



CONNECTIONS

June 2009



Safety

A 10-year study conducted by DuPont found that 96 percent of accidents at the company were the result of unsafe actions by employees going beyond their limits, rather than unsafe conditions. A 2006 Liberty Mutual *Workplace Safety Study* found that more than 50 percent of all workplace injuries are a result of overexertion, falls, twisting the wrong way or other physical movements.

These startling statistics reinforce the concept that safety is in the hands of the individual worker. It is the employer's responsibility to provide a safe and healthy workplace, but the question becomes: how do we motivate the individual employee to work safely. Training, job hazard analysis, discussions of best practices, and pre-task planning are techniques we use to encourage safe work, but the specific decision is up to the worker.

There is a constant stream of "decision moments" when safety can be achieved or compromised. Should I lean a little more off the ladder so I get this last screw set faster? It will only take a second. I know I can lift that 100-pound pipe and I only have to move it a short distance, why should I get someone to help me? If I just

twist into position, I am sure I can lift that tool bucket. I am in a hurry so I don't need to put on my face shield for grinding this small area. I know my back is uncomfortable working on this rebar wall, but I don't want to "wimp out". It will be faster if I ignore fall protection this one time.

These "decision moments" are not limited to work: there are many examples in private life as well. How often have you thought when driving a car, I know I can look around and find the right CD and still drive safely. Can I just run into the house for a moment to get a cup of coffee even though I know my two-year old does not have a life jacket on and she is near the pool? Can I still put on just one more string of lights, even though this circuit is overloaded? I don't want to wait for John to help me: I think I can move the piano by myself.

We usually don't even notice that we are at a "decision moment". Many of our actions are automatic reactions. Our habits dictate what we will do. In many instances, our bad habits are reinforced by the fact that poor choices have not caused us harm in the past. We have leaned off the ladder, set the final screw, and then just gone on with our work. This lulls us into thinking that there are not consequences to poor choices. If we think about it, we know that is not true and that the immediate risk is not diminished by previous good luck.

In order to make the decision to choose safety over all of our other excuses, we must strive to focus on the job at hand and not be distracted. Be in the moment and you will realize that your next action is a choice and you don't want to risk your well-being. In addition, remember that you are part of a team: they are depending on you. You can mentor your teammates toward safe choices and you can lead by example. Your team (job, company, family) is only as safe as your next action. Come to the next "decision moment" and achieve safety!

STAR Performer-June



I'd like to nominate Steve Bueler for the June STAR Performer.

Steve has been with University Mechanical for five (5) years now. Steve has never shied away from a challenge nor has he failed to meet that challenge head on. In doing so he has become a valuable member of our engineering department.



STAR Performer (cont'd)

Steve has had the opportunity to work on some of our more challenging Design Build projects in his young career. NJB Tenant Improvements, WSECU, and UW Sandpoint (that one's for you Steve) are only a few examples of the projects he has been working on. Early in his career here at UMC, Steve showed a sense of judgment and a practical approach to design that was well beyond his years of experience.

In addition to all of the geeky engineering stuff, Steve is also a certified welder and has taken the exams to be a weld inspector for UMC.

Congratulations Steve! Thanks for all of the hard work.

Written & Submitted by:
David Malone



Birthdays

June

11 Jon Baker
13 Linda Pelletier
14 Kim Leasure
17 Peter Martynovych
18 Rich Munoz
21 Catherine Waldren
22 Vanessa Witkowski
24 Steve Russo
24 Konstantin Aluf
27 Craig Murphy

July

2 Shaun Buckley
5 Brittney Spurlock
8 Ralph Schaeffer
10 Julie Blanchard
14 Richard Farmer
14 Todd Olson
14 Dean Harriman
15 Linda Weisberg
19 Jenn Rando
20 Vicky Rozis
29 Mike Spencer
31 Chris Riddle
31 Matt Mifflin



Anniversaries

20 Years:

Larry Savell (June)

10 Years:

Henry Biggs (June)
Chris Gunn (June)

5 Years:

Paul Donohue (July)
Clifford Lamb (July)

2009 Calendar of Events



JUNE

Employee Appreciation-Coffee cart
Thursday, 6/11/09 - 8am-11am
UMC

AUGUST

Summer Picnic
Saturday, 8/1/09
Cottage Lake, Woodinville

SEPTEMBER

Golf Tournament
Sunday, 9/13/09
Harbour Point Golf Club

OCTOBER

Trick or Treat & Party
Friday, 10/30/09
UMC



NOVEMBER

Book Fair
Thursday, 11/5/09
UMC

DECEMBER

Santa Party
Friday, 12/11/09
UMC

JANUARY

Holiday Party
Saturday, 1/9/10
TBD

WELCOME TO UMC!

New Hires



Matt Kopicky started work for UMC as a Project Engineer on 5/11/09. He is reporting to Steve Russo and is assigned to the Brightwater project. Matt is a graduate of UW and last worked as a Project Manager for Camwest Development. Matt lives with his wife near Greenlake and enjoys cycling, rowing and backpacking.



Peter Martynovych became an "official" UMC employee on 5/18/09 as a BIM Coordinator (he had been a contract BIM Coordinator for the past four months). He most recently worked on the Boeing 5-50 building project. Prior to this he worked as a detailer and MEP Coordinator for contractors including Holaday Parks, W.A. Botting Company, MacDonald Miller (drafter), Cad Piping Services Inc. and two previous tours with UMC. Peter has nearly fifteen years of detailing and drafting experience in piping, plumbing, and HVAC detailing. Peter's current hobby is pretending to be a car mechanic and riding his motorcycle.



Deborah Black became an "official" employee for UMC on 5/18/09. She has been working since January through Aerotek as a Project Assistant reporting to Steve Russo on the Brightwater project. Deborah's last position was with Langsholt Construction as Accounting Manager and Dispatcher for fifteen years. Deborah enjoys cooking, quilting and kids.



Janelle Bruhn started working for UMC as a Project Manager reporting to Maria Boyer. Janelle was recently with Mortenson as an MEP in Preconstruction. Prior to that, she was with W.A. Botting for fifteen years starting as an intern, moving her way up to Project Manager. She spends her free time teaching Irish dance and attempting to golf and run.



Jay Murphy started working for UMC on 5/27/09 as a BIM Coordinator reporting to Curtis Watson. Jay's last position was with MacDonald Miller where he worked as a plumbing foreman and for the past two years as a plumbing detailer (he has been in the plumbing industry for thirty-four years). Jay enjoys spending time with his family and fishing.

Summer Interns



Thomas Spaulding started working for UMC on 5/11/09 as a college intern reporting to Dan Lehr. He is currently a student at WSU pursuing a Construction Management degree. His last jobs were working at Lumbermen's as part of the yard crew, and at Olympic Panel Products as a plywood plugger. In his spare time, he enjoys outdoor activities.



Craig Murphy started working for UMCI on 5/13/09 as a college intern reporting to David Malone. He is currently attending Gonzaga University (Spokane) pursuing a Mechanical Engineering Degree. His last jobs were working as a mechanical intern for Coffman Engineers and working as a sales technician for Greenshields Industrial Supply. Craig enjoys outdoor sports, lifting weights, and fixing cars in his spare time.



Keegan Hollister started working for UMC on 5/14/09 as a college intern reporting to Troy Lowery. He is currently a student at Washington State University pursuing a degree in Mechanical Engineering. He is president of the WSU snowboard team and he enjoys wakeboarding and working on motorcycles.



Eric Nagel started working for UMC on 5/18/09 as a college intern reporting to Curtis Watson. He is currently attending Gonzaga University and is pursuing an Electrical Engineering Degree. His last job was at the City of Shoreline working for the public works department. In his spare time Eric enjoys photography, audio installation and working on cars.



Vincent English started working for UMCI on 5/18/09 on the Bellevue Children's Hospital project, as a college intern. Vinny was an intern last year on the Harborview project. He is currently a student at UNLV (Las Vegas) seeking a Construction Management degree. His last jobs were working with Banner Roofing, as a roofing technician, and at The Home Depot as a Tool Rental Tech. He recently retired from springboard diving after competing for seven years. In his spare time he enjoys restoring old cars and outdoor activities.



UMC Walking Club

Did you know that walking is a great way to build strength and energy? The "Whip Walk Club" heads out every day at noon for a 2+ mile walk - what an invigorating change of pace for a hectic work day. Grab a friend and join us daily in the lobby at noon where walking with us is guaranteed to "whip you into shape".

There are no expectations and you can walk at your own pace as there will be others who may also want to stroll along.

The following eight (8) steps, when followed, can help walking be an

enjoyable and worthwhile experience:

1. Safety First!!
2. Warm-up with stretching exercises
3. Include a cool-down period to reduce stress on your heart and muscles
4. Practice correct posture - head upright, arms bent at the elbow and swinging as you stride
5. Protect your skin - UV-protective sunglasses, sunscreen and a hat
6. Drink plenty of water before, during and after walking
7. Use sidewalks where provided and use crosswalks. When a sidewalk is not provided, it is usually safer to walk facing road traffic
8. Dress in light colors and wear reflective material

Now it's time to hit the pavement!!



Swedish Hospital SummeRun

Have you ever wanted to run/walk in a 5K? Here's your chance! UMC is sponsoring a team that will participate in the Swedish Hospital SummeRun July 26th. If you would like to donate or join the team, please visit <http://community.swedish.org/netcommunity/umc> or contact Gail Kinner, gkinner@umci.com for more information.