



## SOUTH PARK BRIDGE REMOVAL

Special recognition this quarter goes to the crew of the South Park Bridge Removal project that commenced on August 16, 2010 and was completed by August 27, 2010. The scope of work included the manual removal of lead from 11 stringers



**Crew of the Quarter**

from both sides of the bridge so that Kiewit/General Construction could flame-cut the pieces for demolition. Fall protection was the greatest challenge due to the configuration of the old bridge but proper planning, good equipment, good crew, and good execution made this a successful project. This bridge has old ties to the history of Long Painting as this bridge was used by employees each day as they went to work at the old office. You can visit the King County Department of Transportation web site ([www.kingcounty.gov/transportation](http://www.kingcounty.gov/transportation)) to see the South Park Bridge project progress.

Crew members included Steve Healy, Matt Reed, Ken Hoxea, Forrest Chapman, Paul Culp, Courtney Schwab, Alex Littleboy, Mike Jones, and Josh Santos. Val Delgado and Eddie Henningsen were the foremen on the job that took place on both sides of the Duawmish River simultaneously. Under the watchful eye of Kiewit/General Construction and the King County Department of Transportation the crew completed the project under budget, ahead of schedule, and with no incidents. Congratulations to the entire crew, Bill Newcomb (PM), and Dan Santos (Supt.) for a job well done.

## SAFETY COMMITTEE NOTES

More good information has been shared and acted upon by our safety committees:

- Footwear – members discussed reminding all that cold and wet weather is on the way and to ensure that everyone has appropriate footwear that not only meets company and project requirements but also affords adequate warmth and slip-resistance.
- Gloves – compliments to all who have participated in getting our hands on (LOL) some good gloves to wear for normal routine tasks.
- Regulatory inspections – members asked for an overview of a safety regulatory inspection and what the process is from start to finish.
- Water – even with cooler, wetter weather on the way everyone is reminded to ensure adequate amounts of water on site for workers.

## Foreman Jody Day Volunteers



I volunteered on behalf Long Painting Company for BNB Builders to do a small remodel job for the Valley View Senior Center in Bozeman, MT on March 27, 2010.

We replaced all the old ceiling tiles, floor tiles, cove base, repainted the walls, trim and added nice window treatments in their recreational hall. We all worked as a team to complete the job over the weekend. All the seniors loved it and the staff thought it turned out beautiful.



## Long Awarded Gold

Recently, Long Painting achieved the Gold designation by demonstrating outstanding performance in the Contractors Safety Assessment Program (or CSAP) administered by ConstructSecure, Inc. The CSAP assists in contractor selection through evaluation of a contractor's safety performance history and current safety management systems. The CSAP allows the Owners and General Contractors to objectively assess the performance of their contracting partners, and assists the project management community in making an informed decision.



**Extra! Extra!** Do you have something newsworthy to share with The Brush Up? Submit pictures in a .jpg format with your information to [CindyM@longpainting.com](mailto:CindyM@longpainting.com).



Mike Lester(L) and Bill Stevens(R) enjoy each other's company at a Turner event.

# Autumn Safety@Home

Leaves are dropping, the air is crisp! As the kids head back to school, we prepare Halloween costumes, and order the Thanksgiving turkey, The Brush Up offers the following season specific safety reminders:

**Stay healthy.** The CDC recommends everyone six months of age or older get a flu vaccine. The 2010-2011 vaccine protects against H3N2, influenza B and the H1N1 viruses. Remember to wash your hands frequently, and refrain from touching your eyes, nose, and mouth to help stop the spread of germs. Cough or sneeze into a tissue instead of covering your mouth with your hands.

**Buy Batteries.** Test your smoke detectors at the same time you change your clocks (Daylight Savings takes effect November 7 this year), and while you are stocking up on batteries for your smoke detector, make sure you have spare batteries for your flashlights and your thermostat.

**Halloween Safety.** Always carry a flashlight when trick or treating. Always use crosswalks to cross the street, and only visit homes that are clearly lit. Consider face makeup rather than a mask to be able to see clearly. And as always, all treats should be inspected before consumption—treats with open wrappers or homemade goodies should be tossed.

**Be prepared** for cold weather. Have your chimney or flue inspected and cleaned; have your yearly furnace maintenance completed. Insulate any water lines running alongside or into the house. Make sure your car is in shape too—replace worn tires, have your fluids checked and replace windshield wiper blades.

**Food Safety.** When hosting holiday parties, keeping the food safe keeps your guests safe. Food should never sit out unrefrigerated more than two hours. Keep hot foods hot, and cold foods cold to discourage bacteria growth. Try to use several small platters that you can switch instead of one



large platter and replace platters instead of refilling—bacteria can grow where guests' hands have touched serving dishes.

## Don't Drink and Drive!

No matter the season....NEVER NEVER DRINK AND DRIVE!

# NOVEMBER IS DIABETES AWARENESS MONTH



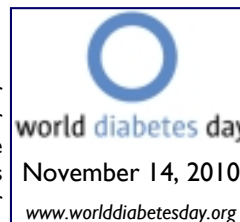
Share your vision to Stop Diabetes at [www.stopdiabetes.com](http://www.stopdiabetes.com) and you could win an Apple iPad!

In 2009, the National Diabetes Association launched a movement to Stop Diabetes®. This November, the Association continues the campaign, with their simple question: **How will you Stop Diabetes? The future is in your hands.**

Nearly 24 million children and adults in the United States live with diabetes. The Association estimates an additional 57 million are prediabetic, or at risk for the disease. The Stop Diabetes® campaign encourages you to Learn, Act, or Give—diabetes is not merely a condition. It is a disease with deadly consequences.

The Mayo Clinic offers these 5 tips for prevention of Type II Diabetes:

- 1. Get More Physical Activity** Regular exercise helps you lose weight, lower your blood sugar, and boosts your sensitivity to insulin, which helps keep your blood sugar in normal range.
- 2. Get Plenty of Fiber** Eating more fiber may help you improve your blood sugar control, lower your risk of heart disease, and promote weight loss by helping you feel full.
- 3. Go For Whole Grains** Whole grains may reduce your risk of diabetes and help maintain blood sugar levels.
- 4. Lose Extra Weight** Every pound you lose can improve your health. In one study, overweight adults reduced their diabetes risk by 16 percent for every kilogram (2.2 pounds) of weight lost.
- 5. Skip Fad Diets; Just Make Healthier Choices** Fad diets may help you lose weight at first, but their effectiveness at preventing diabetes isn't known nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.



## KNOW THE SIGNS

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

### Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

### Type 2 Diabetes\*

- Any of the type 1 symptoms
  - Frequent infections
  - Blurred vision
  - Cuts/bruises that are slow to heal
  - Tingling/numbness in the hands/feet
  - Recurring skin, gum, or bladder infections
- \*Often people with type 2 diabetes have no symptoms