

TP Pipeline



APRIL 2015 | YOUR SOURCE FOR EVERYTHING TP MECHANICAL | ISSUE 41



On February 10, 2016; TP Mechanical humbly accepted for the second year in a row, The Prestigious Ohio Valley ABC (OVABC) "Employer of the Year" award. Through the dedication and hard work of our TP family we have once again been recognized and honored as the Safest Company within OVABC.

As we push forward with all of our projects to be the safest, most productive and to have superior craftsmanship above all others, we achieve these successes through every individual within our organization. Every craft person, office personnel, and management team believe in, support and contribute to the outstanding safety culture TP Mechanical has become known for throughout our industry.

“ We achieve these successes through every individual within our organization ”

Ohio Valley ABC Employer of the Year Safety Award

By Jamie Absher

Congratulations to every member of TP Mechanical. Please take a moment to congratulate each other on our successes, our continued success, and the continuous effort of every TP employee to bolster our company with the quality craftsmanship, servant leadership, and safety culture we can all be proud of.

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TP Mechanical
CONTRACTORS | SERVICE | FABRICATION

FIREWORK PERFORMANCES

From: Brubach, Holly
 Sent: Tuesday, February 16, 2016 9:13 AM
 To: Tony Marple
 Subject: Doan NICU work

Good Morning Tony,

I wanted to thank you and your crew. I appreciate your communication with CHT, the work was completed well under the expected time frame and all work appeared to go quite smoothly without the user even noticing contractors in the space.

Please tell your team we really appreciate their efforts.

Have a great day.
 Holly
 Holly M. Brubach, PE, CEM, LEED AP
 Mechanical Engineer

March 8, 2016



Nick Davis
 TP Mechanical

Project: Mobile Telephone Switching Office
 Subject: Job well done

Dear Mr. Davis:
 Too often this industry only takes the time to write a letter when there is a deficiency. So, I wanted to take a moment to reach out to you and express Gilbane Building Company's and my personal gratitude for the job well done at the Cincinnati area Mobile Telephone Switching Office Project I had the privilege of working with you and your team on.

I can assure you your efforts in safety, quality and coordination did not go unnoticed by Gilbane or the owner personnel that visited and worked at the site each day. As you know, building in the owners facilities afforded the opportunity for their employees to watch our progress every day. I received many positive comments about the clean appearance and organization of the project and the safety culture and quality of work of the crews working under your guidance.

I especially appreciated you and your on-site superintendent's leadership when we had a challenge. It was very refreshing to have a company take charge of addressing, correcting and helping solve issues and coordinating their work to fit the tight constraints we were working in. Too often, subs wait on Gilbane to "tell them what to do" when we have challenges. This was not the case.

Again, I would like to thank you and the TP Mechanical team for a successful project.

Sincerely,
 John Lambert
 Project Manager \ Supt. - Gilbane Building Company

ABC National Craft Championships

The National Craft Championships competition was developed in 1987 to help celebrate and recognize craft training in construction careers. Each year, the competition draws some of the nation's most talented craftspeople and highlights the important role that craft skills training plays in the construction industry. The National Craft Championships Committee, which is composed of leading merit shop construction firms, plans all year for the two-day competition.

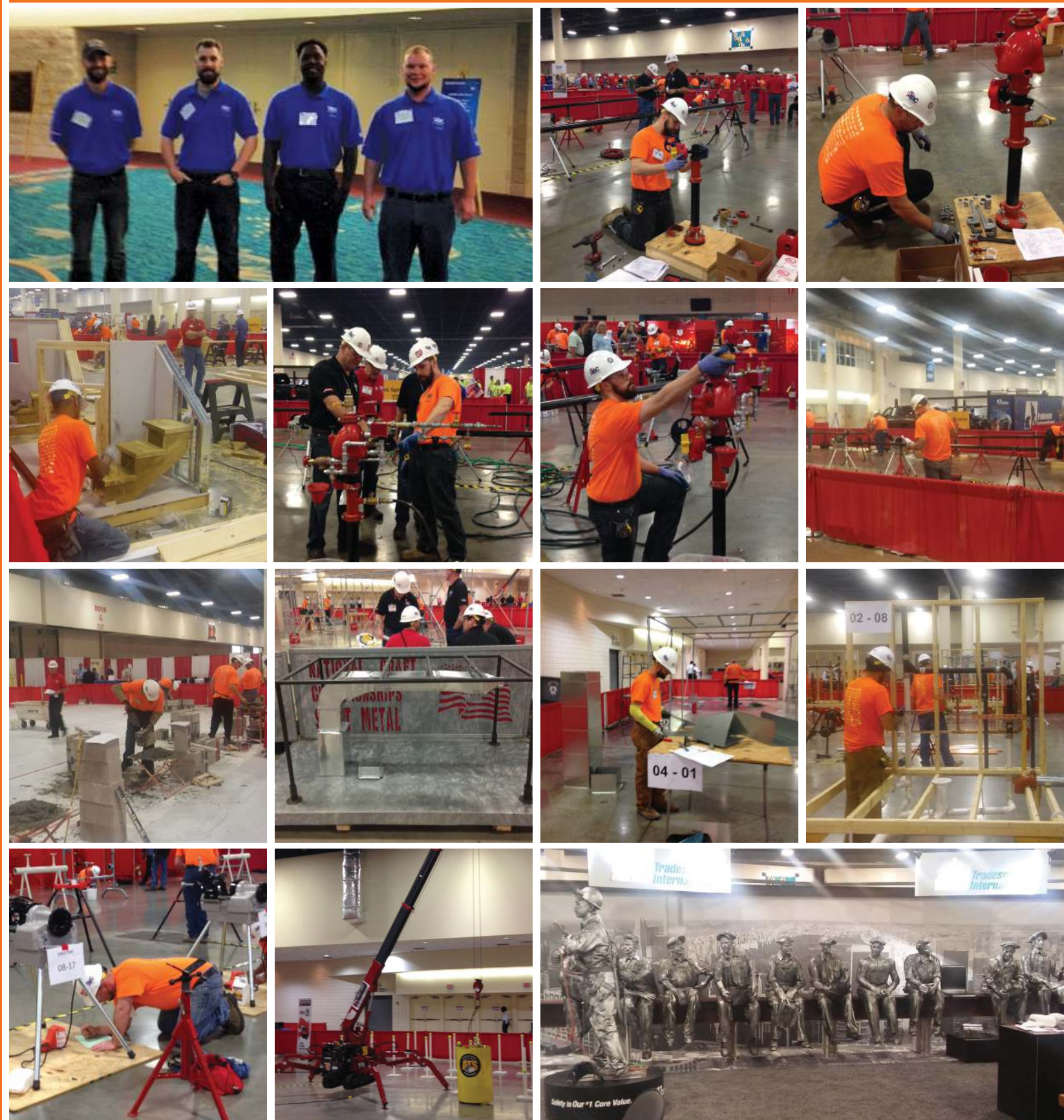
A field of 210 craft trainees competed for top honors in 13 crafts. Competitors first took an intense, two-hour written exam and then competed in day long hands-on practical performance tests in: carpentry, electrical-industrial, electrical-residential, fire sprinkler, HVAC, instrumentation fitting, insulation, millwright, pipefitting, plumbing, sheet metal, welding-pipe, and welding-structural.

Our apprentices, Greg Porter, Josh Bolton, Nickolas Schulten, and Jeff Curran, gave it their all and represented themselves and TP Mechanical well. I was proud to be there in support of these craftsmen as they in their terms (competed in a fish bowl) with hundreds of people watching close by. Although we did not place in the top positions, I feel that we all brought home a little more knowledge and a desire to work even harder.

Thank you to all who competed, supported and allowed us to go.

Mike Kelley

ABC National Craft Championships



TRAINING UPDATE

Did you know that every employee has access to Skillport, TP's on-line Learning Management System? Skillport provides free courses, videos and books on a variety of topics to help you continue growing in your career. Examples of available courses are the Microsoft Office Suite including Word, Excel, PowerPoint, Outlook and Access as well as Project Management Courses such as "Managing Projects within Organizations" and "Planning Project Costs."

Looking for a way to improve communication skills? You could take the course "Handling Difficult Conversations Effectively" or "Basic Presentation Skills."

Dealing with Customers? There are courses like, "Customer Service in the Field" and "Customer Advocacy: Communicating to Build Trusting Customer Relationships."

As you can see, there are courses for everyone! And the best part is that most courses are approximately one hour and are web based so they can be taken anywhere on any computer.

Please log into the employee only section of the company website for more information regarding Skillport <http://www.tpmechanical.com/employee-page/learning-management-system-lms/>.

If you are interested in learning more, or cannot recall your Skillport Login, please contact a member of Human Resources.

- Cincinnati, Dayton, Kentucky, & Indiana 513-851-8881
- Columbus 614-253-8556

TP HEALTHLINE



New Guidelines— Cholesterol Is Not So Bad

Presented by TP Mechanical | Provided by HORAN

For the last several decades, the Dietary Guidelines for Americans, provided by the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA), have warned against over consumption of cholesterol. Dietary recommendations suggested that adults consume no more than 300 milligrams of cholesterol a day (to put that into perspective, one egg yolk contains 186 milligrams of cholesterol).

However, after its review of current scientific evidence regarding nutrition, diet and health, the 2015 Dietary Guidelines Advisory Committee has removed the strict warnings on cholesterol intake. You can now eat your egg yolks guilt-free.

Although recommendations for cholesterol have eased, the new dietary guidelines target salt, sugar and saturated fat with suggestions for strictly limited intake.

Health Screening Voucher Reminder

TP Mechanical is offering all employees enrolled in the UHC medical plan a **premium incentive** for getting your annual wellness check up (including biometric screenings if they are recommended by your doctor as a measure of preventive care). Employees have until June 1 to visit their own physician for a wellness check up. You need to return the physician-signed voucher below indicating you have completed your health screening to be eligible for the premium incentive.

Forms must be returned to the HR department by **May 31, 2016** to be eligible for the premium incentive. The screenings must have taken place between **November 1, 2015 and May 31, 2016** to qualify for the premium incentive.

Employees that fail to visit their physician for a wellness check up during this time will receive a **premium increase on June 1**. Premium increases will be as follows: \$10.00 additional per week for all plans.

“Forms must be returned to the
HR department
by May 31, 2016”

We encourage you to understand your health risks by having a clinical screening that measures:

- Blood pressure
- Cholesterol
- Glucose
- Height and weight

This screening should be performed by your personal in-network physician and at a participating in-network lab to keep out of pocket costs at a minimum. It is recommended when you make your appointment that you ask for a **“physical exam visit and a lipid profile with glucose screening as part of a preventive care exam”**.

As a reminder, **your medical plan covers preventive care at 100%**. If you do not wish to be charged for your visit, make sure you have the appropriate conversations with your doctor to ensure that your consultation is truly preventive for the general population. Please be sure your physician uses an in-network lab to process your blood work.

Forms can be found by logging into the employee portion of the website and visiting www.tpmechanical.com/employee-page/benefits/.

LIFT IT TWICE

Presented by TP Mechanical | Provided by proActive Safety Services

Most of you have heard the general rules of safe lifting. Remember to "Get a firm grip on the load, keep it close, bend at the knees, use your legs to lift the load, and keep your spine in the natural position (with an arch in your lower back)." These principles always apply and should be incorporated into every lift--if possible! Given the enormous number of "risky" lifting situations that you are faced with at your place of work, you may not be able to apply these principles every time. This is why you must always remember to **LIFT IT TWICE! What?!**

The act of lifting is the same as any other movement that you can learn to do better with practice. As you know, the more you practice a skill the better you become at doing it. But preparing to master a skill normally involves mental as well as physical training. Consider bowling, golf, skiing or sharpshooting. You think carefully about the movements you're going to make before you do them. This is the only way to get them right--at least until they become second nature.

Most of you know the proper way to physically lift an item, but how many of you are aware that you need to lift the item TWICE.

1) Your first lift is a mental lift. Think about the lift prior to actually doing it:

- How am I going to lift the item? Can I do it myself or should I get some help?
- How heavy is the item? Do I need to use mechanical assistance?
- Where am I taking the item being lifted? Is it a difficult path or a distance to go?
- What hazards may hamper the lift or obstruct the travel path?
- Eliminate those hazards before you lift the item.

2) The second lift is the actual physical lift. Here is where you carry out your plan.

- Use proper body mechanics and techniques while going through the motions.
- Most important: keep the load as close to your body as possible.

Next time someone tells you to lift twice remember: Two lifts means less risk of a back strain.



proActive
Safety Services

TP Mechanical WINS!

Congratulations estimating and sales for securing work totaling \$7,681,036 and total man hours of 62,289.

COMMERCIAL

HealthSouth Westerville
HealthSouth Westerville – Hydronics
M-Engineering RR Update
Mercy West MOB Plumbing
NCH LAC Parking Garage – U/G
OSU Kottman Sterilizer Repairs
UK Creative Arts
UK Honors Hall

FIRE

Children's Learning Adventure
Christ Hospital BP#5 Fit Out
Fairfield Central Elementary
Fairfield New Elementary
HealthSouth Westerville Limited DC4 1st Floor Atrium
Mary Rutan PBX Sprinklers
Nephews Bar
ODPS Alum Creek Facility
Parks Edge Tower
Symphony of Centerville

SERVICE

5 Mile Strip Mall
A Anthony Company
Aditya Birla Novelis
Auto Owners Insurance

Battelle Memorial Institute
CCL Label Company
Circle K Midwest
D1
Eagle Manufacturing Co Llc Festo
Floyd County Justice Center
Fortis College
Hammacher Schlemmer
John Boner Neighborhood Center
Kenton County Detention Center
KFC
Lane Valente
Midstate Bolt and Nut
Milton Leeman NB 203
Nisbet Property Holdings, LTD
Premier Health Care Management
Renditions HVAC
Rowan County Fiscal Court
Sherwin Williams
State Auditor's Office
The Corbin Arena
The Fresh Market #161
The Old Farmstead
TTAI

TP Celebration Weekend

The TP Mechanical "Celebration Weekend" is centered on recognition of our employees for their continuous development, hard work, and servant leadership. This year the celebration weekend will be held May 20-21.

The annual banquet is hosted on Friday evening at Great Wolf Lodge. During the evening we celebrate the apprentice, instructors, and milestone anniversaries with the company. Every year we feature a guest speaker who discusses the importance of servant leadership and team work. Our guest speaker for 2016 will be Rick Yarosh.

The annual company picnic is hosted on Saturday at Kings Island. During the picnic we distribute door prizes, safety awards, and the grand prize (a week's vacation using the company timeshare). The picnic is a great time for the employees and families from different regions to meet face-to-face and enjoy a day with family and friends.

Weekend Includes

- Discounted room rates for the weekend to Great Wolf Lodge.
- Free childcare on Friday evening during the event.

Invitations were mailed to your house on February 26; if you are not able to locate these forms please visit our website <http://www.tpmechanical.com/celebration-weekend/> to download the forms.

Please remember to submit your RSVP as soon as possible.

For additional questions please contact Tara Teepe or Holly Welch at 513-851-8881.

Blueberry Oatmeal Squares

From Amy Whitaker



A very special thank you to the following for your contributions to our publications:

Jamie Absher, Nick Davis, Lindsey House
Jeff Keller, Mike Kelley, Teresa Kelley, Bill Riddle
LuAnn Sheridan, Kelly Simmerman, Tim Teepe

HORAN
Susan Keller Photography
The Deciding Factor
proActive Safety Services

Serves 9

Ingredients

1 1/2 cups quick cooking oats
1/2 cup whole wheat flour
1/2 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
1/2 cup blueberries, fresh or frozen
1 egg
1 cup skim milk
3 Tbsp applesauce
1/4 cup brown sugar

Instructions

Preheat oven to 350° F. Coat baking pan with cooking spray. Place all of the ingredients into a large bowl and mix until just combined. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean. Allow to cool for 5 minutes and cut into squares.

Nutritional Info

| | |
|-------------------|------------------|
| Calories: 120 | Sugars: 9g |
| Total Fat: 1.5g | Protein: 5g |
| Cholesterol: 25mg | Vitamin A: 2% DV |
| Sodium: 95mg | Vitamin C: 4% DV |
| Potassium: 7mg | Calcium: 6% DV |
| Total Carbs: 23g | Iron: 6% DV |
| Dietary Fiber: 2g | |

TP Mechanical welcomes all letters, comments, suggestions, contributions, and other personal news.

Regrettably editorials cannot be published.

All published material must be approved by the CEO of TP Mechanical.

Submissions should be directed to Tara Teepe by email tara.teepe@tpmechanical.com