



Western Washington

ABC Event & Seminar Booklet for February - March 2010

February

- 2/2 Safety Seminar: Fall Protection, General
- 2/3 Workers' Comp Breakfast: Pre-Hire Process
- 2/9-3/25 ABC's School of Construction Management Spring Session
- 2/11 Safety Seminar: Certified Flagger Training
- 2/16 Legal Bites & Bagels Series: Public Sector Contracting
- 2/17 Safety Seminar: Lead/Silica/Asbestos Awareness
- 2/23 Safety Seminar: OSHA 10-Hour
- 2/24 Business 2 Business Buffet: Building Your Business Network
- 2/25 Safety Seminar: Ladder Training - Bellingham

March

- 3/1-3 Safety Seminar: OSHA 30-Hour
- 2/9-3/25 ABC's School of Construction Management Spring Session
- 3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty
- 3/4 ABC Green Council Roundtable: Exploring Green Innovation Series
- 3/4 ABC's Young Professionals Group Joint Social "Creating New Connections" with Rebuilding Together Seattle's Young Professional Society at FX McRory's
- 3/11 Safety Seminar: Aerial Scissor Lift Train the Trainer
- 3/16 Legal Bites & Bagels: 10 Ways to Lose Your Claim
- 3/16 Safety Seminar: Arc Flash Training
- 3/18 North End Breakfast - Mt. Vernon
- 3/18 Workers' Comp Workshop: Basic Claims Management
- 3/19 Safety Seminar: First Aid/CPR Four-Hour Refresher
- 3/24 Member Dinner Meeting: Reducing Waste + Improving Efficiencies + Increase Value to the Customer = LEAN
- 3/25 Safety Seminar: Fall Protection, General - Bellingham

Happy President's Day!

The ABC offices will be closed on Monday, February 15th in observance of the holiday.

Associated Builders & Contractors of Western Washington

399 114th Ave NE, Bellevue, WA 98004

PH: 425.646.8000 or 800.640.7789

FAX: 425.455.5701 | www.abccwestwa.org



Associated Builders & Contractors of Western Washington School of Construction Management Spring 2010 Session Application

Tuesday & Thursday evenings
February 9 - March 25, 2010
5:30 - 8:30 pm

Classes will be held at: ABC
399 114th Avenue NE, Bellevue
\$249 per person

(Includes a copy of the Emerging Contractor's Manual)

ABC's School of Construction Management is for you if...

- You want to improve your knowledge in the broad spectrum of skill areas needed to run a profitable and successful construction company in today's competitive environment
- You have "up and comers" on your staff whom you think would benefit from some additional classroom training in a variety of construction areas -- to improve their knowledge and help them move up in your company

The school is designed to provide instruction in the skills it takes to run a successful construction firm and provide an opportunity to meet others in your industry.

The goal of the school is to improve the skills of those looking to move into higher management positions within established construction companies. Knowledge from the school, plus networking opportunities in class and at other ABC events, will enhance your ability to become part of the overall construction community.

Topics covered in the 14-sessions include:

- | | |
|------------------------------|--------------------------------------|
| • Leadership skills | • Human resources |
| • Developing a business plan | • Insurance and bonding |
| • Finances and budgeting | • Relationships |
| • Office operations | • Liens and disputes |
| • Estimating/bidding | • Employee relations |
| • Project management | • Safety |
| • Building the business team | • Marketing and business development |
| • Legal issues and contracts | • Labor Law |

The instructors are contractors and industry professionals who donate their time to improve opportunities for everyone in our industry. Class size is limited to ensure personal attention and encourage camaraderie among classmates. You or a member of your management team **must** be able to attend every class. Students are encouraged to attend other ABC events to improve contacts within the industry, network and expand their knowledge.

Application for the ABC School of Construction Management—Spring 2010

Applications must be received by January 26th.

Name _____

Phone _____

Company _____ Position _____

Email _____ Type of Construction: Residential Commercial

Payment Options: Check enclosed Visa/MC/Amex # _____ Exp. _____

Address of Cardholder _____

Signature of Cardholder _____

I can't attend this session, but I am interested in future sessions. Please mail me information when it comes available.

Please contact Kim Trautman for questions or to register: (800) 640-7789 or kim@abcwestwa.org.

Associated Builders & Contractors of Western WA | 399 - 114th Ave NE | Bellevue, WA 98004 | PH: 425.646.8000, 800.640.7789 | FX: 425.455.5701

Associated Builders & Contractors of Western Washington's Monthly Membership Meeting



Business 2 Business Buffet: Building Your Business Network

**Wednesday, February 24, 2010
Bellevue Hilton Hotel
300 - 112th Ave SE, Bellevue**

- 5:00 - 5:30 pm Registration & Networking**
- 5:30 - 6:30 pm First Table Seating, Announcements & Dinner**
- 6:30 - 6:35 pm Table Switch**
- 6:35 - 7:00 pm Networking**
- 7:00 - 7:05 pm Table Switch**
- 7:05 - 7:30 pm Networking**
- 7:30 - 7:35 pm Table Switch**
- 7:35 - 8:00 pm Networking**

By member request, we have changed the format of our popular Business 2 Business event to include four table switches and no speaker presentation. ABC is focused on providing members with more opportunities to connect with one another to further establish working relationships, and provide a forum to learn from one another. We hope this provides you with even more ways to help you make your business more successful!

Please bring at least 40 business cards, as you will have the chance to hand them out during the open networking reception, and again during the four rounds of facilitated table networking sessions.

If you have questions or would like to register for this event, please contact Amy Gegoux at 800.640.7789 or amy@abcwestwa.org.



February 24, 2010 B2B RSVP ★ Early registration deadline is February 17th

Please register (names) _____

Early Registration (before 2/17): \$48 x ____ = AMOUNT \$ ____; **OR** Late Registration (after 2/17): \$55 x ____ = AMOUNT \$ ____

Company _____

Phone _____ Email _____ Please provide #__ vegetarian meals for my group I need a map!

Check enclosed In the Mail Charge: MC Visa AMEX

Credit Card # _____ Exp. Date _____

Cardholder's Name _____ Signature _____

Cardholder's Address _____

Companies considering ABC membership are welcome to attend one networking event free of charge (excluding events which are members-only) by making arrangements with VP of Membership Wendy Novak.



Safety Seminars ★ February 2010

2/2 Safety Seminar: Fall Protection, General, by Valerie McNulty, *Safety Training Works*
Tues., 2/2, 1:00 - 5:00 pm, La Quinta Inn, Tacoma. Do you know the difference between fall arrest and fall restraint; active and passive fall protection systems? What is the difference between anchorages and connectors? You will learn all of these subjects plus information about rescue and retrieval as well as body support types. When you are finished with this class you will have learned the fall protection basics as stipulated in WAC 296-155 Part C-1 and CFR 1926 Subpart M. **ABC Retro participants free. ABC member discounted fee \$85 for the first attendee, and \$70 each additional attendee. \$130 regular registration fee. Registration deadline: 1/26.**

2/11 Safety Seminar: Certified Flagger Training, by Jennifer Richards, *Safety Matters*
Thurs., 2/11, 11:00 am - 5:00 pm, ABC, Bellevue. Washington requires all individuals who perform flagging work to be certified. Upon completion of this course, attendees will know the flagger qualifications, responsibilities and rules of conduct based on state laws and the Manual of Uniform Traffic Control Devices. Attendees will learn the hazards to which they may be subjected, and how to prepare themselves for their professional flagging activities. They will be provided with methods to set up channeling devices and the information on how to guide traffic safely through work zones. All attendees successfully completing this eight-hour course will receive their certified flagger card. **Free to ABC Retro participants. ABC member discounted fee: \$85 for the first attendee; \$70 each additional attendee; regular registration fee \$130. Registration deadline: 2/4.**

2/17 Safety Seminar: Silica/Asbestos/Lead Awareness, by Jon Havelock, CSP, CHMM, *Med-Tox Northwest*
Wed., 2/17, 1:00 - 5:00 pm, La Quinta Inn, Tacoma. Do you know the regulatory exposure limits and requirements to prevent worker exposure to silica, lead and asbestos? In this presentation, you will learn the history and background of these workplace hazards, the proper use of engineering controls, and personal protective equipment. Highlights of the seminar include recognition of potential hazardous materials, minimizing hazards to workers and symptoms of lead poisoning. **ABC Retro members free. ABC member discounted fee \$85 for the first attendee, and \$70 each additional attendee. Regular registration fee \$130. Registration deadline: 2/10.**

Don't see the training you need this month? ABC offers "Safety On Demand" training - contact Vice President of Safety & Education Ann Jarvis at ann@abcwestwa.org, 800.640.7789 or 425.646.8000 to find out more!

Registration Form ★ Safety Seminars ★ February 2010

Registering for (*Check all that apply*):

- 2/2 Safety Seminar: Fall Protection, General:** ABC Retro Members: FREE
ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
Attendees: _____
- 2/11 Safety Seminar: Certified Flagger Training:** ABC Retro Members: FREE
ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
Attendees: _____
- 2/17 Safety Seminar: Silica/Asbestos/Lead Awareness:** ABC Retro Members: FREE
ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
Attendees: _____

Company _____ Phone _____ Fax _____

Ck Enclosed/In the mail or Visa/MC/AMEX# _____ Exp. _____

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors of Western WA | 399 - 114th Ave NE | Bellevue, WA 98004 | PH: 425.646.8000, 800.640.7789 | FX: 425.455.5701

Workers' Comp Breakfast, Management & Safety Seminars ★ February 2010



2/3 Workers' Comp Breakfast: Pre-Hire Process, by Nancy Burress, *S.D. Deacon Corp. of Washington*
Wed., 2/3, 7:30 - 9:00 am, ABC, Bellevue (note new location). One of the most important decisions employers make is hiring employees. Your company's ability to keep workers' comp costs down, achieve and maintain a low mod factor (EMR), is impacted by your hiring decisions. With today's labor market it is more important than ever that you have in place good employment practices. Another important piece is working successfully with subcontractors. The importance of safety on a job cannot be overstated. Come hear how one successful company has set up their hiring guidelines and subcontractor requirements to help them successfully keep their mod rate very low and their job sites safe. **Free to ABC Retro participants (limit two per company). ABC member discounted fee: \$25 per person. Regular registration fee: \$38 per person. *A continental breakfast will be served.*** Registration deadline: 1/27.

2/16 Legal Bites & Bagels Series: Public Sector Contracting, Presented by *Oles Morrison Rinker & Baker LLP*

Tues. 2/16, 8:00 - 11:00 am, ABC, Bellevue. Every economic downturn prompts contractors' return to public sector contracting. What is different with public contracts? Find out the basics of the joys and perils of public contracting. The OMRB team has seen it all and will share with you tips for survival in this extremely competitive environment. **ABC member discounted fee: \$79 first person, \$20 each additional attendee. Regular registration fee: \$118 per person. Registration deadline: 2/9.**

2/23 Safety Seminar: OSHA 10-Hour, by Jennifer Richards, *Safety Matters*

Tues., 2/23, 7:30 am - 6:30 pm, ABC, Bellevue. This training opportunity will address the unique safety and health issues important to the small business construction owner. The program will focus on developing strategies for managing your safety and health program and provide insight to common OSHA-identified hazards and regulatory issues. The OSHA 10-Hour Construction Safety Training offers OSHA 10-hour certification and OSHA Construction Standards 29 CFR 1926. You won't want to miss this important safety training. **Free to ABC Retro participants. ABC member discounted fee: \$159 for the first attendee; \$100 each additional attendee; regular registration fee \$300. Registration deadline: 2/16.**

2/25 Bellingham Location! Safety Seminar: Ladder Training, by Jennifer Richards, *Safety Matters*

Thurs., 2/25 1:00 - 5:00 pm, Quality Inn Baron Suites, Bellingham. Are you in compliance with the DOSH standards for stairways and ladders? Are you using the proper ladder for the job? Are your stairways properly built and guarded? This four-hour class will give attendees an understanding of the Washington Administrative Code (WAC) requirements for the safe use of ladders and stairway systems. Topics include: practical safety tips for stairways and ladders, review of DOSH & OSHA requirements, and competent person standards. **ABC member discounted fee: \$85 for the first attendee and \$70 each additional attendee. Regular registration fee \$130. Free to ABC Retro participants. Registration deadline: 2/18.**

Registration Form ★ Workers' Comp, Management & Safety Seminars ★ February 2010

Registering for (Check all that apply):

- 2/3 Workers' Comp Breakfast: Pre-Hire Process:** ABC Retro Members = FREE (limit two)
 ABC member discount: \$25 x ___ people = _____; Regular registration fee: \$38 x ___ people = _____
 Attendees: _____
- 2/16 Legal Bites & Bagels Series: Public Sector Contracting**
 ABC member discount: 1st @ \$79 + ___ people @ \$20 each = _____; Regular registration fee: \$118 x ___ people = _____
 Attendees: _____
- 2/23 Safety Seminar: OSHA 10-Hour:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$159 + ___ people @ \$100 each = _____; Regular registration fee: \$300 x ___ people = _____
 Attendees: _____
- 2/25 Safety Seminar: Ladder Training - Bellingham:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____

Company _____ Phone _____ Fax _____

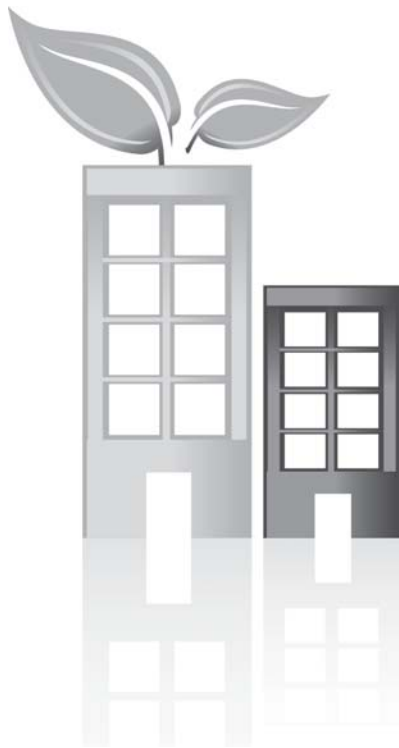
Enclosed/In the mail or Visa/MC/AMEX# _____ Exp. _____

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors, 399 - 114th Ave NE, Bellevue, WA 98004, FX: 425.455.5701 PH: 425.646.8000, 800.640.7789



Associated Builders & Contractors' Green Council Roundtable

Exploring Green Innovation Series

Site Tour & Presentation The Pacific Plaza Building

Hosted by BLRB Architects

Thursday, March 4, 2010

11:30 am - 1:00 pm

Pacific Plaza Building

1250 Pacific Ave, Suite 700, Tacoma

Come join us for an up close and personal site tour and presentation of Tacoma's first LEED® Platinum (pending) rated office building. Completed in July 2009, Pacific Plaza is the first new Class-A commercial building built in Downtown Tacoma in the past eight years. The project is an adaptive reuse of a 1960's 5-story parking garage into a high-end mixed-use office building. Come learn from the project architect about the innovative green design features such as a 29,000 square foot green roof, a 180,000 gallon cistern transformed from the turkish bath basement of a long demolished building, and a state-of-the-art mechanical system with extensive use of natural daylight. This successful result of the public-private partnership between the City of Tacoma and Pacific Plaza Development creates a new paradigm for development standards within Tacoma's urban core.

About the ABC Green Council:

The ABC Green Council was created to provide a forum for education and networking related to the emerging field of green building. Chaired by **Bill Malowney (Technocom)** and vice-chaired by **Brian Pahlow (Nuprecon, LP)**, the ABC Green Council Roundtable meets on the first Thursday of each month from 11:30 am to 1:00 pm and are free and open to ABC members and prospective members alike. Come join us as together we increase our knowledge of this important field that is transforming the way we build.

For more information, to RSVP or to be put on the email list for notifications on ABC Green Council roundtables, please contact Kim Trautman at kim@abcwestwa.org.





YPG/YPS

Joint Social

"Creating New Connections!"

Thursday, March 4, 2010 | 7:00 - 9:00 pm

FX McRory's | 419 Occidental Avenue South, Seattle

\$10 per person, proceeds go to YPS Rebuilding Together Seattle House Project Fund!
Includes light appetizers, Happy Hour drink specials, free raffle ticket and RTS bracelet

Join ABC's Young Professionals Group as they host their first joint event with Rebuilding Together Seattle's Young Professionals Society. Get to know your fellow young professionals in the industry and raise funds for a YPS project house in the Spring! All proceeds of this event go towards the YPS project house fund. Attendees will receive a free raffle ticket with entry, and have the option to buy more raffle tickets if desired. Donations are accepted even if you can't attend the event. Registrations/donations are tax-deductible; attendees/donors will receive a receipt from RTS. **RSVP to Amy Gegoux, amy@abcwestwa.org or 800.640.7789.**

Sponsored by FX McRory's



ABC's YPG Mission: YPG serves as an entry vehicle for members to get involved in ABC and participate in information sharing. It provides networking, educational and community enhancement opportunities for the current and future leaders of the construction industry and business-related fields.



Rebuilding Together Seattle Mission: RTS provides donated repair services for homeowners in need so they can continue to live independently in warmth and in safety.

RTS's YPS Mission: YPS is a service organization of young professionals who support RTS and its mission through community outreach, fundraising, networking and volunteering to ensure the growth and strength of RTS.

YPG/YPS Joint Event | RSVP by March 1 | 800.640.7789 | Fax 425.455.5701

Attendee Name: _____

Company: _____

Email: _____

Registration fee \$10 per person: \$10 x # _____ people = \$ _____

I'd like to donate \$ _____ to the YPS Rebuilding Together Seattle House Project Fund

Check enclosed/In the mail Please bill me Visa/MC/Amex #: _____ Exp.: _____

Cardholder's Name: _____ Signature: _____

Billing Address: _____ Phone: _____

Contact Amy Gegoux to register: 425.646.8000, 800.640.7789 or amy@abcwestwa.org.

ABC of Western Washington | 399 114th Ave NE | Bellevue, WA 98004 | www.abcwestwa.org



Associated Builders & Contractors
of Western Washington's Member Dinner Meeting

Reducing Waste + Improving Efficiencies + Increase Value to the Customer = LEAN

Featuring Henry Beeland, CEO,
Evergreen Team Concepts

Wednesday, March 24, 2010
The Bellevue Hilton
300 112th Ave SE, Bellevue

5:00 - 5:45 pm Registration & Networking
5:45 - 7:00 pm ABC Business Meeting & Dinner
7:00 - 7:45 pm Speaker Presentation

Contractors: Have you heard about LEAN but dismissed it because you are not a manufacturer? Join us to learn how LEAN is about more than manufacturing and how it can help your construction business. LEAN expert Henry Beeland of Evergreen Team Concepts will present on the advantages of LEAN and local construction companies will be on hand to share their experiences.

Advantages to LEAN:

- increasing your revenue opportunities
- improving processes
- decreasing operational costs
- increasing customer satisfaction
- increasing safety and improving productivity

LEAN offers many advantages in material handling, inventory, quality, scheduling, personnel and customer satisfaction.

Henry is the founder of the Lean Leadership Institute, and is a certified Lean instructor. He has an AA degree in Communications from Georgia Military College, and a BA in Human Resources Administration from Mercer University. Henry's approach to learning always includes his passion and energy, and his workshops are loaded with interaction and laughter.



Western Washington

March 24, 2010 Dinner Meeting RSVP ★ Early registration deadline is March 17th

Please register (names): _____

Early Registration (before 3/17): \$48 x _____ = AMOUNT \$ _____; OR Late Registration (after 3/17): \$55 x _____ = AMOUNT \$ _____

Company _____

Phone _____ Email _____ Please provide #__ vegetarian meals for my group I need a map!

Check enclosed In the Mail Charge: MC Visa AMEX

Credit Card # _____ Exp. Date _____

Cardholder's Name _____ Signature _____

Cardholder's Address _____

RSVP to Amy Gegoux at 800.640.7789, amy@abcwestwa.org or fax to 425.455.5701.
Companies considering ABC membership are welcome to attend one networking event free of charge
(excluding events which are members-only) by making arrangements with VP of Membership Wendy Novak.

SAVE THE DATE!

Thursday, March 18 | 7:30 - 9:00 am

North End Breakfast, CottonTree Inn, Mt. Vernon

Join your fellow members in the Skagit and Whatcom areas for an educational and networking breakfast.

Thursday, April 15 | 5:00 - 7:00 pm

Free South End Networking Event, Harmon Brewery, Tacoma

Our popular South End Networking Event returns to the Harmon Brewery for a night of exchanging business cards and discussing current topics in the construction industry. Stop by after work for a beer or two (cash bar), complimentary pizza, and the opportunity to meet new contacts!

Wednesday, April 28 | 5:00 - 8:00 pm

Excellence in Construction Awards & Tradeshow

We're revamping this event into a working tradeshow where all the entrants can display their projects, talk one-on-one with fellow attendees, and be able to explain why their project was unique. Winning projects will be showcased in a brief awards ceremony at the end of the event. Entry forms will be sent out February 1st.

Wednesday, May 5 | 5:00 - 7:00 pm

YPG Event at Power Play! in Bellevue

ABC's Young Professionals Group is holding another fun event, this time at the new Power Play arcade adjacent to Lucky Strike located in Lincoln Square in Bellevue.

Friday, May 14 | 4:30 - 8:30 pm

PAC Fundraiser "Day at the Races" at Emerald Downs, Auburn

Join your fellow ABC members for this exciting event to raise funds for ABC's Political Action Committee Fund! All attendees will be treated to admission to the races, drink tickets, dinner, program, valet parking, a presentation from an expert handicapper, exclusive Triple Crown Suite seating, countless networking opportunities and more!

Thursday, May 20 | 5:00 - 7:00 pm

Free North End Networking Event, Skagit Brewery, Mt. Vernon

Stop by after work for a beer or two (cash bar), complimentary appetizers, and the opportunity to meet new contacts!

Wednesday, May 26 | 5:00 - 8:00 pm

Member Networking Event: Business After Hours, location TBD

To take a break from our monthly dinner meetings, we're holding a casual business social at a fun location to be announced.



Safety Seminars ★ March 2010

3/1-3 Safety Seminar: OSHA 30-Hour, by Valerie McNulty, *Safety Training Works, Inc.*
Mon., 3/1, Tues., 3/2 & Wed., 3/3, 7:30 am - 6:30 pm (each day; all three days must be attended to receive certification), La Quinta Inn, Tacoma. With the insurance companies and general contractors putting a greater emphasis on safety and safety training at renewal time, this is an ideal opportunity to have your field personnel OSHA 30 trained. This training opportunity will address the unique safety and health issues important to the construction owner. The program will focus on developing strategies for managing your safety and health program, and provide insight to common OSHA-identified hazards and regulatory issues. You will receive OSHA 30-hour certification and OSHA Construction Standards 29 CFR 1926. **Free for ABC Retro participants. ABC member discounted fee: \$320 for first attendee, and \$250 for each additional attendee. Regular registration fee: \$480 (if non-members join ABC within 30 days of completing the class, ABC will credit the difference in price to your membership dues). Registration deadline: 2/22.**

3/11 Safety Seminar: Aerial Scissor Lift: Train the Trainer, by Rob Scherbarth, *Overton Safety Training*
Thurs., 3/11, 7:30 am - 4:30 pm, ABC, Bellevue. This eight-hour course satisfies all state and federal training and qualification requirements for aerial/scissor lift operators. At the completion of this certification course, students will receive training tools that they can use when training their co-workers. Students must bring their own hard hat and fall protection (full-body harness and shock-absorbing lanyard). **ABC Retro participants: \$154 first attendee, \$99 each additional. ABC member discounted fee: \$695 first attendee, \$400 each additional. Regular registration fee: \$995 first attendee, \$500 each additional. Registration deadline: 3/4.**

3/16 Safety Seminar: Arc Flash Training, by Rick Beutler, *DOSH*
Tues., 3/16, 1:00 - 5:00 pm, La Quinta Inn, Tacoma. This arc flash training class will provide you with the information you will need to protect your employees from arc flash and other electrical hazards. The class will review the current DOSH rules, how to identify situations where arc flash may occur and the proper equipment needed to protect yourself and your employees. **Free to ABC Retro participants. ABC member discounted fee: \$85 for first attendee, and \$70 for each additional attendee. regular registration fee \$130. Registration deadline: 3/9.**

3/19 Safety Seminar: First Aid/CPR - Four-Hour Refresher, by Mike Newhouse, *First Aid Northwest*
Fri., 3/19, 8:30 am - 12:30 pm, La Quinta Inn, Tacoma. State law and good sense dictate that at least one person on every jobsite should be trained and certified in first aid and CPR. This course satisfies the legal requirements and safeguards your employees by having trained personnel on your crews. Topics include injury and illness assessment, bleeding and airway management, heart attacks, poisonings and other vital information. As this is a refresher course, all attendees must have a valid first aid/CPR card. Mike Newhouse has taught for many years, always to rave reviews. **Class size is limited. No refunds after 3/18, but substitutions are accepted. ABC member discounted fee \$52; regular registration fee \$78. Registration deadline: 3/12.**

Registration Form ★ Safety Seminars ★ January 2010

Registering for (Check all that apply):

- 3/1-3 Safety Seminar: OSHA 30-Hour: ABC Retro Members = FREE
 ABC member discount: 1st @ \$320 + ___ people @ \$250 each = _____ ; Regular registration fee: \$480 x ___ people = _____
 Attendees: _____
- 3/11 Safety Seminar: Aerial Scissor Lift: Train the Trainer: ABC Retro Members: 1st @ \$154 + ___ people @ \$99 = _____
 ABC member discount: 1st @ \$695 + ___ people @ \$400 each = _____ ; Reg. registration fee: 1st @ \$995 + ___ people @ \$500 = _____
 Attendees: _____
- 3/16 Safety Seminar: Arc Flash Training: ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____ ; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____
- 3/19 Safety Seminar: First Aid/CPR - Four-Hour Refresher
 ABC member discount: \$52 x ___ people = _____ ; Regular registration fee: \$78 x ___ people = _____
 Attendees: _____

Company _____ Phone _____ Fax _____

Ck Enclosed/In the mail or Visa/MC/AMEX# _____ Exp. _____

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.

Associated Builders & Contractors of Western WA | 399 - 114th Ave NE | Bellevue, WA 98004 | PH: 425.646.8000, 800.640.7789 | FX: 425.455.5701

Workers' Comp, Management & Safety Seminars ★ March 2010



3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty, by Michael Octave, *ERNWest Wed., 3/3, 7:30 - 9:00 am, ABC, Bellevue (note new location)*. Do you need help keeping your workers' comp program going smoothly? Keeping an injured worker on salary can reduce and minimize your claims costs. This program will focus on managing and controlling your workers' comp claims; plus Michael will cover in detail the impact of a claim on your experience factor, retro refunds, and eligibility for joining discount programs. **Free to ABC Retro participants (limit two per company). ABC member discounted fee: \$32 per person. Regular registration fee: \$48 per person. *A continental breakfast will be served.* Registration deadline: 2/24.**

3/16 Legal Bites & Bagels Series: Top 10 Ways to Lose Your Claim, Bob Jayne, *Oles Morrison Rinker & Baker LLP*

Tues. 3/16, 8:00 - 11:00 am, ABC, Bellevue. You have worked very hard to deliver what your contract required... even more! But how do you ensure you get paid for extra work that is in dispute? There are sure fire ways to preserve your claim, and sure fire ways to lose all the effort you put into the extra work, and more. Each of the 10 points are case studies of real problems faced by contractors, and how not to handle the problem, and accordingly, what the right response should be. In tough economic times it is imperative to recover all your costs and profit. Find out how! **ABC member discounted fee: \$79 first person, \$20 each additional attendee. Regular registration fee: \$118 per person. Registration deadline: 3/9.**

3/18 Workers' Comp Workshop: Basic Claims Management, by Heather Davis, *Employer Resources Northwest*

Thurs., 3/18, 8:00 - 11:00 am, ABC, Bellevue. Some of the key elements you will learn in this seminar include: your obligation (and your rights!) under the workers' comp laws, easy claims control techniques you can put in place right away, how an early return to work program can save you money, "red flags" to help you spot fraudulent claims, steps you can take to get a runaway claim under control, when a claim will affect your premium rate and by how much, and how to work with L&I or your claims administrator to get a claim closed. **Free to all ABC members. ABC Retro members are required to attend a claims management class. Non-member registration fee: \$32. Registration deadline: 3/12.**

3/25 BELLINGHAM LOCATION! Safety Seminar: Fall Protection, General, by Jennifer Richards, *Safety Matters*

Thurs., 3/25, 1:00 - 5:00 pm, Quality Inn Baron Suites, Bellingham. Do you know the difference between fall arrest and fall restraint; active and passive fall protection systems? What is the difference between anchorages and connectors? You will learn all of these subjects plus information about rescue and retrieval as well as body support types. When you are finished with this class you will have learned the fall protection basics as stipulated in WAC 296-155 Part C-1 and CFR 1926 Subpart M. **ABC Retro participants free. ABC member discounted fee \$85 for the first attendee, and \$70 each additional attendee. \$130 regular registration fee. Registration deadline: 3/18.**

Registration Form ★ Workers' Comp, Management & Safety Seminars ★ March 2010

Registering for *(Check all that apply)*:

- 3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty:** ABC Retro Members = FREE (limit two)
 ABC member discount: \$32 x ___ people = _____; Regular registration fee: \$48 x ___ people = _____
 Attendees: _____
- 3/16 Legal Bites & Bagels Series: Top 10 Ways to Lose Your Claim**
 ABC member discount: 1st @ \$79 + ___ people @ \$20 each = _____; Regular registration fee: \$118 x ___ people = _____
 Attendees: _____
- 3/18 Workers' Comp Workshop: Basic Claims Management**
 ABC members: ___ people = FREE; Regular registration fee: \$32 x ___ people = _____
 Attendees: _____
- 3/25 Safety Seminar: Fall Protection, General - Bellingham:** ABC Retro Members: FREE
 ABC member discount: 1st @ \$85 + ___ people @ \$70 each = _____; Regular registration fee: \$130 x ___ people = _____
 Attendees: _____

Company _____ Phone _____ Fax _____

Address _____

Ck Enclosed/In the mail or Visa/MC/AMEX# _____ Exp. _____

Cardholder's Name _____ Signature: _____

Cardholder's Address _____

48-hour notice must be given for cancellations. Substitutions are permitted. No-shows will be billed for the full amount.
 Associated Builders & Contractors, 399 - 114th Ave NE, Bellevue, WA 98004, FX: 425.455.5701 PH: 425.646.8000, 800.640.7789



**Associated Builders and Contractors
of Western Washington**
399 114th Avenue NE
Bellevue, WA 98004-6931

Prsrt Std
U.S. POSTAGE
PAID
BELLEVUE, WA
PERMIT NO. 266

ABC - Working for You! February - March 2010

Look inside for:

February 2010

- 2/2 Safety Seminar: Fall Protection, General
- 2/3 Workers' Comp Breakfast: Pre-Hire Process
- 2/9-3/25 **ABC's School of Construction Management
Spring Session**
- 2/11 Safety Seminar: Certified Flagger Training
- 2/16 Legal Bites & Bagels Series: Public Sector Contracting
- 2/17 Safety Seminar: Lead/Silica/Asbestos Awareness
- 2/23 Safety Seminar: OSHA 10-Hour
- 2/24 **Business 2 Business Buffet: Building Your Business
Network**
- 2/25 Safety Seminar: Ladder Training - Bellingham

March 2010

- 3/1-3 Safety Seminar: OSHA 30-Hour
- 2/9-3/25 **ABC's School of Construction Management
Spring Session**
- 3/3 Workers' Comp Breakfast: Benefits of KOS and Light Duty
- 3/4 **ABC Green Council Roundtable: Exploring Green
Innovation Series**
- 3/4 **ABC's Young Professionals Group Joint Social with
Rebuilding Together Seattle's Young Professional
Society at FX McRory's**
- 3/11 Safety Seminar: Aerial Scissor Lift Train the Trainer
- 3/16 Legal Bites & Bagels: 10 Ways to Lose Your Claim
- 3/16 Safety Seminar: Arc Flash Training
- 3/18 **North End Breakfast - Mt. Vernon**
- 3/18 Workers' Comp Workshop: Basic Claims Management
- 3/19 Safety Seminar: First Aid/CPR Four-Hour Refresher
- 3/24 **Member Dinner Meeting: Reducing Waste + Improving
Efficiencies + Increase Value to the Customer = LEAN**
- 3/25 Safety Seminar: Fall Protection, General - Bellingham