a recordable incident. Let's all be more aware of our surroundings and that of our fellow peers and make July the second month with **NO RECORDABLE INCIDENTS!** Who will be our next lucky drawing winner?

Aerial Lifts - Aerial lifts include boom-supported aerial platforms, such as cherry pickers or bucket trucks. The major causes of fatalities are falls, electrocutions, and collapses or tip-over.

Here is a list of safe work practices: 1. Ensure that workers who operate aerial lifts are properly trained in the safe use of the equipment. 2. Maintain and operate elevating work platforms in accordance with the manufacturer's instructions. 3. Never override hydraulic, mechanical, or electrical safety devices. 4. Never move the equipment with workers in an elevated platform unless the manufacturer permits this. 5. Do not allow workers to position themselves between overhead hazards, such as joists and beams, and the rails of the basket. Movement of the lift could crush the worker(s). 6. Maintain a minimum clearance of at least 10 feet, or 3 meters, away from the nearest overhead lines. 7. Always treat power lines, wires and other conductors as energized, even if they are down or appear to be insulated. 8. Use a body harness or restraining belt with a lanyard attached to the boom or basket to prevent the worker(s) from being ejected or pulled from the basket. 9. Set the brakes, and use wheel chocks when on an incline. 10. Use outriggers, if provided. 11. Do not exceed the load limits of the equipment. Allow for the combined weight of the worker, tools, and materials.

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!

Dan Nordstrom started working for UMC on 6/19 as a Purchasing Assistant. Dan got his start in the mechanical trade, worked for the Massart Company, and was General Manager of Magnolia Contractors. Dan most recently worked for three years with his son helping him start up a Home Heating and Air Conditioning business.

Zach Berch has joined UMC again as a summer intern. He has been working for UMC on and off for the last 5 years in the detail department. Zach will graduate from Western Washington University next year with a degree in Engineering Technology and a concentration in Industrial Design, as well a Business minor.

UMC Employee News

Promotion: Jesse Tompkins from Project Engineer Intern to full time status as a Project Engineer. He started working for UMC on 4/26 as a Project Engineer Intern, working on the Washoe Medical Center project. Jesse graduated in May with a degree in Mechanical Engineering from the University of Nevada, Reno

Promotion: Monica Todd from Purchase Order Administrator/AP Support to Accounts Payable Administrator. Monica has been in a full time position with UMC since 1/06 and has been working in a support role for Purchasing and AP, which has made the transition to her new position a smooth one. She has also been instrumental in training her replacement.

Congratulations Jesse and Monica!

Quotable Leader

"Man becomes great exactly in the degree in which he works for the welfare of his fellow-men."

- Mohandas Gandhi

Project Spotlight

Kevin McLean gives us this update on the Key Bank Operations and Call Center

UMC was awarded by HSW in early February 2006 the mechanical scope for a consolidation project of Key Bank's Auburn and Tacoma locations. This design/build project has been headed up by Max Harshman with Don Swenson as our Plumbing and Fitter foreman and Leon Bialkoski working as the Sheetmetal Foreman.

In all, over 200 Auburn employees will be relocated to the upgraded facility in Tacoma. UMC's full mechanical scope consists of a new lobby and training center, 3 new training rooms, new restrooms, refurbishment of existing restrooms, complete kitchen remodel as well as several HVAC upgrades to misc. areas throughout the two story, 30,000sf building.

Key Bank has extended a very nice compliment to HSW and UMC for completing the kitchen remodel on time prior to the relocation of the first 60 employees within a very short schedule.

Way to go team!

UMC Health Awareness Corner

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

71. Use a meat thermometer every time you prepare a meal. **72.** To reduce your risk of Alzheimer's, keep reading, going to museums and engaging in hobbies. **73.** Keep your blood pressure down by losing weight, exercising and limiting sodium and alcohol. **74.** Get fluoride supplements for your child(ren) if you live in a non-fluoridated area. **75.** Wash your hands frequently to avoid germs that cause cold and flu. **76.** Carry an emergency medical card that indicates you are taking lifesaving medication. **77.** Get a facial. **78.** Get a pedicure. **79.** Take a relaxing bath rather than a quick shower. **80.** Plant flowers.

Join me (Maria Boyer) and Rise to the Challenge! Together... 'We Can Do It!'

Please support me as I take on a bold challenge, the LIVESTRONG Challenge. As a member of Team "We Can Do It!" I have pledged to ride 40 miles on July 30th, in Portland Oregon in the LIVESTRONG Challenge event while raising funds and awareness in the campaign against cancer. Help support me in my efforts to support the Lance Armstrong Foundation's mission of empowering people facing this disease. Donations can be made online by visiting my personal web page:

<http://www.livestrongchallenge.org/o6OR/trinity> where you will receive more detailed information regarding this LAF event. If you would like to join in the fun - register to participate in one of the many designated events by visiting www.livestrongchallenge.org

Thanks For Your Support!
Maria Boyer



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 will be sent in paychecks in the coming weeks and watch for poster on the jobsites.

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.

An Affirmative Action, Equal Opportunity Employer

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

www.umci.com