

Facilities Focus



April 2015

Facilities Services

Wine Science Center—WSU Tri-Cities By Rusty Pritchard



Nestled on a strategic campus location which is across from the Port of Benton Innovation Center and overlooks the WSU Tri-Cities campus and the mighty Columbia River is WSU Tri-Cities \$23 million dollar Wine Science Center. This 40,000 square foot, design to LEED silver standards facility, creates a collaborative blend of WSU's Viticulture & Enology academic and research programs and Washington State's wine industry partners - the grape growers and wine makers. The vision of the Wine Science Center is to "serve as a focal point to spark innovation, fuel economic development, support nation and international collaboration and provide research breakthroughs" (Referenced: "Why Washington State Need the WSU Wine Science Center", Document on the City of Richland website.)

The project had its early beginnings over 4 years ago when the City of Richland established the Wine Science Center Development Authority (WSCDA) with the sole mission to finance, design and build the project on the WSU Tri-Cities campus. Once completed, the WSC will be transferred to the University.

The WSCDA, in partnership with the City of Richland, the Port of Benton, WSU and other project stakeholders, began the process to raise the funds for the facility. The wine industry pledged \$7.4 million dollars and a \$5 million dollar state grant and the remaining source of funds will come from private donations, gifts and in kind services. In late spring 2013, the University offered the WSCDA to assign all contracts and responsibility for the project to the University. Since that time, WSU has taken the lead on the project and still kept the WSCDA and project stakeholders at the table to complete the project in a very collaborative approach.

The facility was approved to use the Design -Build WA State alternate public works contracting delivery method. The Design-Build team of Lydig Construction and ALSC Architecture was the selected firms to design and build the facility in May 2013.

The facility includes a 6,000 square foot research and teaching fermentation room,

Wine Science Center....Continued on page 2



Initial Design-Build rendering of the Wine Science Center - May 2013

Inside this Issue:

Wine Science Center	1 & 2
Fun Summer Events	2
Geographic Infor- mation System	3
Washington Grains Plant Growth Facility	4
Service Awards	5
New Employees & Promotion	6
WSU Holiday Schedule	6
Retirements	7
Time Marches On	8
Grandma's Bits and Bytes	9
Blood Mobile is Coming	10
KUDOS	10 & 1
Thanks for Working Safely	11
APP Safety Question Contest	12



Wine Science Center....Continued from front page

state-of-the-art research laboratories, classrooms, conference rooms and a regional and international wine library. The unique feature of the wine library is that is cantilevered over and into the fermentation room with clear views to the research area below. The library is also covered in a Merlot colored laminate that provides a dramatic contrast to the rest of the interior. A spacious central lobby will provide views of the research winery floor, the outdoors toward the Columbia River, and the WSU Tri-Cities campus. The glass lobby, representing a wine barrel in look, opens to exterior landscaped plazas on each side of the building.

Thomas Henick-Kling, Director, WSU TC V & E, and professor of Enology has been with the project from its inception and guided the program development and collaboration with the wine industry's stakeholders.

The facility was substantially completed in December 2013 and now the task of procurement and installation of research equipment has begun. The large fermentation room's 192 research tanks have been delivered while final completion of the fermentation rack systems and controls is underway. The fermentation system is scheduled to be completed by the end of May 2015.



Micro/molecular laboratory room

The building's dedication is scheduled for June 4, 2015. Classes are anticipated to begin in the Wine Science Center at the start of fall semester 2015.



Dr. Thomas Henick-Kling, WSU TC Director, Viticulture & Enology program overlooks the entrance to the Wine Science Center (Photo courtesy of the Capital Press, February 13, 2015; "WSU Wine Science Center Takes Shape".)



South view of the room with the wine library cantilevered into the space.

Mark Your Calendars! Fun Summer Events!

July 9, 2015 Annual Facilities Services Picnic! Good food and good com-

pany. The committee is still in the planning stages so more information to come.



the scholarship, and are children or grandchildren of current, retired, or deceased Facilities Services employees. If you would like to come out and support a good cause, sign up to play in the tournament at www.hardhatclassic.com You could win a Ford truck with a Hole-In- One or qualify for the \$10,000 putt! Many contests on the course and an auction during lunch. Hope to see you on the green!

Page 2 Facilities Focus

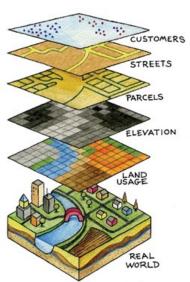
Facilities Services Geographic Information System.....Bob Nichols

So what is GIS?

GIS stands for Geographic Information System. A GIS is made up of both software, hardware and departmental workflows. On the software side it is a database used to store both spatial and attribute information about items that can be located on a map; items such as a fire hydrant or a tree, for example, The spatial data about those items allow us to locate and draw its location on a map. The attribute information for those items store data that describes what those items are and what they should look like when drawn on the map. Take a fire hydrant for example; we may want to store its last test date and have its symbol on the map look like a hydrant rather than a yellow dot. In addition to the database, we have web applications that allow interaction with this data. Think of them as custom Google Earth applications that let you see utility and facilities information for WSU. Using these applications, our Facilities Services staff can have access to the same information.

Hardware also makes up an important component to the GIS. Not only does the GIS require servers to store this data and host our applications; but we also need data collection tools to not only collect new data, but verify existing data to be accurate. These tools come in the form of survey grade GPS, tablet computers, and our crews out in the field.

This figure is an example of how GIS data is shown on a map as layers. The bottom most layer is our Basemap (labeled "Real World"). This can take the



form of aerial photos as well as drawings of our campuses. Using the layer technique, map data can be selected to best serve Facilities staff as needed. The real power of GIS is that it provides the ability to query these layers to return information or perform an analysis of our geo-spatial data.

For more information about GIS visit: wiki.gis.com

GIS and Facilities Services

Facilities Services has been integrating GIS as a workflow on the Pullman campus since 2005. Initially, our GIS was created to keep track of the university's real estate assets worldwide. Then in 2007, it expanded to include Space Management and Campus Planning data to inventory WSU facilities and campus trees. This GIS data was accessible by the public via our department website. And now we are expanding again!

Where the GIS is headed

Beginning in 2013, there has been an effort to incorporate all of the WSU utility information (campus maps) into the GIS. This has been no small task by any means, and honestly, we still have a long way to go to get the data perfect. But, by using our in-house developed GIS applications and tablet PC's, we are now able to have Facilities Services crews collect and edit utility GIS data. Not only will this help us collect data more quickly, but the data will be coming from the folks who know those utilities best. The GIS team also has a survey grade GPS unit available to verify these data edits and additions. So in the end, everyone throughout Facilities Services will have access to the same accurate data, in one location, at our fingertips.

Facilities Services GIS in action

By developing our own web applications in-house, the GIS team has the ability to create custom applications to fit department work flows. For example, currently the Heavy Equipment group is using their own custom web application to inventory the storm system. This spring they will use it collect data as they perform catch basin cleanouts. They will log basin conditions and any maintenance performed at a particular location. All they have to do is click on the catch basin from the map, fill out a form and hit save. It's that easy!

If you or your group would like a demonstration of our current GIS application offerings, please send us an email at gis@wsu.edu and we will be happy to set that up for you.

Also, we would like to invite everyone to check out our public GIS application at http://cougGIS.wsu.edu.

Page 3 Facilities Focus

Washington Grains Plant Growth Facility..... By Jason Baerlocher

The new Washington Grains Plant Growth Facility is a 22,867 sq. ft. building directly connected to the existing Wheat Research Growth Facility on the Washington State University (WSU) campus in Pullman, Washington. The new facility will complement the existing 34,000-square-foot Wheat Research Growth Facility and provide scientists working for WSU and the U.S. Department of Agriculture (USDA)- Agricultural Research Service (ARS) with

Agricultural Nescarch Service (ANS) with

space and technology to conduct groundbreaking research. It will include innovative controlled environment growth rooms, greenhouse spaces and laboratories where plant scientists will address some of the biggest challenges in agriculture and climate. This new facility will add 9,000 sq. ft. of high quality greenhouse area

consisting of twelve individually controlled greenhouse units.

The new greenhouse units will be state-of-the-art and above BSL-1 guarantine requirements. Features will include sealed concrete floors, glazed double-wall acrylic sheets for the interior and exterior walls, screened natural ventilation, passive cooling and a finned tube radiation heating system. Each zone will be capable of independently maintaining various temperatures, relative humidity and light levels. A general snowmelt heating system will cover all zones. Greenhouse control will be handled by an Argus Controls System, designed to incorporate the controls of the existing Wheat Research Growth Facility. The greenhouses will be fitted with rolling benches, a shading system, plumbed hose stations and will have connection points for future automatic irrigation at each bench. All greenhouse zones will have a HID lighting system installed which will include fixtures that are designed to provide 400 micromoles of lighting over the entire zone.

The lower level of the new Washington Grains Plant Growth facility will contain several areas that are specifically designated as locations for long-term seed archive and environmentally controlled seed storage. These areas will also be controlled using the Argus control system. In addition to the environmentally controlled seed storage areas, a new haploid laboratory, modern



evaluation, threshing facilities, and support spaces will also be included in the lower level. This project is a joint venture funded

by WSU-College of Agricultural, Human and Natural Resource Sciences (CAHNRS), the Washing-Grain Commission ton and USDA-ARS. state-of-the-art plant growth facility is an example of the close relationship that exbetween WSU-CAHNRS and the Washington Grain Commission that partnered to construct the facility, and USDA-ARS that funded the equipment necessary to conduct the research.



This project is being delivered by a design build team lead by Hoffman Construction. Some of the primary members of their team are THA Architecture, McKinstry, Rough Brothers, The Estime Group, and KPFF. This project is scheduled to be complete by June 30th 2015.

Page 4 Facilities Focus

SERVICE AWARDS



Chad Hansen 10 Years



Josh Gregg 15 Years





Ted Townsend 15 Years

Service Awards not pictured:

Brian Intermill ... 10 Years

Terrance Friel ... 10 Years

Jerry Lynd ... 10 Years

Todd Andrews ... 15 Years

Tim Leachman ... 15 Years

John Dawson ... 25 Years

Jim Parvin ... 25 Years

Deborah Dahlin ... 35 Years

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Page 5 Facilities Focus

WELCOME NEW EMPLOYEES!



The new employees pictured above were introduced at the Service Awards Presentation in the Carpenter's Shop on March 25, 2015. Pictured left to right: John Young, Facilities Operations Maintenance Specialist (FOMS); Dorothy "D." Thomas, Office Asst. 2; Eugene Pittman, Custodian 1; Tim Ismailov, Plumber/Pipefitter/Steam Fitter; Marty Brigham, Auto Mechanic; Michelle Phillips, Custodian 1; and Abby Walser, Custodian 1. Not pictured: Derrick Reynolds, Grounds Nursery Services Specialist 2; Robert Eggart, Facilities Project Manager Urban Campuses; and Colin Pringle, Info. Tech. Specialist 2.

Promotion!

elcon



Congratulations to David Pearson!

David was recently promoted to

Custodian 3





WSU Holiday Schedule

Memorial Day May 25, 2015
Independence Day July 3, 2015
Labor Day September 7, 2015
Veterans Day November 11, 2015

Thanksgiving
Christmas
New Years Day
Martin Luther King Day

November 26-27, 2015 December 24 & 25, 2015 January 1, 2016 January 18, 2016

Page 6 Facilities Focus

Retirement Congratulations!



A retirement celebration was held on February 19, 2015 in Rick Ward's honor on his retirement after 34 years of service to WSU. Bill Vertrees, Asst. Vice President, Facilities Services Administration and Dan Costello, Asst. Vice President, Facilities Services, Operations presented Rick with his retirement certificate and read the letter sent to him by President Floyd. Thanks Rick for all your organizational skills in keeping the campus drawings, M&O manuals, project files, and "As Builts' in good order.

Pictured are (left to right): Bill Vertrees, Kelly Ward (Rick's wife), Rick, and Dan Costello.

Mike McCabe retired on January 31, 2015

Mike started working for Custodial on November 16, 1998. He started out on Swing Shift, assigned to Todd Hall. In June 1999 Mike transferred to the 5:00AM Day Crew and was assigned to McCluskey. Mike spent many years working in McCluskey and spent some time during summer working in the Carpenter Shop. Mike transferred to Kimbrough and spent about the last 7 years in that building providing a quality service for the occupants and students. In total Mike worked for Custodial Services for over 16 years. Thanks Mike for the work you completed and service you provided to the campus community.

Pictured are (left to right): Mike, Mike's daughter, and Perry Berger, Supervisor.





Larry Harris came to WSU in 1995 from private industry and six years with the University of California-Riverside. He was the Project Manager for many high profile WSU projects; most recently the Martin Stadium Southside addition and press box, and the Cougar Football Complex (Football Operations Building). He retired as the Director of Project Services. A retirement celebration was held in January at the Commons Building, which also celebrated his 20 years of service. Many from the university community and private industry colleagues attended to honor Larry. Congratulations Larry on a very successful career, and best wishes on your retirement! Pictured are (left to right): Larry Harris and Bill Vertrees.

Happy Retirement to all our Retirees!

Page 7 Facilities Focus

Time Marches On.....by Bill Slinkard

It's been said the only constant in life is change, and there is no denying that, especially now! Like it or not, we are helpless to stop it. If you are a Star Trek follower you're probably familiar with the infamous Borg maxim, "Resistance is futile."

I'd like to take this opportunity to reflect back on a few of the changes I've experienced in my 38 ½ years here at WSU. As I look around now I see all kinds of new faces. Young people seem to embrace change as an opportunity for growth, new challenges, and new learning possibilities. They are computer savvy, often using words that haven't even made it to the dictionary yet. They are motivated and eager to learn, well able to carry the torch for the next lap or two.

On the other hand, I often find myself on the other end of the spectrum, resistant to change and not so interested in stretching, growing, and getting out of my comfort zone, especially in the realm of computer technologies. The world marches on, and I am seeing that if I don't march too I am only hindering myself, and subsequently missing out on the knowledge and opportunities that are available, and will become available, as time marches on.

WSU is all about pressing on, moving forward, and embracing the future, even creating the future - in research, in academics, in infrastructure, and in maintenance. When I started working here the campus mainframe was located upstairs in Johnson Hall Annex and it routinely spit out rectangular cards with small rectangular holes in them. A preventative maintenance program was already in place. When we maintenance mechanics had completed our routine maintenance tasks we'd take out our spiral notebooks and write down what we'd accomplished in each building, along with the date, for example, "Grease Fulmer - 10/22/78." That worked, sort of. However, papers got misplaced or lost altogether, and there was no information about any specific equipment or its location. A little later we would post a sheet of paper on each air handler, on which we would fill in our completed tasks and the dates we did them. Now and then you may still run across air handlers with these papers attached.

We next went on to "AIS" and inventoried all the equipment in every building. Now we were really making progress! Each week the computer would spit out reams of paper with little holes along both edges, alerting us to what work was scheduled to be done. It also provided us another large pile of paper listing the specific tasks required for each piece of machinery. Someone would then need to drive up to the IT building to pick these up every week. It wasn't too long before we became so overloaded that there was just no keeping up. And it wasn't long before that system went the way of the dinosaurs.

About ten years ago we went to "facility focus," another step in the progression. And now we are all busy getting "AiMed." Each method and procedure takes its place, is useful for a while, and then after some time is set aside for something new. (The same

goes for people, I guess. You get the picture).

It's impossible to even imagine what WSU will look like in another 30 to 40 years. Just think of this. According to the records on our home page, when I started working here the following facilities did not even exist:

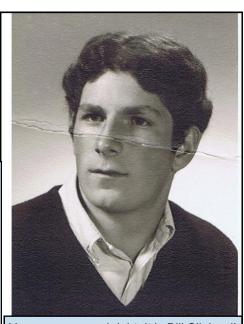
ADBF, Animal Science, Bayley-Brayton field and pressbox, Bio Tech, Bohler Addition, Bustad, Chilled Water Storage and Pumphouse, Chinook Village, Coliseum Overpass, Creamery Annex, Eastlick, Cleveland Addition, EE/ME, EE/ME Overpass, ETRL, Experimental Animal Lab, Cattle Feed Prep, Fine Arts, Food Quality, Food Science, French Ad Overpass, Gannon Overpass, Chemical Storage, DI Water Plant, Grimes Way Playfield, Grimes Way Steamplant, Hitchcock Track, Housing and Food Services Building, IBC Greenhouse, Indoor Practice Facility, Incinerator, Infotech, Knott Dairy Buildings, Kruegal Overpass, Alumni Center, Lighty Service Building, lower soccer field, Ground Shop offices, Martin Stadium; Moobery Track, Tower and Pressbox, Murrow Addition, Owen Science Library, Terrell Library, Parking Services Building, Plant Biosciences 1, Plant Growth, Receiving and Delivery, Recycling Facility, Rogers Orton Field, Shock Physics, Smith Center, Student Rec Center, Swine Center, Todd Addition, Troy-Wegner Overpass, Tukey Orchard and buildings, Vet Teaching Hospital, Research Park buildings 1 and 2, and Yakima Village, along with many other smaller buildings. And let's not forget the Palouse Ridge Golf Course, Banyan's, and the Marriott Hotel.

This is phenomenal progress! What else can I say? Just keep on growing, keep on stretching, and keep on improving, both individually and corporately. It's not always easy, but in the long run you'll be glad you did!

My regards and best wishes to all of you! It has been a pleasure working with everyone here at Facilities Services

Bill Slinkard

Bill retired on March 31, 2015. Happy Retirement Bill! Enjoy Yourself!



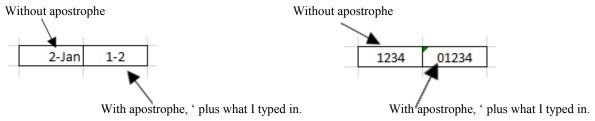
Yes, you guessed right, it is Bill Slinkard!

Page 8 Facilities Focus

Grandma's IT Bits and Bytes.....by Sue Semler, FAIS

I finally had a much-needed grandkid-fix in February. I flew down to Lancaster, CA for a visit. I hugged them and squeezed them and kissed them to death. We made jello and put them in fun jello molds. I took the oldest to school with my daughter. It was a great way to pick up my spirits that were in the doldrums because of the winter blues.

This winter though has been pretty amazing! Not a lot of snow and some warm temps...and sunshine! Hope our crops aren't affected adversely by the up and down temps! I spent a lot of time in January and February on the computer getting ready to do taxes! What a pain! I found that some of the shortcuts I have shown you in past articles, and some new one's shown in this article, sped up the process. The best shortcut in Excel to use involves the apostrophe! While in a cell and wanting to enter 1-2, Excel turns that into a date! But if you type an apostrophe in front of 1-2, the apostrophe disappears and you will see 1-2! The apostrophe keeps what you add to the cell exactly how you typed it in. So if what you type in gets changed, use the apostrophe!



When trying to type in a leading 0 in front of numbers, Excel deletes the 0. However, if you 1st choose the apostrophe and then type the leading 0 plus the rest of the numbers, the result shows up exactly how you wanted it to look, i.e you see 01234 instead of 1234

I wanted to copy the contents of a cell down in a column in Excel. The long way is to click to highlight the cell, go to file – copy, go to the cell below it and go to file – paste! A slightly faster way is to highlight a cell, choose Ctrl+C to copy the contents of the cell, go to the next cell and choose Ctrl+V to paste. An even faster way to copy the contents of one cell to lower cells is to go to the lower right

hand corner of that cell until you see a small black plus sign. Then with the black plus sign visible, depress the mouse button, (left one if you are a righty, right one if you are a lefty using the left hand setup on your mouse) and drag the mouse down the column for as many rows as you want the cell content copied. Well if you want consecutive numbers in the cells below, this is great, but if you want the exact same thing copied from one cell to the cells below, you need to press and hold the Ctrl button while dragging the + sign down.

4-Jan		2-Jan	_
5-Jan		2-Jan	_
6-Jan		2-Jan	_
7-Jan	What happens when just	2-Jan	What happens when holding down the Ctrl key
	dragging down the black + sign		and dragging down the black + sign.

By the way, you can also drag the black + sign over the cells to the right of the copied cell! I typed in "Jan" and then put my cursor in the lower right hand corner of the Jan cell till I could see the black + sign, depressed my left hand cursor button, and drug the cursor over the cells to the right of the Jan cell. Ta-da!

Jan	Feb	Mar	Apr	May	Jun	Jul	\Box
							\neg

Using just these 2 shortcuts, the apostrophe, and dragging the black plus sign, will save a person a ton of time creating an Excel spreadsheet.

I wish I could find a shortcut to the month of July. That's when I will get my next grandkid fix! But I guess I will just stop thinking about it and settle for using Skype. No sense wishing my life away! There is a lot of time between now and July in which I can do a lot of other stuff...places to go, things to see, things to do! Oh...and work to do also.

Computer Problems? Email: fais@wsu.edu; Email not working or emergency? Call 5-FAIS (5-3247)

Page 9 Facilities Focus

KUDOS

The work is complete. Your guys (James "JB"Self, Rich Miller, and Mel Miller) did an awesome job. Thank you!

M. Dreger

Your crew (Jim Vander Zanden) did a great job and was easy to work with, I am so pleased with how quickly it happened. The banner up there now will be up until Feb. 13 and then we'll switch it out with a same size banner using the same lag screws through March 11. Then hopefully we have a successful referendum and renovations begin. Much appreciated!

S. Randall

I wanted to let you know how much we appreciate having John (Copperill) as a custodian on the 6th floor of Fulmer. He does an awesome job; floors and bathrooms are clean and John does his job on a timely manner. He is also a very nice person to have around.

N Wall

I received a phone message from Diane Nelson, she is very impressed with the work that Fred Cook is doing in Todd Hall. She recently had an evening exam in Todd 116 (the large Todd Auditorium) and she noted the thorough job Fred had done in the room prior to the test. She went on to say that Fred went back through the room after the test to pickup any trash that may have been left behind so the room would be clean for the next morning. She felt that Fred's extra effort should be recognized and that she really appreciated it.

T. Parrish

I just wanted to pass along a note of appreciation for your paint crew (Rick Fox and Dean Standon). They were friendly, professional and very flexible in working around us as we were shuffling things around to keep business going. Rick was great to work with and did an awesome job!

E. Rogers

The carpet looks great. The folks that work there are very pleased. Thank you (Angie Wilbur and Neil Wood) for working this into the schedule.

B. Rhoades

I wanted to pass on that several people have commented on the good job that the Grounds employee is doing down around the Sloan/Dana area. They have used words like "diligent" and "hardworking." I believe his name is Trevor Peterson.

R. Beach

I'd like that thank you (Adam Ferry) and your crew (Ryan Gray, Chad Congdon, Steve Gates, Travis Schaefer, Matt Turcotte, Alan Boyd, and Miguel De La Mora) for doing an impeccable job with my lab space. There was a tight schedule and several issues that came up that were out of your hands. You and your crew dealt with it professionally and with minimal impact on the project timeline. I also had several extra requests along the way and you showed flexibility to alter your plans to include these requests. I was, furthermore, repeatedly asked for feedback from the crew to have input on the final design based on my needs. In particular I had a lot of such interaction from electrician Travis (Schaefer) and plumbers Matt (Turcotte) and Alan (Boyd).

B. Collins

Todd Stewart goes above and beyond to help out. He is always wiling to work on a project and get campus looking great. I just want to say thanks for all the help.

S. Lungren

lives

2015 Blood Mobile is Coming!

Thursday, May 21, 2015

To Donate, sign up with

one of the blood drive recruiters:

D. Thomas 335-9846

Jann Dahmen 335-5571

Brandy Dean 335-4530

Debbie Hill 335-9000

Lorrie Arrasmith 335-9024

Page 10 Facilities Focus

Thanks for Working Safely!



Congratulations to Dean Standon and Miguel De La Mora! They were nominated for the award for wearing their personal protection equipment while working in the Veterinary Teaching Hospital. Thanks for working safely Dean and Miguel!









Congratulations to Mark Grant! Mark was nominated for the award because during a rather difficult maintenance challenge at the Grimes Way Steam Plant, Mark was tasked to open, inspect, and blowout the generator catalyst elements. Mark successfully executed his fall protection plan, evaluated the job hazards, and used all the proper PPE for the task. Thanks for working safely Mark!

KUDOS

Thank you everyone (Jeff Gulick). The keyboard it perfect. I really appreciate the fast turnaround on this.

D. Jacobsen

Thanks to all (Construction Shops) who contributed to this project - the new space (Owen Library) works very well indeed!

S. Kurtz

Don't know what was done to our office and hall floors but they look great!!!!!!!! Please let the staff (Jerry Lynd) know how much we appreciate ALL they do for us!

A. Shannon

The carpet in French 346 looks great even how old and worn it is. Please thank your crew (Isaac Simmons and Angie Wilbur) for the quality job.

M. Zimmerman

Sharon Stout, Doug Powell and Eldon Loe each received a very nice thank you card from the Hands On Relay School Steering Committee that states "Thank you for helping us deliver a stellar program for our students".

I would like to add my thanks to you and your crew (Rick Fox and Brad Janssen) for the outstanding work you are doing in our pressroom. We are very pleased with how things are progressing and really appreciate your willingness to adjust schedules, etc as we navigate through a very significant, but exciting change in the way we support the printing needs of the University.

E. Sala

Page 11 Facilities Focus

Facilities Services Safety Committee Safety Question Contest for the Month of April 2015

Directions: The answer to the question below can be found in one of the chapters of the Accident Prevention Program (APP). Read the question carefully. When you think you have found the answer, you may email your answer to Lorrie Arrasmith lorriea@wsu.edu or print off this page and cut out the form on the dotted lines. You may give the form to your supervisor to send in intercampus mail to Lorrie or drop it off at her desk in room 103 of McCluskey Office building. The names of all employees who submit the correct answer will go into a hat for a drawing. Whoever's name is drawn will be able to pick out one of the monthly safety awards. This contest will be open only until 5 p.m. on April 22, 2015, so get started finding the answer now and win a nice prize! http://facops6/safety/APP%20Manual/Forms/AllItems.aspx

Back Safety Р F 1 Χ Е S R M D ī D S Е S Е Т Н Ν 0 W 0 М U s E G S Α L С D Н Ε R **ACROSS**

Answers to February's Safety Contest

- Get ____ when lifting or carrying heavy or bulky objects
- 3. Objects should be carried ____ to your body
- mattress can help keep your body in a neutral position while sleeping
- before lifting can help prevent back
- 10. Use your when lifting, not your back

DOWN

- 2. Frequent can help you back stay healthy
- movements when
- carrying or lifting
- 6. Strengthening your ____ muscles can help prevent back injuries
- 7. Reaching above your
- 9. When lifting or carrying, you should _ at the waist

Bonnie VanAllen is the Winner!

Bonnie's entry for the Safety Question was randomly selected from the 19 total entries all correctly answered. Those correct entries not cho-

sen will be placed in the bucket for the annual Safety Award Drawing at the 2015 Facilities Services **Picnic** July 9, 2015.

Congratulations **Bonnie!**

Thank you to all that entered the contest! Be sure to enter this month's contest.



Facilities Focus Page 12