

Seattle Daily Journal of Commerce • May 15, 2015

# AGC 2015

## BUILD WASHINGTON AWARDS



PREMIER PROGRAMS ► PROVEN VALUE



The benefits of AGC membership? *That's a pretty long list.*

AGC MEMBERS ENJOY A BROAD RANGE OF BENEFITS THAT GO WELL BEYOND THE EXPECTED.

**STILL**  
THE ONLY STATE-  
APPROVED ASSOCIATION  
HEALTH PLAN FOR  
THE CONSTRUCTION  
INDUSTRY

**HEALTH PLANS**

These days, it's tough enough finding a health plan that you can understand and afford *today*—let alone *tomorrow*. Join the many firms who've come to AGC for one of the most competitive and customizable health plans out there. It's a plan that's bona fide and fully compliant with ACA requirements—and one that returns *every penny* of savings back to members. *Now that's a shot in the arm for your bottom line.*

**RETIREMENT PLANS**

AGC's retirement plan provides you and your employees with some of the lowest fees around, reduces your exposure and risk, and eliminates plenty of paper-work and hassle. And it's a plan that's built on a stable, rock-solid foundation with a proven record. It's yet another one of many reasons why so many organizations have come to—and stayed with—AGC of Washington.

**SAFETY SERVICES**

If you have personnel in the field, you owe it to your people to give them the best resources. AGC brings you the best and most comprehensive safety training and services around. From a wide range of training programs and forums to a vast information resource library, advisory jobsite-safety audit services, focused inspections and much more, AGC gives you the very best tools with which to serve and protect your most valuable resource: your people.

**GROUP RETRO**

AGC's Group Retro program members enjoy average annual workers' comp premium refunds averaging more than 50% over the past twenty years, the lowest administrative costs among workers' comp retro-rating programs, and refunds to members that are typically *four to six times* that of other top competing programs. It's all part of why we also have an industry-best 99% member-retention rate.

**INDUSTRY ENGAGEMENT**

**You're not fully connected with the construction industry unless you're connected with AGC.** You can bet, though, that many of your peers, your customers and your *competitors* are. From a regular offering of industry forums, forecasts and networking events to weekly news on everything from new technologies, business practices and the latest on the legislative and regulatory fronts, AGC is your eyes, ears and voice to the industry. *You really need to be here.*

For more information about what AGC membership can do for you and your organization, call today and talk with membership-services manager Stacy Mullane at 206.284.0061, or email her at [smullane@agcwa.com](mailto:smullane@agcwa.com).



# IMCO, EXXEL PACIFIC TAKE TOP HONORS

Associated General Contractors of Washington recognized some of the state's most successful projects and people at its 2015 Build Washington Awards program, held on May 14 at Seattle's Museum of Flight.

"We are thrilled to recognize an outstanding group of projects, companies and people this year, representing important advances in project delivery and putting safety first," said AGC of Washington President Gary Smith of Lease Crutcher Lewis. "Community is a central theme — from safely and efficiently building places where people live, learn and work to helping a community get back on its feet after a major tragedy."

The grand award in the construction category went to Imco General Construction of Ferndale for its state Route 530 roadway clearing project following the Oso mudslide. Exxel Pacific of Bellingham received the grand award for safety. Imco General Construction also won the 2015 AGC/Moss Adams Service to the Community award, and Turner Construction won the excellence in technology award.

Jim Davis of GLY Construction was named project manager of the year, Kevin Lanham of Exxel Pacific was named superintendent of the year, and Kirk Baisch of University Mechanical Contractors received the Brian Salsgiver Safety Professional of the Year award.

Judges for the safety excellence awards were Anne Soiza from the state Department of Labor and Industries, Dale Cavanaugh from OSHA, Sathy Rajendran from Central Washington University's Safety and Health Management program, Ken-Yu Lin from the University of Washington College of Built Environments, and Doug Buman from the Laborers' Health & Safety Fund.

Construction excellence award judges were Kevin Flanagan from NAC Architecture, Craig McDaniel from the Washington State Department of Transportation, Greg Gilda of DCI Engineers, Bill Bender from the University of Washington, and Dan Chandler of OAC Services.

Moss Adams sponsors the AGC Build Washington Awards program.



## ON THE COVER

Imco General Construction won the construction grand award for clearing state Route 530 following the Oso landslide. The cleanup earned the company two construction category awards: highway and transportation, and heavy/industrial. Imco also earned the AGC/Moss Adams Community Service Award.

PHOTOS COURTESY OF IMCO GENERAL CONSTRUCTION

## DJC TEAM

SECTION EDITOR: JON SILVER • SECTION DESIGN: JEFFREY MILLER  
WEB DESIGN: LISA LANNIGAN • ADVERTISING: MATT BROWN

### GRAND AWARDS

#### Construction

State Route 530 slide roadway clearing • Imco General Construction

#### Safety

Exxel Pacific

#### AGC/Moss Adams Community Service Award

Imco General Construction

### CONSTRUCTION AWARDS

#### PUBLIC BUILDING

**\$10 million-\$25 million**

12th Avenue Arts • Walsh Construction

**\$25 million-\$50 million**

Discovery Hall • Lease Crutcher Lewis

**\$50 million-\$100 million**

Lander Hall • Walsh Construction

#### PRIVATE BUILDING

**Under \$10 million**

Velocity • W.G. Clark Construction

**\$10 million-\$25 million**

Velo • Exxel Pacific

**\$25 million-\$50 million**

Allez • Exxel Pacific

**\$50 million-\$100 million**

Block 44 Amazon Phase IV • GLY Construction

#### TENANT IMPROVEMENTS

**Under \$5 million**

Cinerama • J.R. Abbott Construction

**Over \$5 million**

Virginia Mason surgical suite • Turner Construction

#### HEAVY/INDUSTRIAL

State Route 530 incident debris removal • Imco General Construction

#### HIGHWAY AND TRANSPORTATION

State Route 530 slide roadway clearing • Imco General Construction

#### EXCELLENCE IN TECHNOLOGY

Turner Construction

### SAFETY AWARDS

#### CONSTRUCTION MANAGERS

**Under 100,000 hours**

Centennial Contractors Enterprises

#### SUBCONTRACTORS

**Under 150,000 hours**

Poppoff

**150,000-300,000 hours**

Andgar Corp.

**500,000-1 million hours**

University Mechanical Contractors

**Over 1 million hours**

MacDonald-Miller Facility Solutions

#### GENERAL CONTRACTORS

**Under 150,000 hours**

Dawson Construction

**150,000 hours-300,000 hours**

PCL Construction Services

**300,000-hours-350,000 hours**

Exxel Pacific

**Over 350,000 hours**

Turner Construction

### RECOGNITION AWARDS

#### Superintendent of the year

Kevin Lanham • Exxel Pacific

#### Safety professional of the year

Kirk Baisch • University Mechanical Contractors

#### Project manager of the year

Jim Davis • GLY Construction

## HIGHWAY AND TRANSPORTATION

# STATE ROUTE 530 SLIDE ROADWAY CLEARING

**Location:** Oso, Snohomish County  
**General contractor:** Imco General Construction  
**Owner/developer:** Washington State Department of Transportation

**GRAND AWARD  
CONSTRUCTION**

Immediately following the Oso mudslide in March 2014, Imco mobilized people and equipment to the site to help with search and recovery. Once those efforts were underway, Imco was able to step in and help with cleanup and rehabilitation.

Imco and WSDOT worked with a nearby landfill owner to use his property for sorting and debris disposal, which greatly expedited the project. Imco moved 127,000 cubic yards of material in just three weeks instead of four, and was nearly 50 percent under budget.

When work began, there were two victims who had not been recovered, creating an unprecedented construction environment. Imco worked with spotters to ensure that all remains and belongings of those affected were treated with respect. Imco had their top people in the field to make sure the job was done right and as efficiently as possible.

The adrenaline was pumping — the team worked 12-hour shifts, seven days a week. A stream of 15 trucks ran back and forth each day to and from the haul sites. Imco was in constant communication with the owner, attended local outreach meetings and worked with multiple local and national agencies overseeing the work.

The Imco team had never before worked with sorting personal belongings and encountering human remains. Imco employees were assured that they had an outlet in case they needed it. Imco worked with spotters, composed mostly of area residents who had minimal construction experience. Still, the project was completed with zero safety incidents.

The Department of Labor and Industries regularly visited the job-site and commented on how meticulously clean and organized the site was. The project was ultimately delivered one week ahead of schedule and \$2.3 million under budget.

The Imco team worked in 12-hour shifts seven days a week to clear state Route 530 following the Oso landslide.



PHOTO BY WILL AUSTIN

## GENERAL CONTRACTOR: SAFETY

300,000-350,000 HOURS

# EXXEL PACIFIC

Exxel Pacific empowers its workforce to meet the expectation that safety is everyone's responsibility, and believes that continual improvement is critical.

**GRAND AWARD  
SAFETY**

Its electronic safety-document control system helps to manage and maintain safety files and electronically file compliance-required forms. The company also uses an interactive field-auditing and safety-inspection application to review, evaluate, train and resolve safety issues in the field.

Exxel's average EMR of 0.71 over the last 10 years ranks the company as a top safety performer. As a member of AGC of Washington and AGC's Safety Team, Exxel also benefits from cutting-edge safety information that it shares with project team members.

The company works on continual improvement with its subcontractors' safety programs, believing that bringing out the best in its subcontractors allows the company to also achieve higher levels of safety success.

John Bray, owner of subcontractor Braycon, said, "Braycon was able to achieve a claim-free year in 2014 ... in large part because of the efforts of the safety teams at Exxel Pacific."

Exxel has had an average EMR of 0.71 over the last 10 years.



PHOTO COURTESY OF EXXEL PACIFIC

AGC/Moss Adams Community Service Award

# IMCO GENERAL CONSTRUCTION

Part of Imco's corporate mission is to strengthen communities in which the company works. Imco employees are encouraged to learn about the communities where they work, and to build relationships and give back in ways that will create lasting, meaningful effects. Examples abound of Imco's community service.

In 2014, Imco donated over \$100,000 to charitable causes that include an organization that provides shelter to women and children from abusive homes, the Boys & Girls Clubs of America, and new facilities and programs at the Bellingham PeaceHealth St. Joseph Medical Center. Imco CEO Frank Imhof serves on the governance committee of the PeaceHealth Foundation board, and co-founder Patti Imhof is on the board of directors.

Imco volunteered countless hours of labor and equipment for emergency efforts, including search-and-rescue efforts, immediately following the Oso mudslide in 2014. Imco also created an employee-match program directly supporting Oso victims, which raised over \$12,000.



Imco donated over \$100,000 to charitable causes in 2014.

PHOTO COURTESY OF IMCO GENERAL CONSTRUCTION

When Imco began work on the city of Everett's water-pollution facility, the company volunteered equipment, manpower and refreshments over one weekend to Housing Hope, provides affordable housing and other

services for low-income Snohomish County residents.

Also in 2014, superintendent Joe Lupo held a jobsite tour of Imco's \$30 million water-treatment plant project in Lynden for a group of area high school

students interested in the construction industry.

While fires raged in Eastern Washington last summer, Imco donated \$2,500 to the Okanogan County Community Action Council when they were in urgent

need of funding. This money helped people throughout the region keep their homes running, feed their families and sustain their way of life while emergency-response teams battled the fires around them.



## Are You Working With The Experts?



Quality Fabrication

Expert Installation



Customer Service

Environmental Air Quality



EXPERTISE

PERFORMANCE • TRAINING • STANDARDS



PSFMechanical Inc



# We are!



When the job needs to be done with innovation, quality, and craftsmanship, SMACNA Contractors and the members of SMWIA, Local 66 will help bring your project to successful completion. Look for the logo!

"Excellence & Integrity"



Visit us at [www.smacnaww.org](http://www.smacnaww.org), [www.hvacexpertisewashington.com](http://www.hvacexpertisewashington.com), and [www.smw66.org](http://www.smw66.org)

## PUBLIC BUILDING

\$10 MILLION-\$25 MILLION

## 12TH AVENUE ARTS

**Location:** Seattle**General contractor:** Walsh Construction**Owner/developer:** Capitol Hill Housing**Primary designer:** SMR Architects

The 12th Avenue Arts project combines affordable housing, theater space, offices and retail into a unique, six-story environment.

The building is also the headquarters of its owner, Capitol Hill Housing (CHH), and houses 2.5 levels of underground parking for the Seattle Police Department.

The project's principal challenge was efficiently incorporating several types of construction under one roof. Walsh Construction worked with CHH, retailers, office-space owners, two theater groups, the affordable-housing manager and the SPD to coordinate construction schedules efficiently and to everyone's satisfaction. Walsh built to different construction requirements for each of the different components, all seamlessly integrating into one beautifully functional building.

The building was also a zero-lot-line project, so the main daily focus was neighborhood safety. Walsh coordinated weekly safety meetings to review potential impacts on neighborhood activity and the protection of surrounding areas, and created a monthly newsletter to keep neighbors apprised of key construction activities. The project achieved an OSHA recordable-incident rate of zero, with no lost-time accidents over more than 59,000 worker hours.

CHH representative Lee Stanton noted, "We needed a firm with the capacity to handle the project's complexity, experience with the different building types, and the understanding of what was involved with the many stakeholders. Walsh was exactly the right contractor... a deeply knowledgeable and creative construction team that worked through challenging construction sequencing without allowing delays or sacrificing quality... all with teamwork, grace and an unflagging sense of humor."



12th Avenue Arts houses retail, offices, two theaters, 88 apartments and police parking.

PHOTO COURTESY OF WALSH CONSTRUCTION

## PUBLIC BUILDING

\$25 MILLION-\$50 MILLION

## DISCOVERY HALL

**Location:** Bothell**General contractor:** Lease Crutcher Lewis**Owner/developer:** University of Washington**Primary designer:** THA Architecture

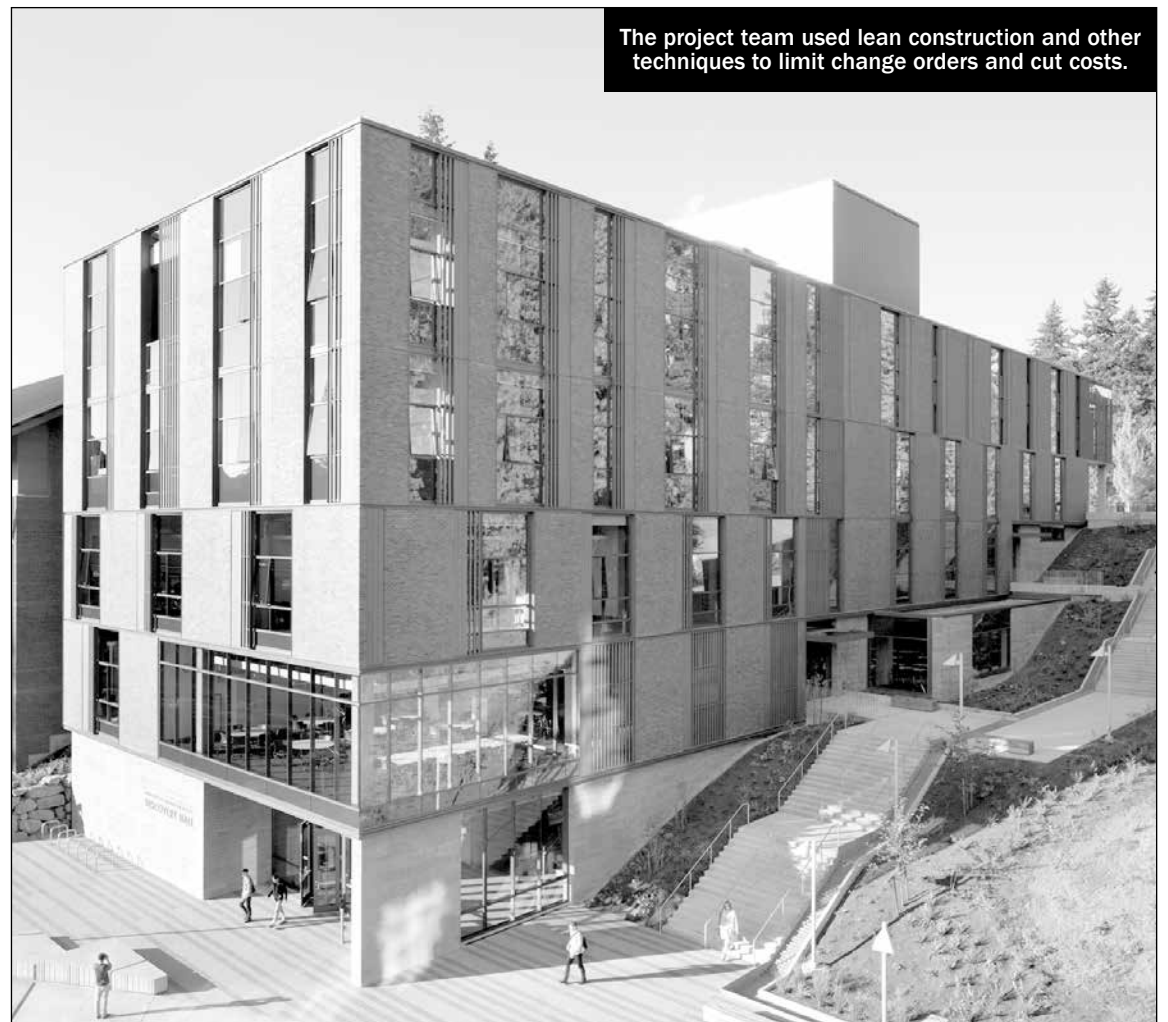
University of Washington Bothell's Discovery Hall expanded capacity by 1,000 students with a focus on high-demand STEM fields and kicked off a new era of campus improvements. The team beat an aggressive budget and schedule by rethinking the general contractor/construction manager process, and leveraging integrated teaming better than any previous UW project.

The project was kept on track through integrated teaming, design and construction innovations, and lean construction, including innovations like building a foundation wall early, reducing soil trucking by 8,000 cubic yards, and having 20 trades participate in a "federated model" to virtually build the project. These and other advances helped to dramatically reduce RFIs and change orders, and saved a large percentage of the UW's contingency. This project had just one-fifth the change cost per square foot as other recent UW projects.

The project's safety program was intensive, with a journeyman from every trade and subcontractor walking the site weekly to identify and resolve issues together. This provided added expertise and a new level of buy-in and commitment. The project had no time-loss incidents and achieved an overall incidence rate of 2.27, including all subcontractor hours and recordables.

Students, faculty, staff and passers-by were on campus at all hours. Lewis worked hard to ensure safe, clearly marked pathways, rigorously plan and supervise truck and equipment moves, and maintain overall site cleanliness.

Steve Tatge, director of major projects for the UW Capital Projects Office, said, "Our goal with this project was nothing less than transforming the way UW delivers major capital projects through collaboration, building-information modeling, and questioning everything about the 'old way' we did things. The Lewis team embraced that challenge and pushed all of us to make this project exemplary — and they succeeded."



The project team used lean construction and other techniques to limit change orders and cut costs.

PHOTO BY LARA SWIMMER

## PUBLIC BUILDING

\$50 MILLION-\$100 MILLION

## LANDER HALL

**Location:** Seattle**General contractor:** Walsh Construction**Owner/developer:** University of Washington**Primary designer:** Mithun

This 242,000-square-foot University of Washington student housing building includes 349 units and 643 beds over seven floors, as well as student services, offices, study lounges, a laundry area, dining hall and a 3,000-square-foot kitchen facility that serves the entire West Campus neighborhood.

With the very constrained urban site surrounded by constant pedestrian, bike and vehicle activity, traffic was managed on all perimeters with physical barriers, clear signage and off-duty police flaggers.

Walsh Construction was selected early in the design process and worked with UW to develop a phased plan that provided emergency-power infrastructure for nine neighboring buildings and the large kitchen/dining facility within Lander Hall, with final turnover of residential units one month later.

Lander was the first UW project to utilize new state-authorized MEP early-selection methods. Involving subcontractors early in the project allowed extensive coordination using 3-D modeling tools.

Walsh applied BIM-based solutions to prefabrication, logistics and safety, as well as many other construction scenarios. By clearly specifying a precise typical layout for wall studs and cavities, the company supported a highly efficient pre-cutting/pre-assembly scheme.

Walsh helped the project to achieve a LEED gold rating, exceeding the targeted silver rating. With 86,172 worker hours, the project had an OSHA recordable-incident rate of 6.96, and no lost-time accidents.

Troy Stahlecker, a senior project manager at UW, said the Walsh team had a "will-do attitude... that ultimately led to delivery on time, on schedule and on budget — success on three indicators that I monitor and measure closely."

Walsh built Lander Hall on a tight urban site in the University District.



PHOTO COURTESY OF WALSH CONSTRUCTION



**Ashbaugh Beal**  
LAW AS RESULTS

Ashbaugh Beal is a proud member of the AGC of Washington! For over 25 years, we have represented businesses in the areas of Construction Law, Insurance Recovery, Corporate/Securities and Commercial Litigation.

**CONGRATULATIONS TO ALL OF THE 2015 BUILD WASHINGTON AWARD WINNERS!**



[www.ashbaughbeal.com](http://www.ashbaughbeal.com)

## PRIVATE PROJECT

UNDER \$10 MILLION

# VELOCITY

**Location:** Kirkland  
**General contractor:** W. G. Clark Construction  
**Owner/developer:** Imagine Housing  
**Primary designer:** SMR Architects

Velocity is a 58-unit affordable-housing project built on a site split between Bellevue and Kirkland jurisdictions and with ownership divided between King County Metro, a private developer and Imagine Housing, a nonprofit provider of affordable housing.

During construction, another 184-unit housing project was being built by a separate team of builders but on the same podium as Velocity. Shared construction elements and access, different completion timelines and overlapping permits with that project required extensive coordination. W.G. Clark Construction was charged with shepherding these relationships successfully from start to finish.

W.G. Clark, Imagine Housing and SMR Architects overcame numerous challenges.

The site's hydrology made the original geothermal-energy source impractical, and wells had to be abandoned. The team responded quickly and found other green upgrades to incorporate, reallocating funds intended for the geothermal wells to improve sustainability and durability of other project elements. Higher-efficiency, air-cooled heat pumps were also found to replace geothermally cooled units.

The ultimate result was a more energy-efficient building with additional upgrades that the budget had not originally allowed. Other solutions provided included large steel planters that were replaced with handmade steel boxes sourced through the farming industry, saving over \$50,000. Venting and soffits were reworked, resulting in another \$60,000 of savings.

There were no accidents on the project, which included approximately 51,000 hours of general contractor and subcontractor labor.

Ann Levine, executive director of Imagine Housing, stated, "Through the course of design and construction, W.G. Clark demonstrated the ability to not only solve problems but anticipate them before they happen... Hiring W.G. Clark resulted in more than high-quality work; it resulted in a long-term partnership that has been incredibly beneficial to our organization."



PHOTO COURTESY OF W.G. CLARK CONSTRUCTION

## PRIVATE BUILDING

\$10 MILLION-\$25 MILLION

# VELO

**Location:** Seattle  
**General contractor:** Exxel Pacific  
**Owner/developer:** Mack Urban  
**Primary designer:** Baylis Architects

Velo is a four-story, 171-unit apartment building with 1.5 levels of below-grade parking. The 183,000-square-foot building includes a rooftop with an expansive commons area as well as landscaped courtyards, individual bike locker storage, a fitness area and a gathering room for social activities.

Many value-engineering ideas were incorporated into Velo, including glu-lam beam-and-column facade elements that helped to preserve the original design intent and provided for sounder building-envelope details.

To eliminate tower-crane costs, Exxel opted for mobile cranes, also saving money on city street-use fees. Exxel also performed remediation for Pacific Heating Oil Co. headquarters, previously located on this site, without incurring any schedule delays.

A key project challenge was construction of the north exterior wall, which had only 6 inches of separation between it and the adjacent building. Exxel decided to fully weatherproof and clad the wood-framed walls while laying down on the structure as it was built floor-by-floor. Well-coordinated crane picks and sacrificial rigging were utilized to safely stand these over-10,000-pound walls.

Exxel also utilized electronic as-built technology where plan sections and details are hyperlinked together, similar to website hyperlinks. RFIs and ASIs were posted to the electronic plan set daily, and electronic as-builts were available via FTP for all subcontractors and the owner use.

Exxel's monthly bulletins helped keep the neighborhood apprised of construction activities, which were also coordinated with the project across the street to minimize impact on the neighborhood. Exxel also utilized tablet technology to provide an efficient punch-list/close-out process for the project.

Ultimately, the Velo project recorded over 142,000 worker hours and had no time-loss injuries.

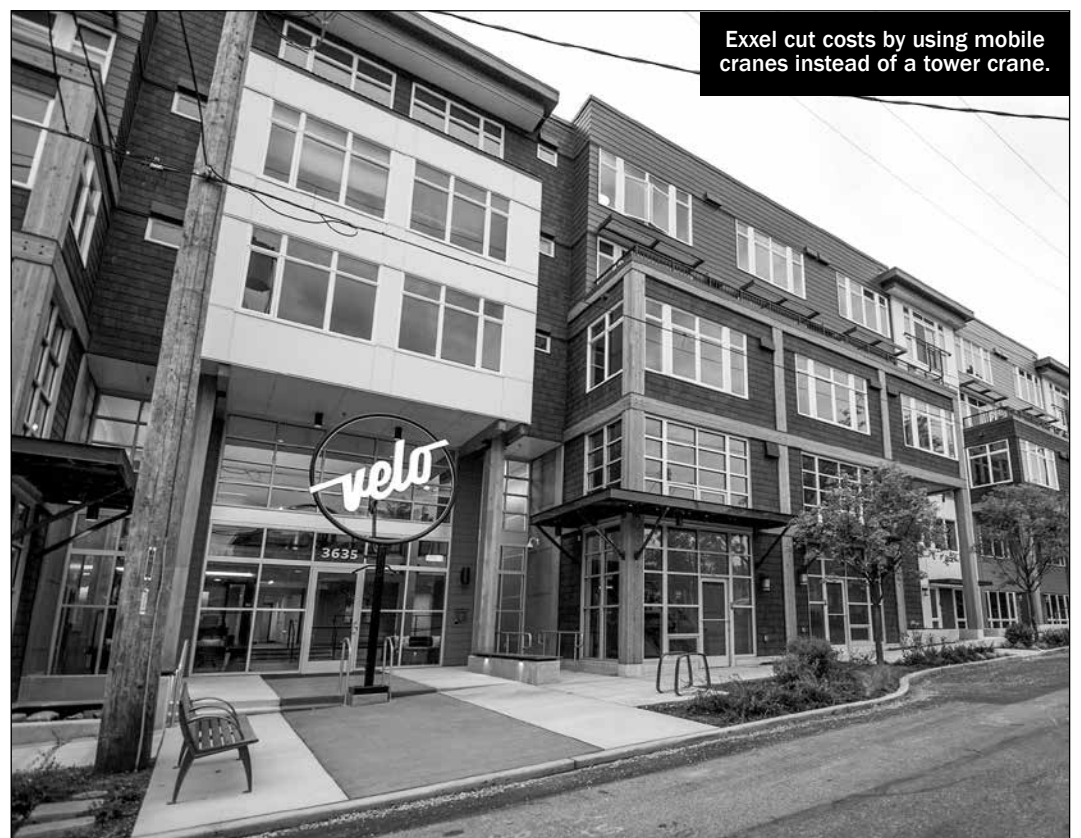


PHOTO COURTESY OF EXXEL PACIFIC



PRIVATE BUILDING

\$25 MILLION-\$50 MILLION

ALLEZ

**Location:** Redmond  
**General contractor:** Exxel Pacific  
**Owner/developer:** Redmond 158th LLC  
**Primary designer:** GGLO

Allez is a 147-unit residential and retail development in down-

town Redmond. The site is situated adjacent to the Sammamish River, atop Redmond's shallow groundwater aquifer, making erosion-control and dewatering planning critical. By working closely with its consultants, Exxel was able to implement an effective dewatering system with minimal cost to its client. Surface water was collected and treated in settlement tanks

prior to discharge to sewer structures. Site water discharge was also connected to an air-entrainment system to increase oxygen levels prior to discharge into the Sammamish River. Due to the project's design, proper fall protection was a challenge for the project team. Rolling scaffold towers and the construction of a large "dance floor" scaffold provided a safe work platform.

The project had no time-loss or recordable injuries. One worker did suffer a heart attack, but the project team was well-prepared and worked perfectly in notifying local EMTs. The fire department captain said that he had never seen such a well-planned and executed response, and that he was certain that was reason for the worker's survival. The worker is doing well today. All of the project's comple-

tion dates and goals were met, including occupancies, tenant move-in commitments and Built Green three-star certification. Through monitored budget controls, Exxel was also able to return over \$300,000 in savings to the owner. Allez was also honored as the winner of a 2014 Built Green Hammer Award and was a finalist for NAIOP development of the year.

PRIVATE BUILDING

\$50 MILLION-\$100 MILLION



GLY crews built this Amazon complex to float atop the water table.

PHOTO BY SOUNDVIEW AERIAL

BLOCK 44 AMAZON PHASE IV

**Location:** Seattle  
**General contractor:** GLY Construction  
**Owner/developer:** Vulcan  
**Primary designer:** ZGF Architects

GLY Construction's Block 44 project added one five-story and one six-story office building — totaling 395,700 square feet — to Amazon.com's global headquarters in South Lake Union.

The structure is post-tensioned concrete with drop beams and two glass-clad links connecting the buildings on three levels. A glass canopy transforms the outdoor courtyard to a woodland floor, with LED "fireflies" mimicking a forest at dusk. Sustainable features include rain gardens, a Pronto bike-share facility and an integrated streetcar stop.

Energy code updates, unorthodox geometry and difficult site conditions all lent unprecedented complexity to the project. Seattle's new energy code required higher-performance envelope and mechanical systems, better articulation in the facade and more public amenities.

GLY played a key role in continually providing real-time cost updates and constructability options.

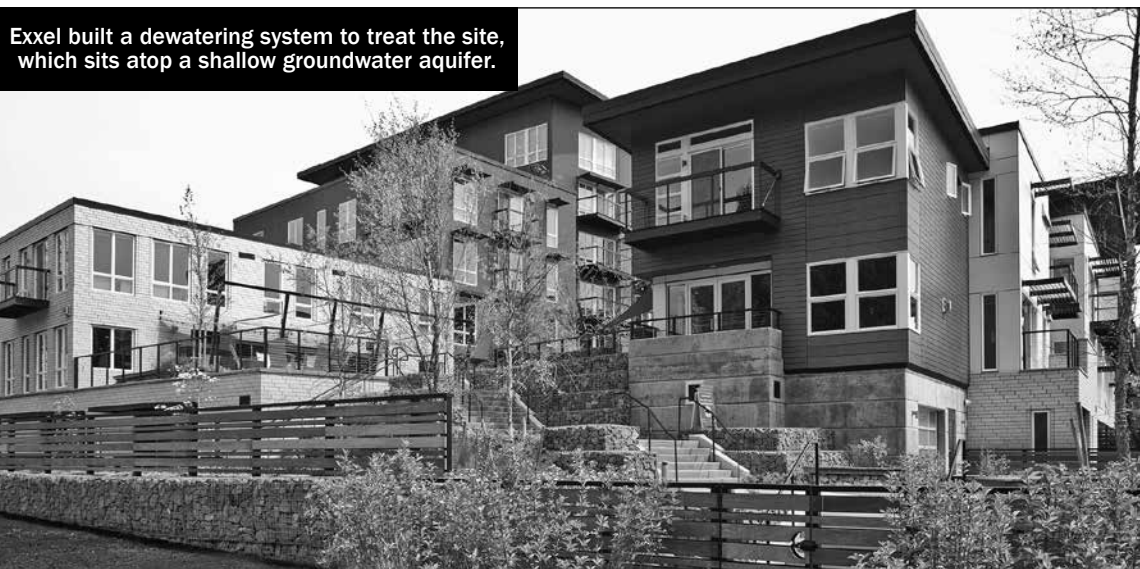
"What we got," said Vulcan representative Jim Broadlick, "was the best value and the best design — not to mention the best energy performance — of any similar-sized building in our portfolio."

Mastery of a truly complicated modeling environment also allowed GLY to deliver significant cost, quality and communication benefits, collaborating with the design team to model some of the project's more complex geometries.

To meet the major challenge of excavation so near the water table, GLY designed a unique dewatering system that provided stability both during construction and for the life of the building, saving approximately \$750,000 over a six-month period.

GLY constructed the building to float atop the water table with a waterproof concrete foundation to prevent water intrusion. Taking care of pedestrians, traffic and operating businesses was also a priority on this urban site. GLY provided monthly bulletins to area businesses and maintained proactive, cordial communications with neighbors throughout construction.

The project incurred 259,468 worker hours with no lost-time incidents.



Exxel built a dewatering system to treat the site, which sits atop a shallow groundwater aquifer.

PHOTO COURTESY OF EXXEL PACIFIC

Thank you to our construction partners, subcontractors, vendors and suppliers for another year of **SUCCESSFUL INNOVATIVE PROJECTS.**



Together, we will continue to build the future of the Pacific Northwest.

[www.turnerconstruction.com/seattle](http://www.turnerconstruction.com/seattle)  
[www.facebook.com/TurnerSeattle](http://www.facebook.com/TurnerSeattle)  
 EEO/AA:M/F/D/V

**Turner**  
 Building the Future

## TENANT IMPROVEMENT

UNDER \$5 MILLION

# CINERAMA

**Location:** Seattle  
**General contractor:** J.R. Abbott Construction  
**Owner/developer:** Vulcan  
**Primary designer:** Studio 440

The Cinerama project upgraded a beloved, historical theater in the heart of Seattle's Belltown neighborhood.

The project included select demolition of the existing ceiling for the addition of speakers and spotlights; removal and upgrade of all seating; improvement of concession facilities; new draperies, curtain and screen; a new mural on two exterior walls; new digital visual display boards; new floor coverings; replacement of all rooftop HVAC equipment; and a new laser projector and state-of-the-art Dolby sound system.

The success of this remodel started with J.R. Abbott Construction's innovative approach to pre-construction. By removing the lines between trades, all team members agreed to be accountable to each other and to work with one vision.

Abbott designed and encouraged the team members to assist each other if needed. At various points in the project, electricians would assist drywallers



Team members from different trades assisted each other during the Cinerama renovation.

PHOTO COURTESY OF J.R. ABBOTT CONSTRUCTION

with gypsum wallboard, and the entire site crew assisted in pulling concrete pump hoses during a pour. By project end, all subcontractors stated that the project was like no other they had experienced.

Abbott also cut exploratory holes in the ceiling while the theater was still operating to investigate structural and mechanical conflicts. At the end of each night shift, the holes were patched and the theater was returned to its normal appearance.

Due to the tight schedule, Abbott carried an \$80,000 allowance for overtime, yet less than \$10,000 of this budget was used, enabling additional improvements without increased cost.

The project team truly worked

as one entity, which not only improved the schedule, but safety, quality and commitment as well. Ultimately, the Cinerama project was delivered ahead of schedule, within budget and with no recordable injuries.

## TENANT IMPROVEMENT

OVER \$5 MILLION

# VIRGINIA MASON SURGICAL SUITE

**Location:** Seattle  
**General contractor:** Turner Construction  
**Owner/developer:** Virginia Mason  
**Primary designer:** ZGF Architects

Virginia Mason's 27,000-square-foot surgical suite build-out included a new reception area, 16 patient-admit/recovery bays, nine operating rooms and one hybrid operating room. The project was completed while overcoming two major challenges: maintaining normal activities of the street-level emergency department and accommodating active tunnel construction located in the middle of the project.

This was a partnership from the beginning, utilizing an integrated project-delivery agreement to "put the patient first." To

reduce the impact on emergency department patrons and staff, the Turner Construction team built a platform system using an existing shaftway. Pull-planning meetings with subcontractors were also key to overcoming the scheduling impacts of tunneling work.

To facilitate coordination, Turner utilized a "BIM box" — a mobile unit housing a computer, printer and flat-screen TV — for use by all trades, complete with the most current model and drawings. The design team provided drawings for numerous details that significantly aided the construction team.

Main safety hazards were identified early — hoist activities, tunneling activities and heavy forklift-traffic areas — and properly addressed prior to starting work.



Turner built a new surgical suite at Virginia Mason under an integrated project-delivery agreement.

PHOTO BY AARON LEITZ PHOTOGRAPHY

With 52,879 total worker hours, the project had one recordable injury (a strained back) and a recordable incident rate of 3.78 with no lost-time incidents.

Virginia Mason representative Betsy Braun said, "I have

been very satisfied with the Turner team. They managed to work with us creatively, within our changing constraints, with humor, grace, humility and enthusiasm. It is easy to be a satisfied client when the project

goes well. It is much harder to be a satisfied client when things go sideways. I am completely satisfied with the outcomes we achieved and... would hire this team again without reservation."

## HEAVY/INDUSTRIAL

## STATE ROUTE 530 INCIDENT DEBRIS REMOVAL

**Location:** Oso, Snohomish County

**General contractor:** Imco General Construction

**Owner/developer:** Snohomish County

Following the Oso mudslide on March 22, 2014, few contractors were able to participate in clean-up operations. Imco was one of them, initially volunteering labor and equipment and then completing WSDOT's first highway-clearing contract. However, there were still piles of debris, including homes, vehicles, personal belongings and possible human remains, scattered across 80 acres.

Imco sorted through over 200,000 cubic yards of material and removed man-made items while leaving native materials in a safe, stable and free-draining condition. Imco managed the work carefully and respectfully, creating a debris-sorting system, and worked with Snohomish County to establish a Property Reunification Center so families

could claim their possessions.

One key project challenge was working with community spotters who had limited construction experience. Imco put these spotters in the seats of their heavy equipment to familiarize them with machinery and to understand the importance of operator-to-spotter eye contact.

The project team met frequently to ensure utmost safety, contract compliance and efficiency. A comprehensive safety plan was prepared and evaluated daily to ensure worker safety across the site.

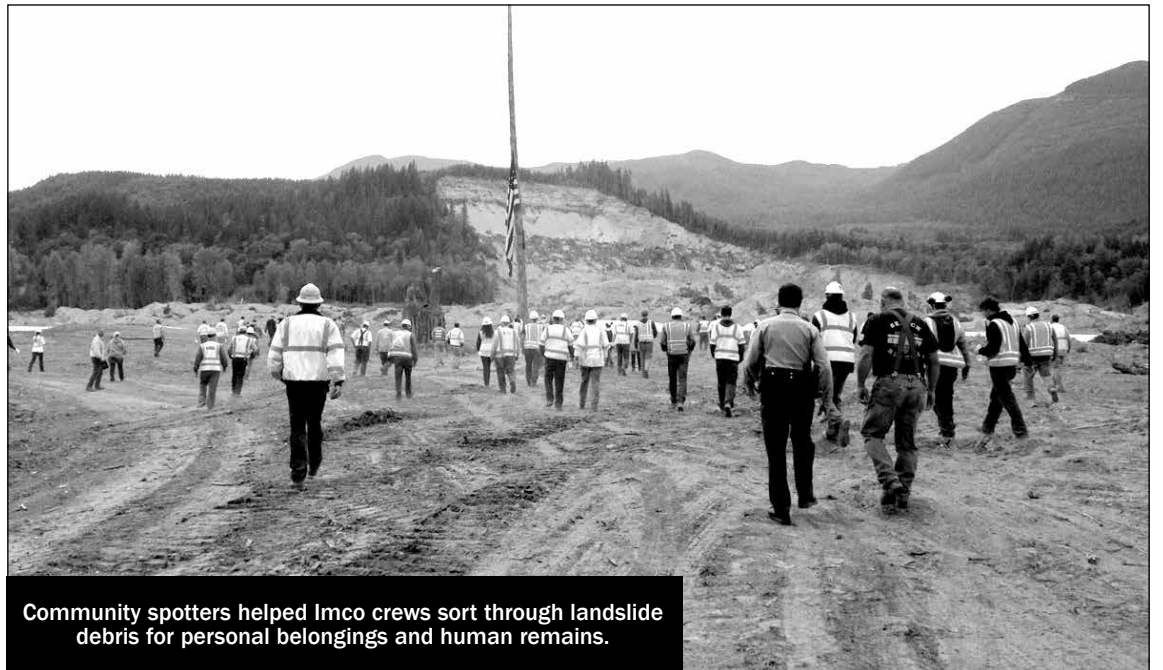
Imco encouraged team members to take regular breaks and created a wellness check-in plan to proactively manage effects of fatigue and trauma. HR director Leah Hanson regularly checked with employees and offered counseling to address the difficulties of recovering personal belongings and remains.

On July 22, the final victim, Molly Kristine Regelbrugge, was recovered. Field staff held a moment of silence, raised flags

to full mast, and stopped work for the remainder of the shift out of respect for the final two victims.

Imco had no safety/loss accidents on the project — an impressive feat, considering the varied experience level of site workers

and extensive use of hazardous machinery. The project was ultimately finished six days early and \$5.2 million under budget.



Community spotters helped Imco crews sort through landslide debris for personal belongings and human remains.

PHOTO COURTESY OF IMCO GENERAL CONSTRUCTION

## EXCELLENCE IN TECHNOLOGY

## TURNER CONSTRUCTION

Turner promoted lean construction principles to the entire Husky Stadium renovation project team from the very start.

Many innovative practices were implemented on the project to streamline construction and increase productivity. The use of Enviro-Beams (composite foam-filled steel beams) saved the project an estimated \$160,000 in production and 500 labor hours.

Waiting on a final roofing insulation decision from the Department of Planning and Development, the roofing schedule was becoming much more difficult. The project team brainstormed an idea to convert standard pre-insulated Enviro-components to pre-insulated roof curbs.

When the answer came from the DPD, Turner had already completed the schedule and cost-savings analysis and was ready to order materials. This innovation reduced the schedule by two weeks for the 80,000-square-foot west roof alone.

When the architect saw the potential and size versatility of the lightweight material, the original exterior gutter-system design was changed to concealed gutters using Enviro-Beam roof curbs. As an added benefit, the Enviro-Curbs were easily notched so safety rails could be left in place

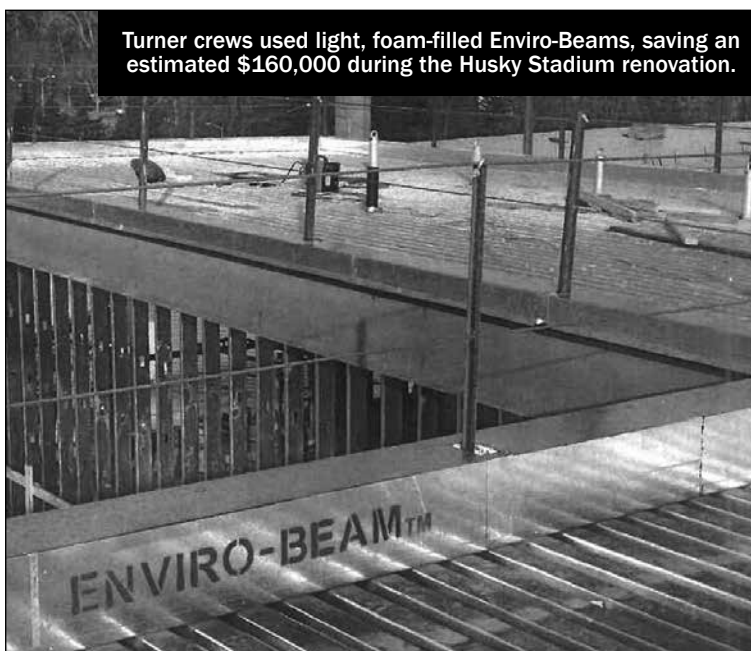


PHOTO COURTESY OF TURNER CONSTRUCTION

for the entire roofing installation.

Lean and sustainable, Enviro-Beams are extremely light, made from recycled steel, foam and zero-VOC glue, and they can be cantilevered very easily.

Treated-wood curbs rot after a short period of time, while Enviro-Curbs last almost indefinitely. They are up to 11 inches high where they become an interior

curb and are an R-44, compared with an equivalent wood curb that would be an R-3.

The Enviro-Curb design also allows it to be used as a perimeter parapet wall up to 2 feet high. This innovation can be used on almost any type of roof while eliminating bent-plate issues and wood rot, all at a substantial schedule and cost savings.

# WE DELIVER!

**LP SOLIDSTART**  
BUILDING PRODUCTS ENGINEERED WOOD I-JOISTS



**SIMPSON**  
Strong-Tie

CALL  
800-GLC-GRAY

**gray lumber company**

*A Century of Performance + Integrity*

Phone 253.752.7000 • graylumber.com • Fax 253.759.7560

*"We Deliver... Anywhere!"*

# CONSTRUCTION MANAGER: SAFETY

UNDER 100,000 HOURS

# CENTENNIAL CONTRACTORS ENTERPRISES

Centennial believes that management's involvement in day-to-day health, safety, environmental and quality (HSEQ) processes is paramount.

In 2014, to help reduce incidents and injuries, the company initiated safety walks where a member of senior management and an HSEQ team member together conduct a comprehensive site inspection. Each project general manager is required to complete at least one safety walk per quarter with an HSEQ team member.

Safety walks offer a tangible platform for management to become involved in day-to-day HSEQ concerns. Centennial has also implemented its own HSEQ field flip book — a weatherproof field guide that serves as a tool for superintendents who may have a question or concern about HSEQ-system processes or procedures.

Centennial is committed to leadership in HSEQ practices through an integrated management system that includes continual improvement in its HSEQ performance.



Senior managers at Centennial conduct site inspections with members of the health, safety, environmental and quality team.

PHOTO COURTESY OF CENTENNIAL CONTRACTORS ENTERPRISES

## Winner of 2015 Build Washington Award for Construction Excellence

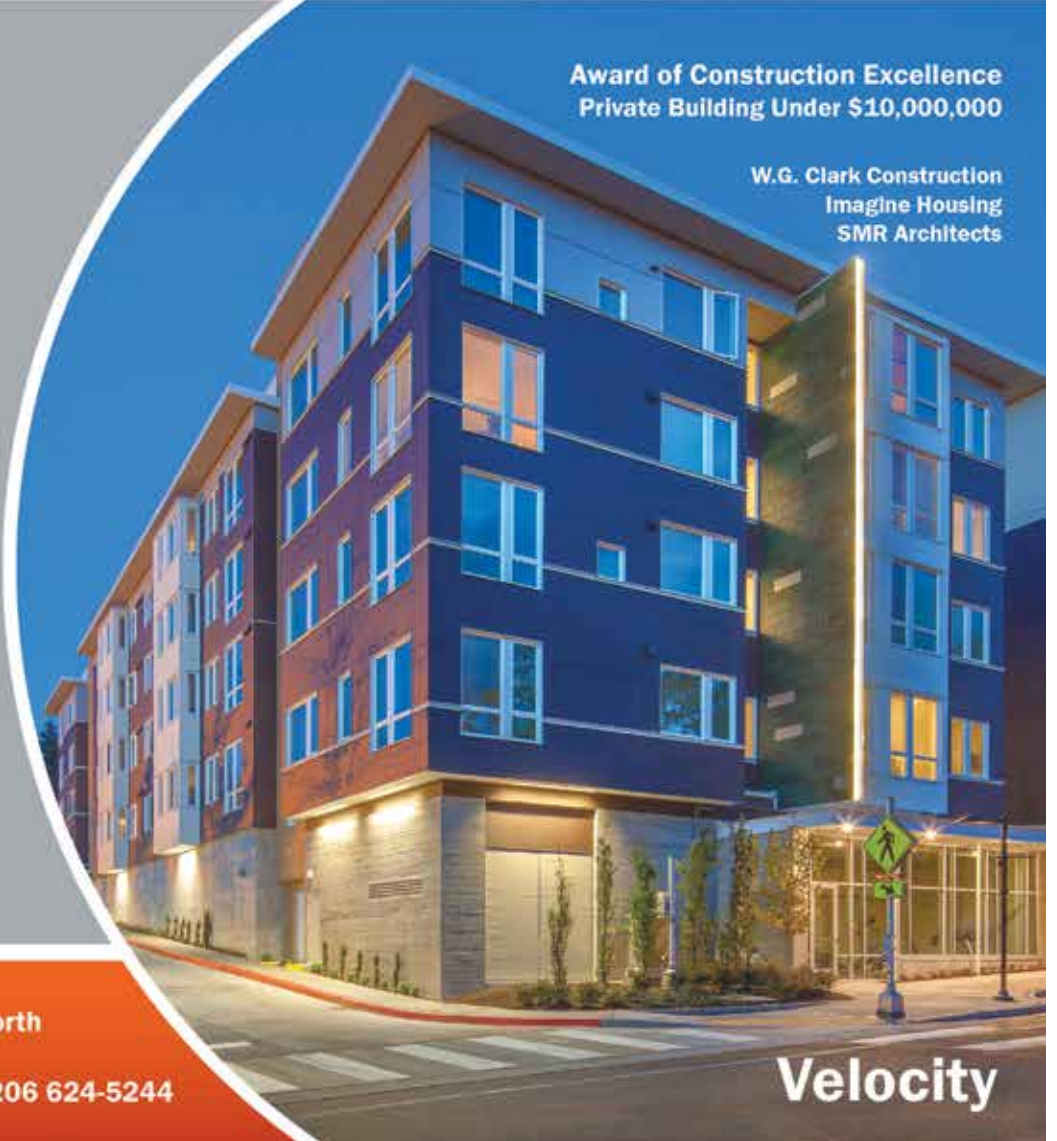
### Building Success is a Team Effort

Close partnerships with visionary clients, talented architects and a highly skilled construction team lead to projects recognized for construction excellence.

Since 1910, we've built projects that serve our clients and enhance our community. What can we build for you?

Award of Construction Excellence  
Private Building Under \$10,000,000

W.G. Clark Construction  
Imagine Housing  
SMR Architects



# W.G. CLARK CONSTRUCTION CO.

408 Aurora Avenue North  
Seattle, WA 98109  
www.wgclark.com • 206 624-5244

## Velocity

## SUBCONTRACTOR: SAFETY

UNDER 150,000 HOURS

# POPOFF

The American Society of Concrete Contractors released a new employee orientation video last year focusing on common activities and chemicals used every day by concrete finishers, which Poppoff promptly shared with employees.

It was particularly critical to get employees up to date on the harmful effects of silica. Poppoff considers it “a breath of fresh air” to be able to reveal job hazards before employees even set foot on site.

Poppoff has a strict hardhat and safety glasses policy and may be the only area concrete subcontractor that does so. Poppoff’s leadership in this practice has led to an increase in concrete contractors, working with the same general contractors, integrating similar programs and practices.

Poppoff also prohibits work above them while their staff are working on concrete slabs. This prevents injuries to employees who are typically bent over or on their knees, and are therefore more exposed to hazards. The rule is yet another Poppoff practice that many general contractors have adopted into their safety program with other trades.

Poppoff has a strict hardhat and safety glasses policy.



PHOTO COURTESY OF POPPOFF

Congratulations  
on your success.  
Ready to build on it?

Running a thriving construction business is no small feat in any economy. That’s why we salute all the nominees and winners of the AGC Build Washington Awards.

Make your success a habit: Put a century of industry experience to work for you.

**MOSS-ADAMS** LLP

Certified Public Accountants | Business Consultants

[WWW.MOSSADAMS.COM/CONSTRUCTION](http://WWW.MOSSADAMS.COM/CONSTRUCTION)

**SUBCONTRACTOR: SAFETY**

150,000-300,000 HOURS

**ANDGAR CORP.**

Andgar Corp. continues to change and adapt its safety program to the ever-evolving needs of the construction industry.

Field inspections are now performed using an iPhone auditing app, enabling inspectors to significantly reduce paperwork and easily email audits directly to staff.

The company makes it a priority that all employees are equipped with the latest information and skills to perform their jobs safely. Regular training and reviews remain critical pieces to the safety education of its staff.

Andgar's near-miss job hazard report is available to all employees at every jobsite and in its shops, and enables them to identify areas of safety concern long before a serious accident occurs. The company's accident investigation packet also tells supervisors correct actions to take for any type of injury or accident.

Andgar regularly participates in AGC safety forums and takes full advantage of AGC Safety Team and AGC Retro resources to help improve its safety program. At Andgar, it's all about having employees go home and return to work the next day, accident- and injury-free.



Andgar's job hazard reports allow employees to identify safety concerns before serious accidents occur.

PHOTO COURTESY OF ANDGAR CORP.

# To the builders with the vision.

**People count on you.  
Now you can count on Star Rentals,  
your most valuable tool on site.**

**W**e look at our customers and see people with the vision and skills to create cities, highways, and infrastructure. People on the job every day, rain or shine, building the projects that move us forward.

At Star Rentals, we share your vision and understand your job and its pressures. With Star, you get the benefit of the newest, most reliable fleet in the industry that is compliant with government safety and environmental standards.

When time is money and people depend on you, reliability means a lot. You can count on our extensively trained employees for fast, responsive service, and no-hassle billing.

## 100+ Years of Outstanding Service.

Star Rentals is the oldest, largest and most reliable independent rental company in the Pacific Northwest. Turn to locally-owned Star Rentals, the one vendor you can count on to help you achieve your vision to completion—no matter what.

Call us today for more information.  
1-800-825-7880

[www.starrentals.com](http://www.starrentals.com)

**18 NORTHWEST  
LOCATIONS**

Auburn • Bellevue • Bremerton • Eugene • Everett • Ferndale • Hillsboro • Longview • Olympia  
Pasco • Portland • Salem • Seattle • Spokane • Tacoma • Vancouver • Wenatchee • Yakima

**STAR RENTALS**  
Preferred Supplier  to the West's Best Contractors

**SUBCONTRACTOR: SAFETY**

500,000-1 MILLION HOURS

# UNIVERSITY MECHANICAL CONTRACTORS

University Mechanical Contractors is an industry leader in safety, with employees empowered to take ownership of the safety program and share innovative ideas that emphasize safety. This safety-first attitude is evident throughout the organization.

Starting with first-day orientation, crews learn that they are part of an outstanding safety team with a “pride-based” safety culture involving four key elements: risk assessment, leading by example, “5 for 5,” and own your zone. These elements underscore the importance of pride-based safety – a powerful concept that motivates UMC crews to work safely and to look out for one another, and helps to send their people home every day without injury.

UMC also adds new elements in response to adverse situations and compelling insights, and proactively steps up to solve issues.

UMC CEO Jerry Bush states, “Safety is the most important aspect of our work. We attain productivity and profitability through safe and well-planned projects. Projects that are focused on planning and building value have yielded the best safety results.”



UMC crews are motivated by a “pride-based” safety culture that encourages them to look out for one another.

PHOTO COURTESY OF UNIVERSITY MECHANICAL CONTRACTORS

**SUBCONTRACTOR: SAFETY**

OVER 1 MILLION HOURS



MacDonald-Miller created its own electronic safety classes for employees working remotely.

PHOTO COURTESY OF MACDONALD-MILLER FACILITY SOLUTIONS

# MACDONALD-MILLER FACILITY SOLUTIONS

In 2014, MacDonald-Miller Facilities Solutions created a new and proactive Safety Star/Safety Champion incentive program to recognize safety leaders among its staff. Winners are selected quarterly from each trade and department via nominations and direct observations.

The company has also recently created its own electronic safety classes for employees working remotely, covering topics such as ladder safety, heat stress prevention, asbestos and lead awareness, and radio frequency topics.

MacDonald-Miller offers its own OSHA 30 class twice each year, allowing subject matter to be tailored specifically to the mechanical industry. The last class offered filled up within 24 hours, with many employees asking to be put on a waiting list for the next offering.

MacDonald-Miller’s safety director and safety specialists regularly perform site-safety audits that are graded, compared to one another, and presented to their vice president of operations and all superintendents each quarter. Audits are reviewed to identify and correct the most common issue, and safety awards are presented to the top-performing crews.

**Canyon**  
RIVER RANCH

509-933-2100  
www.canyonriver.net

**RED'S**  
FLY SHOP

509-933-2300  
www.redsflyshop.com  
"The fly shop that teaches"

Yakima River guided flyfishing, lodging & restaurant – Only two hours from Seattle

## GENERAL CONTRACTOR: SAFETY

UNDER 150,000 HOURS

# DAWSON CONSTRUCTION

Dawson Construction has worked hard to remove the idea of safety being merely a set of rules to be followed, focusing instead on safety being an integral part of its culture.

In 2014, process improvement was the key to the company's safety success. Its Focused Safety Checklist provides detailed rules and project-compliance information, with pictures and bulleted explanations to raise awareness, educate staff and document safety compliance.

Dawson also uses iPads with an auditing app to provide clear, concise and immediate feedback to jobsite superintendents and project managers. Resulting data helps identify and focus resources on areas of concern, and helps as well to recognize persons or projects for exemplary performance.

Dawson's crews approach safety as they would any team sport, where success is won by keeping one's head in the game, playing as a team and having each other's back. This concept is not new or groundbreaking, but is simple and relatable, and has positively impacted Dawson's safety culture and performance.



Dawson Construction worked to improve its safety processes last year.

PHOTO COURTESY OF DAWSON CONSTRUCTION

THE PLANS YOU NEED  
RIGHT NOW

**PlanCenter.com**  
Plans and specs at the click of a mouse



**GENERAL CONTRACTOR: SAFETY**

UNDER 150,000 HOURS

**PCL CONSTRUCTION SERVICES**

PCL Construction Services employs several methods to measure the effectiveness of its safety program. The company's total recordable incident rate measures not only traditional OSHA recordable injuries but also near misses. Reports provide data on its record over the prior month and the year to date, as well as the results of jobsite inspections.

PCL also conducts an extensive annual review of health and safety program documentation, interviews workers and completes thorough jobsite inspections. Auditors are senior-level HSE personnel from elsewhere in the company and safety professionals from PCL's insurance company. Their report is shared with management who then prepare an action plan to correct any deficiencies.

PCL also invites DOSH/OSHA consultants onto its projects several times each year, providing comprehensive and objective reviews.

PCL's annual safety perception questionnaire is administered on each project for craft workers from both PCL and subcontractors. Responses are anonymous, with some of the best feedback coming from "additional comments" sections. Results are tabulated for each project and for the district as a whole. Action plans are then developed to address any identified deficiencies.



PCL invites state and federal occupational-safety consultants to its jobsites to review its practices.

PHOTO COURTESY OF PLC CONSTRUCTION SERVICES



**Innovative solutions and value that lasts**

Since we opened our doors nearly a century ago, we've become an industry leader for the design, building, and maintenance of some of the world's most intricate mechanical systems. We use a process oriented, lean approach, resulting in a quicker, more cost-effective project turnaround. Throughout the years, clients have relied on us for our industry-defining expertise and commitment to innovation.

**First Place Winner of the 2015 Build Washington Safety Excellence Award**  
(Sub Contractor 500,000 - 1,000,000 Hours)

(206) 364-9900  
24/7 service: (206) 364-9910  
umci.com



## GENERAL CONTRACTOR: SAFETY

OVER 350,000 HOURS

# TURNER CONSTRUCTION

Turner Construction earned Occupational Health and Safety Advisory Services' 18001 registration in 2014 — one of only a few construction companies in the U.S. to do so.

All of Turner's safety managers are ASA members and conduct in-house OSHA 30 training for their superintendents and foremen. The company's Building L.I.F.E. (Living Injury-Free Everyday) safety program breaks construction site norms and fosters continual improvement through open discussion.

Turner's safety emphasis continues at the subcontractor level, and subcontractors have begun to adopt some of Turner's safety standards as policies of their own. Turner shares safety forms and best work practices to help elevate subcontractors' safety programs. Subcontractors are empowered to plan their work, reducing worker fatigue and opening a direct line of communication from the front-line worker to management.

The outcome of Turner's safety program is a culture shift in worker attitudes toward teamwork and proactive safety involvement.

Turner is an active member of the AGC of Washington's Safety Team and the Puget Sound Area Safety Summit.

Turner shares its safety forms and best work practices with subcontractors to help them improve their safety programs.



PHOTO COURTESY OF TURNER CONSTRUCTION

## SUPERINTENDENT OF THE YEAR

### KEVIN LANHAM EXXEL PACIFIC

Kevin Lanham has dedicated his skill, expertise and service to Exxel Pacific for 10 years as a superintendent and has over 24 years in the construction industry. He is a true leader and champion of safety.

Lanham places the highest emphasis on the health, safety and welfare of all workers on his projects, personifying the "best in class" safety qualities that every project must have to be successful. He fully understands Exxel Pacific's company message that safety is a value at work and at home, and exemplifies this through his leadership.

On Exxel Pacific's Velo apartment project in Fremont, Lanham could always be seen training or supporting safety efforts with his sleeves rolled up. Although Lanham is a senior superintendent, he will repair a guardrail, post warning signage or even clean up debris to prevent a trip or fall hazard. With his focus and leadership the Velo project was very successful, with over 142,000 hours worked with zero time-loss injuries.

According to Exxel's safety director Joe Sadler, "In my years of working with Kevin Lanham, he has never sacrificed safety, and is very focused on the details necessary for a safe project."

Lanham embodies the "safety champion" qualities that every project must have to be successful and that every superintendent must have to keep workers safe.



## Montana's Premier Fly Fishing Lodge



### RUBY SPRINGS LODGE

- Spacious, private accommodations and first class dining on the banks of the Ruby River
- Guided float trips on the Big Hole, Beaverhead, Jefferson and Madison Rivers
- Over 10 miles of private water on the Ruby
- Customized corporate retreats

1-800-278-RUBY

[www.RubySpringsLodge.com](http://www.RubySpringsLodge.com)

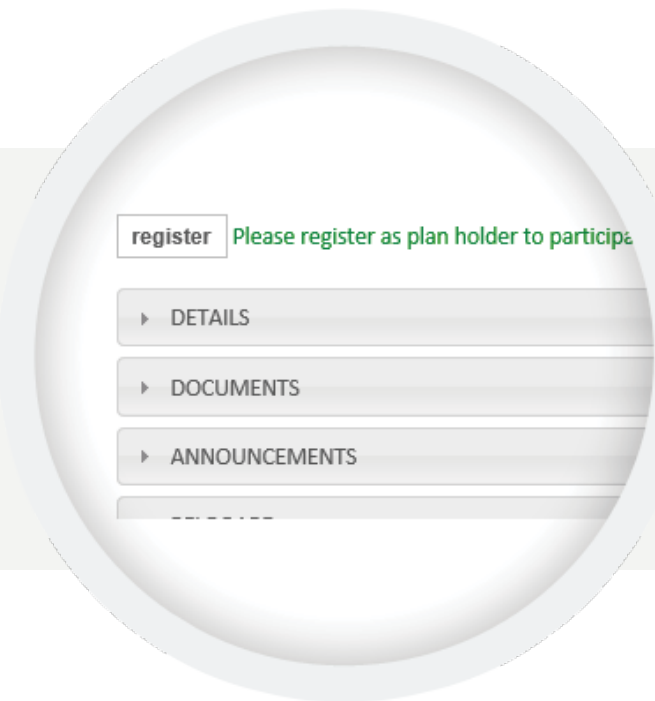
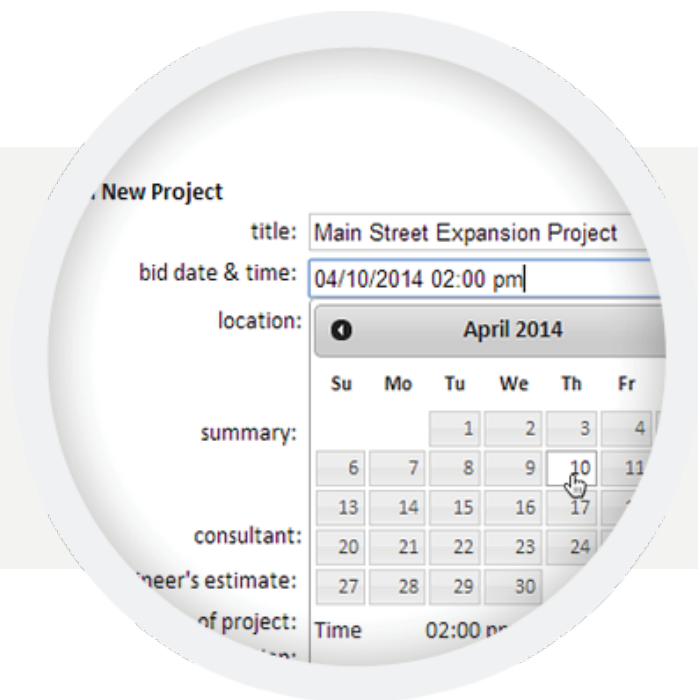
# SolicitBid

Register for free at SolicitBid.com

Your solution to a better bidding process

## Post solicitations.

Follow the simple steps and get your project online in minutes. Public or invitation, we have you covered.

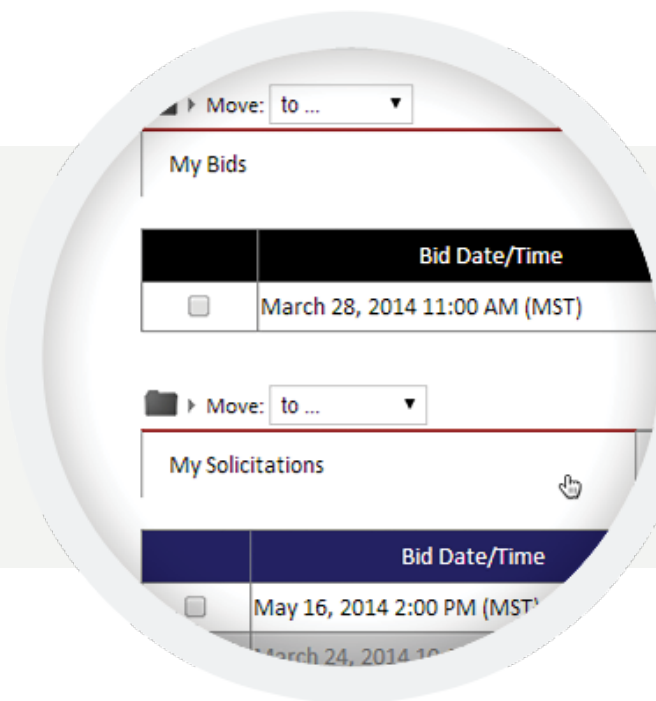


## Follow solicitations.

Get your information from the source. Receive new project opportunities, access solicitations for free, and register as a plan holder to get automatic notifications of changes as soon as they happen.

## Manage solicitations.

Manage and track multiple solicitations from your organization's secure account. Easily add coworkers to increase participation and productivity.



**\$75 per project and your first project is free**

**BRIAN SALSGIVER SAFETY PROFESSIONAL OF THE YEAR**

**KIRK BAISCH**  
UNIVERSITY MECHANICAL CONTRACTORS

Kirk Baisch has instituted a number of effective safety program elements at University Mechanical Contractors, earning safety leadership recognition from general contractors such as Skanska, Hoffman and Sellen. His dedication and commitment led to UMC taking a first-place award at AGC of America's Construction Safety and Excellence Awards last year.



UMC relies on Baisch's efforts to make it the most dynamic mechanical contractor in the Puget Sound area. He has been instrumental in developing and maintaining the company's safety culture, advancing his role from safety enforcer to safety coach and consultant, and empowering and engaging crews and individuals to walk the safety path.

UMC crews now understand that safety is their first responsibility — they make suggestions, correct hazards and watch out for each other. Baisch's safety leadership has earned him a position on the UMC ownership team, giving him a unique perspective and allowing him to foster safety at every level of the organization.

To mitigate the risk of falling when connecting to fall-protection anchors located high above work, Baisch developed a concrete-anchoring system composed of a receptacle set into concrete, an anchor that inserts into the receptacle, and a stick-clip on a telescoping pole. The system is now in production and will soon be available to dramatically improve fall protection throughout our industry.

Baisch's dedication to the industry is further exemplified by his leadership and involvement with the DOSH Construction Advisory Committee, the AGC of Washington Safety Committee, the MCAWW Safety Committee and the SMACNA Risk Management Committee.

**PROJECT MANAGER OF THE YEAR**

**JIM DAVIS**  
GLY CONSTRUCTION



Jim Davis is known simply as "JD" at the jobsite — no airs, no ego, a builder's builder and a great teacher.

"He knows good design and he knows how to build, but more importantly, he knows how to build alliances," said Jim Broadlick, Vulcan's senior director of design and construction. "He's the most proactive person I know."

The project team for the Block 44 office complex was faced with a wide array of challenges. Enter Davis and his multitasking ability, analytical thinking and excellent communication skills.

"He was exactly what we needed," said Broadlick, "a highly collaborative leader with absolutely everyone's best interest in mind. He knows every system, learns every detail. He never stops thinking about what could affect the building."

Davis' character and discipline was evident in all aspects of GLY Construction's Block 44 project, including the project's safety record. With no lost-time incidents and a total of 259,468 man hours, it made a significant contribution to GLY's record-low 0.4854 EMR.

Davis graduated from the University of Washington with a bachelor's degree in architecture, and celebrates 40 years in the industry this year. Since joining GLY in 2005, he's delivered over 2.4 million square feet of new construction in South Lake Union, playing a significant role in the revitalization of the neighborhood. But he'd be the first to tell you his finest moments have nothing to do with personal milestones.

His focus, apart from keeping Block 44 stakeholders satisfied, is mentoring the next generation of GLY leaders.

"It's really a joy to watch Jim around the young project engineers on the team," Broadlick said. "He's very good at educating and coaching, but he challenges people, too. That's how they grow."

**REALIZE BETTER OUTCOMES**

Block 44 improves the South Lake Union physical landscape, and underscores Vulcan Real Estate's commitment to long-term high performance. Teamwork helps everyone involved realize better outcomes. [www.gly.com](http://www.gly.com)

**CONGRATULATIONS VULCAN + BLOCK 44 PROJECT TEAM**  
CONSTRUCTION EXCELLENCE AWARD + PROJECT MANAGER OF THE YEAR JIM DAVIS

PHOTOS | © SOZINHO IMAGERY + GLY