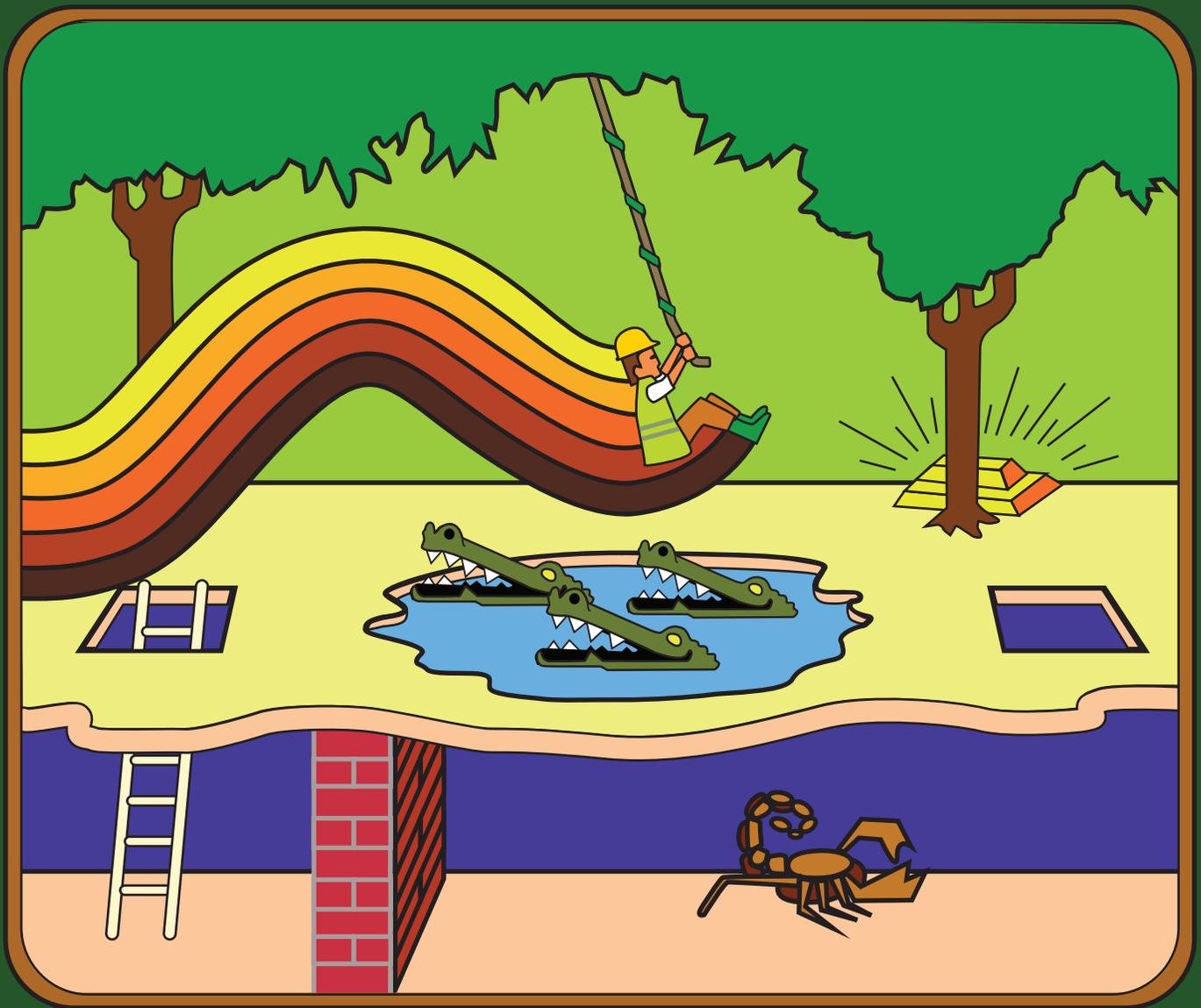


ALTA VISTA INSIDER

Life at Alta Vista ♦ Summer 2017



**GAMIFICATION FOR USE WITH THE
PERFORMANCE EXCELLENCE SYSTEM**



\$545.20
(as of May 31)

Healthy Lifestyle Dividend

By selecting a Cigna plan, you qualify for the Healthy Lifestyle Dividend! Earn money by being healthy! To increase your share of the dividend and save money along the way, try these FREE services:

Teledoc

Call or video chat with a doctor 24/7. Use Teledoc instead of going to the ER or Urgent Care for non-urgent issues. Visit MyDrConsult.com or call 1-800-362-2667.

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If there's a covered over-the-counter (OTC) version of the prescription drug you are currently taking, you can get the OTC version for free! Just use your Cigna insurance card.

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Healthcare Bluebook

Use the Healthcare Bluebook to find prices and consumer ratings for medical tests and procedures in your area. Access it at: www.healthcarebluebook.com/cc/cypress.

Contact HR for more information!



TIP OF THE SPEAR

Greetings AV-ators!

As you know, here at the Insider we focus on "Life at Alta Vista!" It says so on the cover of every issue. We always look forward to having fun with our summer issue, and this particular issue is our BOLDEST step yet on that path. We have dedicated this entire issue to games as Alta Vista sets out to be one of the first engineering companies in America to deeply embrace gamification as a means to improve not only our own organizational performance, but potentially that of our clients as well. If you are ready to swing into action with us, find out more about our approach in our feature article on page 6.

Hey, games are fun! Our team set out to incorporate some of the classics that have inspired and entertained us throughout our lives. From sports to cards to board games, we mix our latest stories with some of the most classic pastimes around. We especially hit the early days of video gaming as a touchpoint in this issue as they are the genesis (no pun intended, Sega) of modern corporate gamification systems. We also challenge our readers to engage with this very issue and build the 3D puzzle in Vista Vision designed to take us back in time to when art and imagination were such a big part of gaming.

Within our gaming theme, we tapped one of our founders, Pat Lowry, to talk about what winning means both on and off the field. We asked Ed Greutert to bring us up to speed on what Alta Vista is doing in the realm of competitive drone racing. Our own resident quality guru, Jannel Teshera, discusses how game mechanics can improve our knowledge. Bart Krol gives us the cultural angle as he discusses how Dr. Jane McGonigal used her knowledge of game design to overcome a debilitating disease and then modified her effort so that anyone could use it to tackle extreme challenges. We even get the perspective from "down under" as we spotlight AV-ator Chris Gould, who plays competitive Australian rules football for the Sacramento Suns!

The Insider is all about our incredible AV-ators. In this issue, you will get all the latest award, certification, celebration, birthday and anniversary updates we can muster as our team levels up on the journey with our clients, providing them with the best consultant services they have ever experienced. At Alta Vista, striving for continued improvement and being innovative in our approach to solving problems is what we do. Here we go again.

Game On!

Alta Vista Corporate Communications Team



IN THIS ISSUE



As this issue of *Insider* looks at gamification at Alta Vista, the front and back covers are a spoof on the packaging from the legacy video games *Pitfall* and *River Raid*, published by Activision. Extending the game theme, the interior contents are illustrated with imagery from various board, card and video games.

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PHOTOS OF THE MONTH



April, Action Shots

Winnie Lee-Shop fabrication activities for the replacement of Pfeiffer Canyon Bridge located in the heart of Big Sur.



June, Pavement and Concrete

Elaine Yip -Pouring of voided slabs at KieCon.



May, Nondestructive Testing

Rami Boundouki -Performing PAUT on electroslag-weld (ESW) specimen.

SCORE
2017

IPAs

SCORE
2017

IPAs

TARGETING PERFORMANCE EXCELLENCE

By Bart Ney

In last summer's edition of the *Alta Vista Insider*, we swash-buckled our way through a pioneering article on integrating quality management systems for the California High-Speed Rail program. This article became popular both inside and outside of Alta Vista for its powerful and innovative ideas. Chief among these ideas was the concept of improving not just the program and its projects, but improving the organization that delivers them. We arrived at that idea by looking at industry best practices and lessons learned, as well as research done by the Massachusetts Institute of Technology, the Project Management Institute, and the International Council on Systems Engineering. The research clearly showed that the biggest challenges to large or complex engineering projects were not technical—instead, the key challenges to these projects were all organizational.

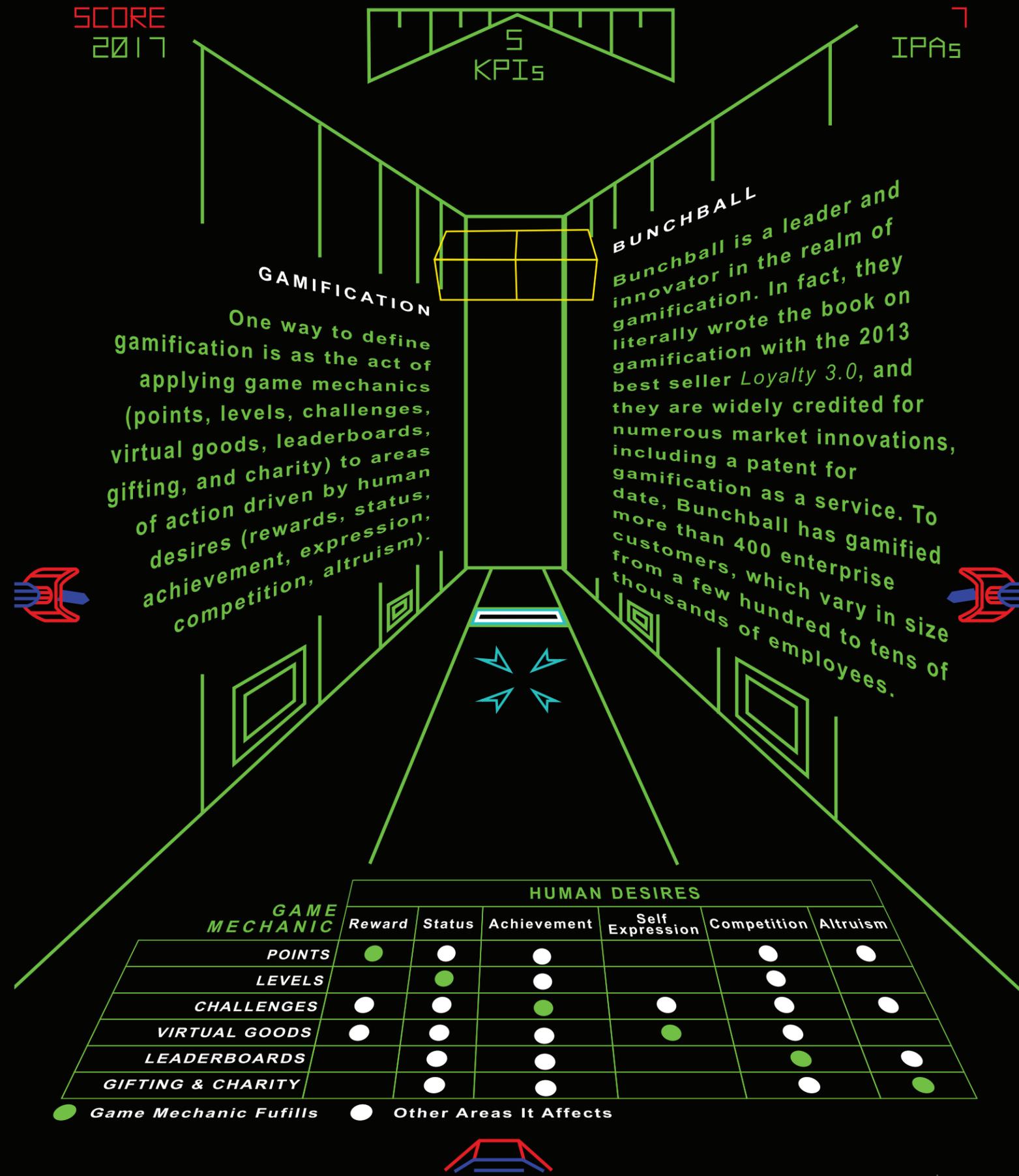
We've learned a lot in a year. As we rolled out a performance framework that focused on leadership, alignment and integration of teams, key performance indicators for results, and continuous improvement, we saw a common thread in our own challenges throughout the organization. That thread was communication. Exchanging information and producing understanding so that the right actions were executed and the expected results were met was a challenge that crossed over all of the areas we looked at. Improving communication isn't as easy as having better or more consistent messaging—one side can't just keep pushing information out and expecting results from the other.

For healthy communication to occur, the audience has to receive the information, process it, and engage with it.

There are many ways to improve the content and delivery of messages, but how do you improve an audience's receptiveness and eagerness to engage? This is where we needed a new idea, and we got it from our neighbors in the technology and business industries. A relatively new trend, there is a technique called gamification: using game mechanics to drive behavior to engage both clients and staff to motivate improvement. The focus of this approach is all about exciting an audience so that they are alert and willing to participate in actions designed for them to compete in and improve on. While hundreds of businesses and thousands of participants are implementing this idea, there is no guarantee that it will work in the engineering industry.

With this issue of the *Insider*, Alta Vista is announcing its bold intention to work with gamification industry leader, Bunchball, to integrate their patented platform into our own organization, and prove out the idea that using game mechanics in a systematic and data-based way can drive performance improvement. With Bunchball, we've developed our expected return on investment and will be monitoring it with the same type of key performance indicators and metrics that we would normally use to assess performance. In about a month, our AV-ators will begin this exciting journey of exploration in the form of a pilot program we are designing with Bunchball. By working through this innovative approach to performance enhancement, we expect to be able to significantly improve Alta Vista, and then, using what we've learned, help our clients improve as well. At Alta Vista, it's on like Donkey Kong!

PULL TRIGGER
TO START OR
WAIT FOR INFO



The Scrawny Kid Starts at Quarterback



*Alta Vista can compete and beat any firm in the world!
The "Glory Days" of Alta Vista lie ahead.*

By Pat Lowry

It was a hot day in Hollister, CA and we had just finished the first of two scheduled football practices in the punishing August heat. Coach Corbett wanted to talk to me. As I waited, there was a feeling of exhilaration. I remember the words clearly: "Lowry, you won't be starting at quarterback this year. Smith is our guy. We want you to switch to defense." Gut check time... this wasn't how my senior year in high school was supposed to play out. I lost.

As I walked back to my Suzuki Samurai, I lost my swagger and poise. It seemed like only yesterday when my picture was plastered on the front page of the *Free Lance* – our local newspaper. Coach Corbett pulled the starting quarterback in the first quarter against Monterey. The backup was a junior, a scrawny kid who didn't have a whole lot of athletic ability. However, no one worked harder and was more prepared than number 14 of the Hollister Haybalers. The scrawny kid went in and led the underdog Balers to a victory. Walking back to my car, I couldn't help but wonder if my "Glory Days" were over (Bruce Springsteen song reference for those of you not into American pop culture).

Nine months later, there was really no comparison between Bryan Smith and myself. The kid had more athletic talent in his little finger than I had in my whole body. However, what I didn't know at the time was how much the sobering reality of Coach Corbett's words would shape my future. I loved competition and I still do, to this day.

Competition makes us better. It simplifies the complex world we live in. There are winners and there are losers (except for soccer, which

kills me!) There can't be two starting quarterbacks. There can't be two consultant companies ranked #1 for a contract. Let's not fool ourselves into believing that we live in a world where if you try your best, it's good enough – because it's not! One of our core values, Leadership, borrows from the great UCLA basketball coach, John Wooden: it's about performing "the best that we are capable."

There is a lot that I love about my job. However, when I look back at the history of Alta Vista, my favorite moments are undoubtedly those instances of frantically checking my cell phone after Alta Vista interviewed for a new job. It is that feeling of exhilaration at that exact moment when you see the subject line, "Final Rankings," in your inbox. It brings me back to that hot August afternoon waiting for Coach Corbett. There have certainly been times when that exhilaration turns to disappointment... "Smith is our guy." However, what a feeling it is to see:

1. Alta Vista Solutions

Ranked number one. It drives me. It fuels me. It sounds like, "Alta Vista, you're our team! You are the starting quarterback!"

I never had the athletic ability to be a professional athlete, but I know I had the Strength of Mind. I can't tell you how much I love our profession, because it allows the scrawny kid from Hollister to play quarterback.

Alta Vista can compete and beat any firm in the world! Our "Glory Days" lie ahead.

Go Haybalers and go AV-ators!

Do Right.



SEATTLE



FPV RACING

By Ed Greutert

As we enter the world of gamification, Alta Vista has also entered the world of competitive drone racing. In order to gain experience and exposure, Alta Vista sponsors a drone racing team called FPV Racing Seattle, which I cofounded and am currently serving as vice president.

Drone racing is a rapidly-growing activity and drone-racing clubs are popping up all over the world, including in all 50 U.S. states. Its popularity is due to the ongoing development and refinement of drone technology, the decreasing costs for entry to the sport, and the adrenaline rush of racing gained by putting the pilot in the cockpit through first person view (FPV) racing goggles and a camera mounted on the racing drone.

A basic drone racing system consists of three main components: a racing drone, a remote-control radio, and a pair of FPV racing goggles. At racing events, up to eight pilots compete in heats to see who can complete the most laps around an obstacle course in the least amount of time. Spectators who bring their own goggles can tune into the video channel of their favorite pilot and have a view of the action from the cockpit.

Because the technology is developing so rapidly, most serious pilots build their drones from a frame with parts purchased off the internet. Flight control boards are flashed with the latest crowd based software and fine-tuned by the pilot while the motors, speed controllers, video transmitter, camera and other components are custom wired and soldered to make the most compact and lightweight racer. The latest racers being built today

will achieve speeds of nearly 100 miles per hour and are getting faster every day.

Like any racing activity, it takes practice to be a top competitor. Although there is a fairly steep learning curve to piloting a racing drone, there are new drone racing flight simulators that range in price from \$0 to \$30 that allow a new pilot to practice without having to expend time, money, and effort crashing and repairing a real racer. The cost to start racing has dropped within the last couple of years from \$2,000 - \$3,000 down to \$200 - \$300 for your most basic entry-level racer. This has attracted newcomers and as a result, the sport is quickly growing.

Professional racing leagues host events with up to \$250,000 in prize money. Last year's championship was held in Dubai and was won by a 16-year-old from the U.K. For the more casual racer, most people join a local club through an organization called MultiGP (www.multigp.com). FPV Racing Seattle was organized as a MultiGP club and is the premier drone racing club in the Pacific Northwest. The club logo, designed by our own Dean Hunsaker, appears on banners at every FPV Racing Seattle event along with the Alta Vista logo.

If you are interested in checking out the drone racing scene, go to the MultiGP website and look for a local chapter to view upcoming events. In the meantime, contact Bart Ney or myself if you have any questions, or just want to chat about drones!



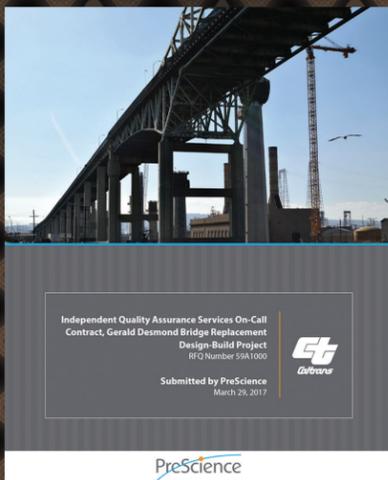


By Jinesh Mehta and Jennifer Olarte

Alta Vista Solutions is adding another major bridge to its portfolio of projects: the Gerald Desmond Bridge in Long Beach, CA. The PreScience Corporation/Alta Vista Solutions team was recently awarded the contract for independent quality assurance (IQA) services and materials engineering for the Gerald Desmond Bridge Replacement Project, the biggest cable-stayed bridge in California. The new bridge will be able to handle the world's largest and most efficient cargo ships. At 515 feet tall with a striking cable-stayed design, the new bridge will also be visible throughout much of the Los Angeles Basin.

The work began in June 2017, and the PreScience/Alta Vista team has been busy

transitioning into its new roles. The inspectors and engineers have been working alongside the client and outgoing project IQA METS personnel to turn over tasks, set up project files and tracking spreadsheets, and achieve a strong understanding of the design-build mechanisms - particularly our specific involvement on this project. The current fabrication includes anchor boxes from Stinger Bridge and Iron in Arizona, where our involvement includes performing IQA for ongoing anchor box fabrication. The team is navigating topics related to dimensional control, surveys, and oversight of material control by the contractor. The team is currently providing technical assistance on topics such as bolts and code requirements. This is another megaproject in Alta Vista's portfolio where our team will be working with all the stakeholders, including the design-build team, Port of Long Beach, Caltrans and LA Metro.



Independent Quality Assurance Services On-Call Contract, Gerald Desmond Bridge Replacement Design-Build Project
RFQ Number 59A1000
Submitted by PreScience March 29, 2017

PreScience



CELEBRATING



AT ALTA VISTA

Celebratory Reviews at Alta Vista

This year, Alta Vista had its first annual celebratory review events in Los Angeles, Sacramento, New York and Richmond, to celebrate AV-ators and their successes by reflecting back on the accomplishments of 2016. The purpose of celebratory reviews is not only to have fun and enjoy each other's company, but also to recognize individual effort and performance in a larger group atmosphere. The successes highlighted this year were centered around core values and corporate objectives, and they provided opportunities for AV-ators to be recognized and appreciated by team members, managers and executives.

team or just starting with a new one, AV-ators enjoy working with one another and have created a strong sense of family within their teams.

The first round of annual celebratory reviews were successful, as they boosted morale and helped build stronger relationships between AV-ators. Next year, they will be even better. Through lessons learned and survey feedback, rest assured that future events will be shorter and held earlier in the year to accommodate more AV-ators. Cheers to 2016!

Do Right.

While AV-ators shared professional accomplishments as well as personal growth accomplishments, a consistent theme throughout all four events was: teamwork. AV-ators expressed appreciation for their teams and pride in the work they do together. Whether they are working with an established



- Los Angeles Celebratory Review – April 27, 2017 at Los Angeles Athletic Club
- Sacramento Celebratory Review – May 25, 2017 at Frasinetti Winery
- New York Celebratory Review – June 15, 2017 at The Half Moon Hudson
- Richmond Celebratory Review – June 29, 2017 at La Strada Italian Restaurant



SACRAMENTO
MAY 25TH

AV-ATORS

START



RICHMOND
JUNE 29TH

CELEBRATE

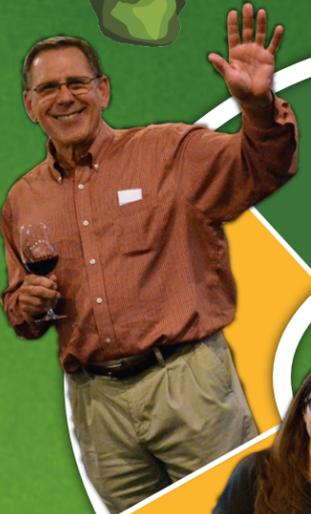
LIFE AT ALTA VISTA

LOS ANGELES
APRIL 27TH

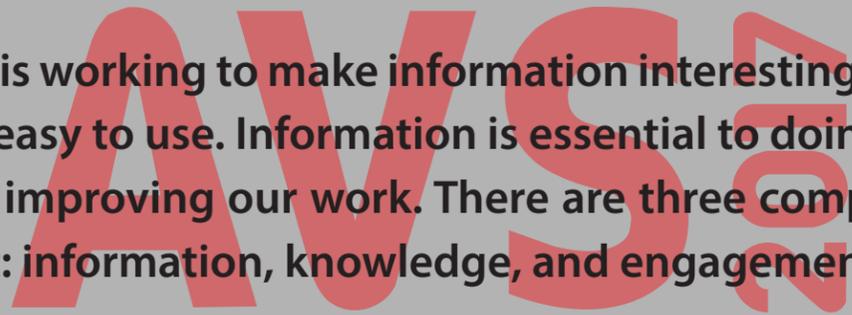
NEW YORK
JUNE 15TH

RECOGNIZE

DO RIGHT



Alta Vista is working to make information interesting, simple to find, and easy to use. Information is essential to doing our jobs right and improving our work. There are three components in this effort: information, knowledge, and engagement.



KNOWLEDGE

By Jannel Teshera

Information includes documents and records, also known as the “dry stuff.” This area is currently what we have spent the most time on – and anyone who has gone looking for the safety manual knows we still have a lot of work to do! Still, this is where we start – by making the information easy to find and use. Once we have the system improved, finalized and organized, we can move on to the next step...

Knowledge is a different ball of wax. According to the newest version of the ISO 9001:2015 standard, organizational knowledge is specific to the organization and is generally gained through experience.* We have definitely made some progress here, in documenting our lessons learned and training guides on the TMD SharePoint site. But there is still so much knowledge we have in the heads of our amazing AV-ators! What we lack is a consistent way to capture and share it. Once this process is created, we can focus on the final step...

Engagement is the fun part! We take the information (employee handbook, IPA form, project quality and safety plans, etc.) and knowledge (training videos, lessons learned, etc.) and create a way to participate and interact with it. The current plan for creating engagement is to try out gamification, as you’ve already read about in this edition of the Insider.

Our hope is that we can take game mechanics and interfaces and use them to access and learn what the company has available. Then, add content the rest of us could also benefit from. Stay tuned for further developments!

*International Organization for Standardization. (2015). Quality management systems —Requirements (ISO/DIS Std. No. 9001, 5th ed. 2015-09-15)



AV-ators flying high



CERTIFICATION ANNOUNCEMENTS

Congratulations to the following AV-ators for recently attaining a professional certification.

April



Mike Hobbs
CTM 521



Fattah Kazi
CTM 521

May



Emran Haque
CTM 504, 518, 523,
533, 539, 556, 557



Patrick Young
Qualified SWPPP
Developer (QSD) and
Practitioner (QSP)



Jennifer Olarte
Professional Engineer



Sona Juharyan
Professional Engineer

June



Ed Greutert
NHI Safety Inspection
of In-Service Bridges

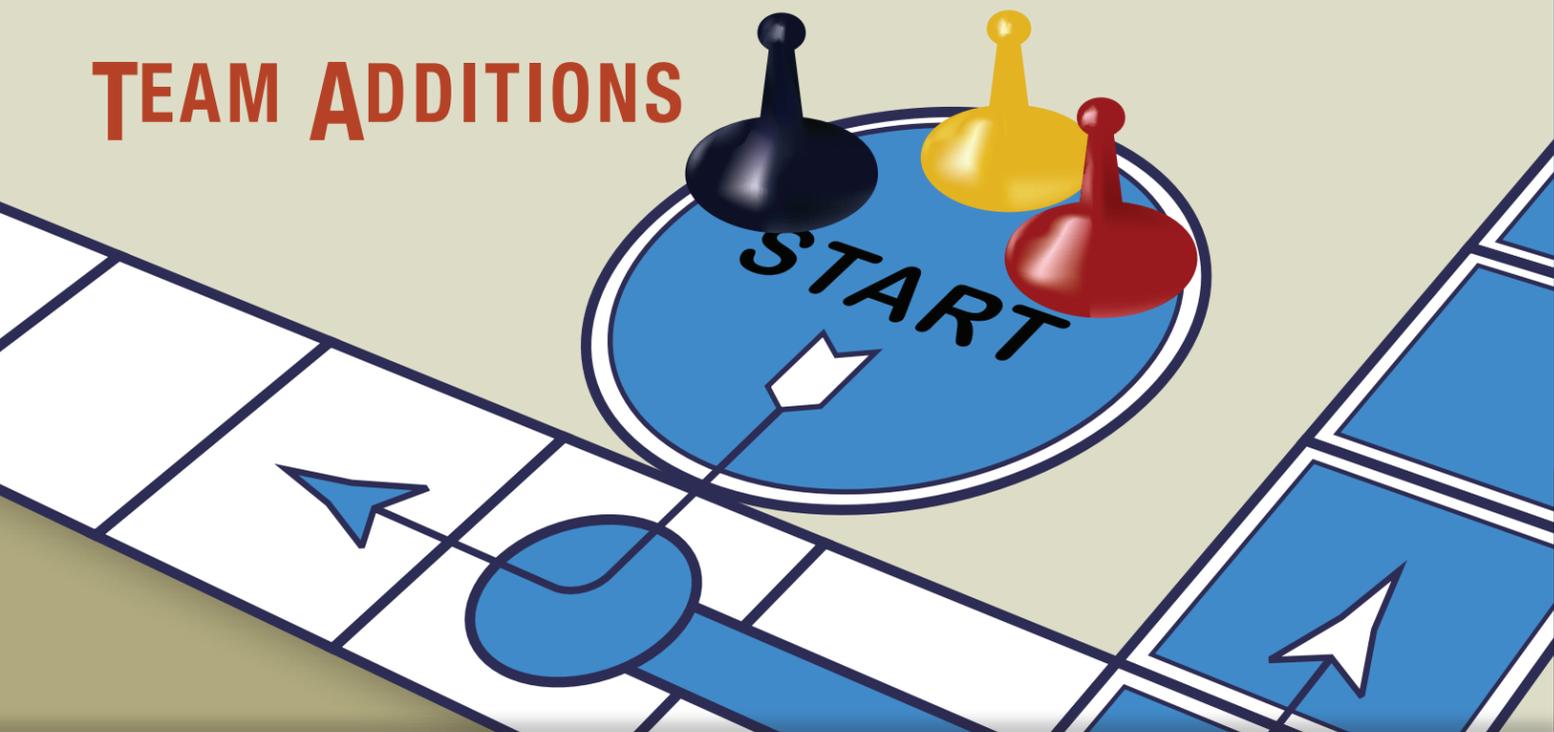


Dalton LaBoskey
ASQ Certified Quality
Auditor

Got a new certification? Please send your new or renewed certifications to certifications@altavistasolutions.com



TEAM ADDITIONS



April

Guillermo Puerta-Falla, Los Angeles

Neeraj Dubbalwar, HSR

May

Aristeo Flores, Richmond

Cortney VanHook, Sacramento

Samir El-Chammas, Los Angeles

Bikram Ojha, Richmond

Robert Carter, Richmond

Adarsh Natesh, Sacramento

Fabiola Vazquez, Sacramento

Jacob Kobliska, HSR

Robert Lohman, Richmond

June

Luke Ervin, Sacramento

Stephen Ramos, Los Angeles

John Shiboyan, HSR

Cassie Sheng, HSR

PROMOTIONS



Dalton LaBoskey – Quality Engineer II



MISSION & VALUES AWARDS

AV-ators riding high



April

Erik Wong
For Embracing Our Client's Challenges as Our Own for staying positive while conducting dozens of interviews and creating a new recruiting process



Jeremy Laniksmith
For Understanding understanding and becoming an instrumental team member on the Bay Bridge closeout project



May

Emran Haque
For Offering Solutions that Move Projects Forward for coordinating AMRL certifications and the Bay Bridge closeout project with a positive attitude



Patrick Judt
for Leadership for leading the DEA team and building trust with the client to successfully improve the 1600 permit acquisition process



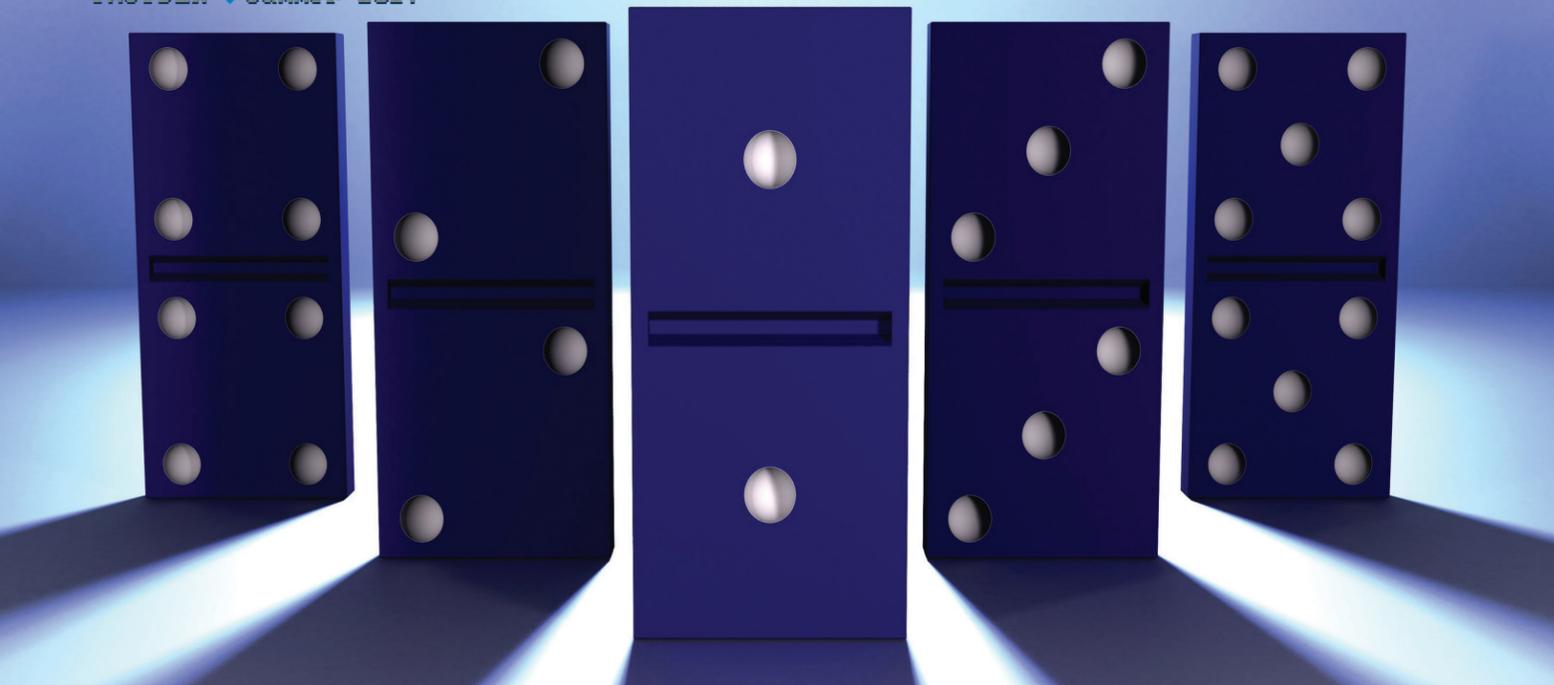
June

Justin Palmaymesa
for Open Communication for providing feedback to improve internal processes and promoting safety



Tatevik Janvelyan
for Strength of Mind for her grit and embracing all opportunities that are given to her





WORK ANNIVERSARIES

April

-  **6 Years:**
Rick Bettencourt
-  **5 Years:**
Yang Zhu
Scott Leavitt
Erin Mock
-  **4 Years:**
Sona Juharyan
Jennifer Olarte
Elaine Yip
Corey Gardner
-  **3 Years:**
Adahlia Lindayen
-  **2 Years:**
Noah Hunt
-  **1 Year:**
Johnathan Hartill

May

-  **5 Years:**
Justin Palmaymesa
-  **4 Years:**
Will Sommer
Ian Broddrick
Carolina Burgan
-  **3 Years:**
Tonya Arian
Suda Lee
-  **2 Years:**
Robert Best
Dean Hunsaker
-  **1 Year:**
David Phong
Jannel Teshera
Yvette Flama
Emran Haque
Russell Lynch

June

-  **8 Years:**
Mike Foerder
-  **7 Years:**
Kevin Muser
-  **5 Years:**
Tatevik Janvelyan
Mihai Hantelmann
Rob Ramos
-  **4 Years:**
Bart Krol
Winnie Lee
-  **2 Years:**
Joe Nixa
Dave Eisenberg
-  **1 Year:**
Phil Wong
Emily Chou
Danny Johnson

AWARDS



IPA Winners

April



Brian Li

May



Stuart Ross

June



Shayla Tonarelli

Lessons Learned Awards

April: HSR IT Checklist

Participants: Felicia Statkus, Megan Lawrence, Michael Arce

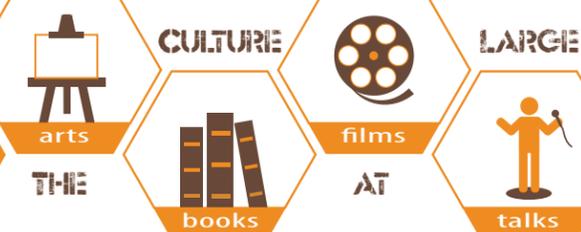
May: METS Guiding Principles

Participants: Ian Broddrick, Aaron Prchlik, Justin Palmaymesa, Rob Ramos, William Clifford, Jinesh Mehta

June: 401(k) Census

Participants: Suda Lee, Tonya Arian, Mike Cook, Irina Kassil

“ Every failure is a lesson learned about your strategy. —Thomas A. Edison



Game review: *SuperBetter*
by Bart Krol

Jane McGonigal is not only a gamer, but also a game designer. She loves conquering quests and completing challenges, but a concussion that did not heal properly led to a diagnosis that she should avoid all things that triggered symptoms, such as reading, writing, working, and playing video games.

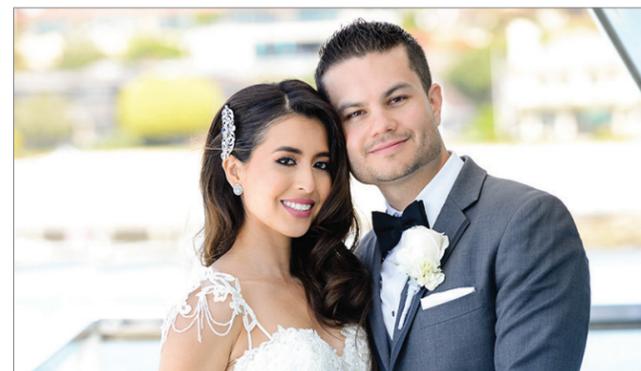
During 34 days of avoiding everything that brought joy into her life, Jane experienced nonstop headaches, nausea, vertigo, memory loss, mental fog, and suicidal ideation. That was the moment when she decided to turn her life into a game called *Jane the Concussion Slayer*. It allowed her to assume a secret identity and conquer challenges in her daily life by battling the “bad guys,” which were anything that could trigger symptoms, and collecting “power ups,” which were anything that could make the worst day just the slightest bit better.

After receiving positive responses, the game was renamed to *SuperBetter* to accommodate a wider audience. With the new title and new goals, people battling cancer, chronic pain, and depression were getting “*SuperBetter*” by using small goals and challenges to improve daily life bit by bit.

The real goal now was to isolate these improvements without having to experience a traumatic event to trigger the beginning. Four types of resilience were identified: physical, mental, emotional, and social resilience. Physical resilience can be increased by taking a walk, mental resilience can be boosted by doing a puzzle, emotional resilience can be raised with pictures of baby animals, and a simple way to strengthen social resilience is a quick “thank you” to someone. All resiliencies are like muscles; the more they are exercised, the stronger they become.

Weddings

Carolina Burgan, April 22



Congratulations to Carolina and Luke for tying the knot on April 22, 2017.

Best wishes to you both in your marriage, and may the next chapter in your lives be a long and happy one.

Bahjat Dagher, June 17



Congratulations to Bahjat and Nadine on your June 17 wedding!

We wish you all the best as you embark on this journey together.

CHARITY EVENTS

May Math Engineering Science Achievement (MESA) Reception



Mike Bennett, Corey Gardner, and Erin Mock were able to congratulate all of the scholarship recipients at the reception



Corey Gardner talking about his transition from college to working in the engineering field

▶ **Alta Vista sponsors scholarships to help Math Engineering Science Achievement (MESA) students that are transferring from community college to a university with a degree in the math, engineering, or science fields. On May 5, 2017, Alta Vista attended the MESA Transfer Awards Reception at Sacramento City College and AV-ator Corey Gardner gave a 5-minute speech at the reception, talking about his transition from college to working in the engineering field.**

EMPLOYEE



SPOTLIGHT

Chris Gould

When did you start playing Australian rules football?

I played a little bit when I lived in Australia along with a few other sports. When I moved here to America with my wife, I didn't know many people so I thought I'd look for a team sport to play in. I was surprised to find that Sacramento actually had a proper team, the Sacramento Suns, that competes in the USAFL.

How often do you play?

The season just started a couple months ago and it's just training at the moment, but because it's not that big in America yet, it's kind of impossible to play with other sides every week because of the travel. Last week, we actually played against the Golden Gate Roos in San Francisco and the Denver Bulldogs, who flew in for the weekend.

Throughout the year, Sacramento is involved in two major tournaments: the

Western Regionals and Nationals. Last year, I played in both. The Western Regionals was held in Portland and the Sacramento team actually won the division we are in. Thirty-two teams competed in the Nationals in Florida, but unfortunately, we didn't come home with any trophies.

What do you like and dislike about Australian rules football?

It's my favorite sport. Growing up, I just enjoyed going to the games and watching it. It's probably the most viewed sport in Australia so it's part of the culture. Playing it is a lot of fun too because of the team camaraderie during games, since your team has 22 people.

What I dislike, probably now at this age, is the worry about getting an injury because it's a full contact sport and you don't have a lot of protective equipment.

CHARITY EVENTS

May book drive competition results

Participating Office Scores*

New York/Seattle 29.7

Vallejo 28.0

HSR Sacramento/Fresno 17.5

Richmond/Bay Bridge 7.6

Sacramento/METS 3.6

Los Angeles/METS 0.9

Central Federal Lands 0.8

*Weighted totals = number of books divided by number of staff in that office





STRESS FREE? FEEL LESS STRESSED NOW

Join us for the STRESS-FREE CAMPAIGN. Learn simple steps to reduce the stress in your life. When you complete the campaign, you could win a \$25 gift card! Starts July 3.

Register at wellsteps.com/welcome. Already registered? We will contact you.



MIKE BENNETT
RETIREMENT PARTY
APRIL 26, 2017

BIRTHDAYS

April

- 02: Frank Cannizzaro
- 08: Anahi Muniz
- 10: Russell Lynch
- 14: Dean Hunsaker
- 15: Rick Bettencourt
- 15: Johnathan Hartill
- 15: Carolina Cervantes
- 17: Noah Hunt
- 20: James Burton
- 21: Chris McDermott
- 22: Rob Ramos
- 27: Dalton LaBoskey

May

- 01: Keivan Hassan
- 06: Courtney Saefong
- 09: Elaine Yip
- 13: Erin Mock
- 13: Brian Li
- 17: Emran Haque
- 20: Karen Maghamil
- 22: Paul Bews
- 25: Yvette Flama

June

- 06: Samir El-Chammas
- 08: Mohammad Fatemi
- 09: James Doe
- 09: Tatevik Janvelyan
- 10: Cesar Ramirez
- 10: Ben Szeto
- 12: Pat Lowry
- 17: Michelle Abbott
- 21: Lindsay Eskildsen
- 22: Irene Kwan
- 23: Miguel Hernandez-Garcia
- 25: Sarah Baiye
- 26: Clinton Edmiston
- 27: Winnie Lee
- 28: Sona Juharyan
- 29: Lance Miller



What's Wrong with This Picture?



- ◀ 1) No means of egress from the trench. A stairway, ladder, ramp or other safe means of egress shall be located in trench excavations that are 4 feet or more in depth so as to require no more than 25 feet of lateral travel for employees. (OSHA 1926.651(c)(2))
- 2) No protection system for the employee. Each employee in an excavation shall be protected from cave-ins by an adequate protective system designed in accordance with 1926.652(b) or (c). (OSHA 1926.652(a)(1))
- 3) The worker is not wearing a hard hat. Employees working in areas where there is a possible danger of head injury from impact, or from falling or flying objects, must be protected by protective helmets. (OSHA 1926.100(a))

- 1) Cradling the phone in the shoulder can lead to neck/shoulder discomfort. ▶
- 2) Monitors are not at the correct height which can cause eye strain and neck/shoulder discomfort.
- 3) Keyboard is not at the correct level resulting in potential back of wrist/top of forearm discomfort.



Exercises provided by: <https://www.kellersonline.com/WhatsWrong/>
 OSHA References: Code of Federal Regulations: 29 CFR Part 1926 Safety and Health Regulations for Construction

ALTA VISTA

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