

Friday, July 28, 2006



==== UMC NEWSBLAST ====

Safety Corner

Trenching and Excavation Safety:

Excavation and trenching are among the most hazardous construction operations. Cave-ins pose the greatest risk and are much more likely than other excavation related accidents to result in worker fatalities.

Protect yourself: Trenches 5 feet deep or greater require a protective system unless the excavation is made entirely in stable rock. Trenches 20 feet deep or greater require that the protective system be designed by a registered Professional Engineer.

Protective Systems: Sloping involves cutting back the trench wall at an angle inclined away from the excavation. **Shoring** requires installing aluminum hydraulic or other types of supports to prevent soil movement and cave-ins. **Shielding** protects workers by using trench boxes or other types of supports to prevent soil cave-ins.

OSHA standards require that trenches be inspected daily and as conditions change by a **competent person** prior to worker entry to ensure elimination of excavation hazards.

Safe **access and egress** to all excavations, including ladders, steps, ramps, or other safe means of exit for employees working in trench excavations 4 feet or deeper. These devices must be within 25 feet.

General Trenching & Excavation Rules:

- Keep heavy equipment away from trench edges
- Keep surcharge loads at least 2 feet from trench
- Know where underground utilities are located
- Test for low oxygen, hazardous fumes and toxic gases
- Inspect trenches at the start of each shift
- Inspect trenches following a rainstorm
- Do not work under raised loads

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.

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.

—▶ August's STAR Performer: Ray Lind

Mr. Lind is truly a craftsman and day-to-day he continues to exemplify what the trade definition of a Steamfitter is and what they provide. Ray has the knowledge; the expertise and charisma to provide the full turn key solution for the commercial HVAC piping installation. His organizational skills are excellent and have empowered him to run some of the larger pipe fitter crews that we have ever had, as a company. His performance at the STEP project was nothing short of outstanding, he orchestrated a crew of 65 fitters. Throughout the process Ray had a full understanding of what needed to be done and he relentlessly pursued all of his men to ensure the work was done correctly. Ray is in continual communication with the project team to ensure that the correct products and methods are being utilized. Ray's ability to plan a job and fabricate in advance has helped his success. On the UW Genomic science project, Ray's foresight allowed him to lead the charge on the entire installation, even though he had half the crew size that was estimated. This was all possible because of his prefabrication, preplanning and planning a good flow of work for his men. Ray is an essential asset to this company and we appreciate his continual efforts.

Nice job Ray! I look forward to working with you and having you help train our up and coming foreman.

~Written by: Steve Otis

Welcome to UMC!

Toni Adams joined UMC as a temp-to-hire on 6/27/06. She previously worked at the Tesoro Refinery in Anacortes as the Training Department Administrative Assistant. She has 20 plus years experience as an Administrative Assistant. Toni spends her spare time taking her dogs on long hikes; spending quality time with friends; and sees as many baseball games as possible.

Quotable Leader

"The way to get started is to quit talking and begin doing."

- Walt Disney

Ring the Bell!

Boeing Paint Hanger

UMC has been awarded the piping/plumbing work for the upgrade of one of Boeing's paint hangers in Everett. The General Contractor is Dahlgren Industrial. We'll start right away with demolition, and field installation will commence in November to complete in July 2007. Congratulations to our estimating team: Rick Coulter, Pat Damitio, Rick Hawkins, Mike McNeil and Pat Monahan. Rick Wiseman is leading our Project Team.

Brightwater Waste Water Treatment Plant

UMC was awarded the project that consist of the installation of the first phase of process piping for the new Wastewater Treatment Facility that is being built in Woodinville. This work, which accounts for about five percent of the total mechanical work, will be completed by next March.

Project Spotlight

Randy Gaylor gives us this update on the **Steam Trap Project**

UMC was awarded the installation of an Armstrong Steam Trap Monitoring System, which includes the replacement of approximately 400 steam traps throughout the secured location. The project also includes some installation for the supporting electrical system for BPA and Armstrong Services. This project kicked off at the beginning of July and will run until October. The project team will peak at a crew size of five (5) and is being lead by Ron Clark Jr.

UMC Health Awareness Corner

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

81. Light candles. **82.** Buy Organic foods. **83.** Don't eat after 8:00 pm. **84.** Make your own healthy lunch to control portion sizes and ingredients. **85.** Eat Breakfast. **86.** Don't eat unless you are sitting at a table. **87.** Eat slowly and savor what you are eating. **88.** Have an apple before dinner. **89.** Try nonfat milk instead of whole. It has 100 less calories in every 2 cups. **90.** Find an exercise buddy.

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 has been sent in paychecks (check it out). Posters have been distributed/posted on the jobsites. Please RSVP to Lisa Upton by August 7 by either email at lupton@umci.com or call (206) 368-6969.

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
www.umci.com