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The BACHMANN BUILDER

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Soft Tissue Injuries and How to Avoid Them

By Jim Chritton, Director of Safety



One of the most common injuries in construction is soft tissue injury (also called musculoskeletal injury). This category of claim is one of the leading causes of lost time in construction (depending on the source, about 15–20% of total compensation costs). Associated costs, such as hiring and training replacement personnel, are also substantial.

Soft tissue injuries are most often sprains and strains that cause pain and reduce range of motion in joints and the lower back. "The ligaments, tendons, muscles, or nerves have usually been overextended or partially or totally torn, which—depending on the severity, can require extensive rehabilitation or even surgery to repair," indicates Jim Chritton, Director of Safety for Bachmann Construction.

Soft tissue injuries can result from long-term, repetitive muscle action or a sudden event, such as an unexpected wrenching motion.

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PROJECT SPOTLIGHT

The Olin House Renovation: Protecting the Past, Ensuring the Future



Chancellor Wiley outside the Olin House after renovation.

One of the University of Wisconsin's most prominent landmarks is Olin House, the chancellor's residence. Originally built for Madison attorney John Olin in 1910, this striking English Tudor Revival-style home on North Prospect Avenue has served as the chancellor's official home since 1925.

The 30-room, 11,000-square-foot, red-brick structure is reminiscent of 16th century England. Over 100 special university events are held here every year.

"The character and quality of the home need to reflect the status of the position of chancellor, the history of the house itself, and its role as a symbol of the university," says Amy Hasselman, project manager for Architecture Network, a design firm in Madison.

The last major renovations to Olin House occurred over 50 years ago. Aging infrastructure made current living conditions challenging—for example, a cranky, outdated boiler system delivered unreliable heat through creaking steam pipes and old-fashioned radiator heat. Mice skittered through the walls. "Chancellor Irving Shain kept a tennis racket in every room to kill the bats that flew around," says Hasselman.

"It was a miserable place to live," agrees Wiley. "The house was impossible to keep comfortable in the summer or the winter. There was no water pressure in the pipes because of all the lime. And we did sleep with netting over the bed because of the bats."

"It was clear," adds Mark Bugher, director of University Research Park and temporary

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steward of the Olin House, “that the building had become functionally obsolete and did not meet the basic residential needs of a modern family.”

Creating the Vision

The university hired Architecture Network as project architect and Bachmann Construction Company as general contractor to renovate Olin House. Several years of planning were needed before a final design for the renovation could be proposed—that process included interviews with former chancellors, caterers, house managers, and physical plant staff. The Olin House Advisory Council also studied other chancellor residences in the Big 10. Because Olin House is a listed historic site, all plans had to be approved by the Wisconsin State Historical Society and Madison Landmarks Commission.

“Perhaps the biggest challenge was not expanding the size of the original footprint,” says Ellen Seuferer, the official functions coordinator for the Office of the Chancellor. “We wanted to increase functionality without having to add on to the building. An important part of this strategy was reconfiguring the basement for better use of space.”

Once the design was approved, the team had 10 short months—from October 2007 to August 2008—to complete the work in time for the new chancellor, Dr. Carolyn Biddy Martin, to occupy the residence.

“It was a very aggressive time schedule,” says Hasselman. “Teamwork between all the players made it happen. Communication with Bachmann was fantastic. We have worked together for many years and trust each other as partners. I was very impressed by the commitment of the entire team—it was probably the best teamwork I’ve ever seen on a project. Everyone felt like they were part of something much bigger.”

Renovation Begins

Exterior work included tuckpointing masonry surfaces, repairing windows and doors, and reconstructing the east porch. The basement was overhauled to include kitchen support space, new HVAC equipment, pumps for the new geothermal system, restrooms, and an office for the house manager.



First floor living room.

“It was hard to navigate the basement because it was packed with old boilers and other mechanical equipment,” comments Hasselman. “With past renovations they simply added on, instead of hauling away the outdated equipment. We stripped out all the old mechanicals, which gave us a lot more room to design a more efficient space for the new equipment, as well as set up support areas and storage.”

Access was greatly improved for the first floor—the level designated for public visitation and university functions. The kitchen was relocated and transformed with commercial kitchen equipment and fixtures. Authentic period lamp fixtures were installed in restored areas and new furnishings, finishes, and floor coverings were added throughout the first floor.

“The decorative plaster moldings were covered by about 25 coats of paint,” states Rick Olson, Bachmann Construction’s project manager. “We stripped the paint off using dental tools and were able to bring back the fine details in the plaster.”

There are always surprises that arise during restoration work—for Olin House, that included seaweed insulation, challenging plumbing and electrical hookups, and rotting timbers. “We were also faced with some unforeseen asbestos removal, but Bachmann jumped right on that with no loss in schedule,” says Bugher.

Perhaps the greatest challenge was installing an Otis elevator with access to all four levels. “We ran tapes from the roofline to the 6-foot hole we dug in the basement by hand,” says Olson. “We needed 42’ 6” but only had 42’ 4.5”. After

notching out some of the ceiling support and reframing we managed to make it fit.”

Open for Business

Olin House opened on schedule—just in time for Chancellor Martin to move into the official residence.

“The renovation far exceeded my expectations,” indicates Seuferer. “The use of space is so much better. The elevator creates easy access to the storage and kitchen areas in the basement. The process of doing events is a lot more fun—now it takes just two hours to set up for a party of 53, instead of all day.”

“The quality of the work is outstanding,” adds Wiley. “The carpenters, painters, electricians, and HVAC crew all did an exceptional, first-rate job. Staying on schedule, especially with the extra work needed for removing rotted beams and asbestos, required superb project management.”

Compliments continue to roll in. “Everyone who walks in feels so welcomed by the character, warmth, and quality of these rooms, from the new chandeliers and furnishings to the colors of the walls and the restored wood floors—it’s just beautiful,” adds Seuferer.

“Bachmann Construction showed outstanding leadership and craftsmanship on this project,” concludes Bugher. “I’m extraordinarily impressed by the quality of their work—it is second to none. For all the challenges we faced, Olin House is now truly a showplace that will meet the needs of the university for many years to come.”

SUBCONTRACTOR SPOTLIGHT

H & H Industries

H & H Group is the parent company for H & H Industries, H & H Electric, Magaw Electric, Magaw Electric Construction, and H & H Solar Energy Services. Founded as Hyland Hall in 1901, the company has steadily grown into one of the largest and most respected electrical and mechanical contractors in southern Wisconsin.

The mechanical division of H & H Industries provides complete sheet metal, piping, and plumbing services for residential and commercial projects of all sizes. The in-house AutoCAD design department and modern fabrication facilities allow the company to produce, deliver, and install exactly the right

products for any project, including fast-track design/build. With a fully staffed plumbing department, H & H Industries can take on jobs of all sizes, ranging from residential and commercial building renovations to large-scale wastewater treatment plants.

"I've been working with Bachmann Construction since 1962," says H & H Industries project coordinator Bob Jorgensen. "Bachmann is the one company that if they say 'go,' we go. Their word is everything to them. That's the way Fred Bachmann Sr. did business and that's still the way Al, Diane, and Mark run the organization today. This level of integrity is hard to find these days—they're just a pleasure to work with."

H & H specialties include historic restoration work (most recently Olin

House, the UW-Madison chancellor's residence) and health care. "Clean standards can make medical facilities especially demanding," says Jorgensen. "For example, ductwork is required to be cleaned with special solvents before it's brought into the clean room, and then washed again before it is installed."

H & H Group is also an expert in green technology. "We took care of the mechanical, electrical, and solar electric installations on the Aldo Leopold Legacy Center in Baraboo," adds Jorgensen. "This is one of the highest-ranked LEED-certified buildings in the world, with 61 out of a possible 69 LEED credits. It was very rewarding to work with Bachmann on such a groundbreaking project."

("Soft Tissue Injuries" continued from page 1)

Preventing Soft Tissue Injury

Managers and superintendents need to identify, assess, and control the risks for these kinds of injuries on their job sites. Review past injuries and look at how workers are carrying out their tasks. Try to assess the risk factors for each job. What are the physical demands of the tasks and the characteristics of the load? What is the work environment like? Can the work be better organized or scheduled to reduce the risk factors? In all cases ask, "How can the physical strain be lessened?"

"Just as athletes stretch and warm up their muscles prior to competition, construction workers should stretch and warm up because of the sometimes physically demanding jobs they perform," says Chritton.



The Bob Behgin Award... Bachmann Construction's Next Generation: "Here's How" Award



In honor of former employee Bob Behgin, Bachmann Construction has established the Next Generation: "Here's How" Award. This annual award recognizes an employee

who shares and demonstrates Bob's passion for helping younger, less-experienced workers learn advanced skills on the job.

Bob Behgin joined Bachmann in 1961 as a carpenter's apprentice. Four years later he became a journeyman carpenter and by the late 1960s he was running jobs as a superintendent. In 1992 he joined the office staff as a project manager and retired in 2000. Sadly, he passed away in the fall of 2007 from cancer.

"Bob was the first employee we ever had who started as an apprentice and retired as a project manager," says COO Al Bachmann. He exemplified all the traits Bachmann wants to recognize with the Next Generation: "Here's How" Award, including:

- A deep willingness to pass on knowledge and expertise to younger workers
- Taking extra time to make sure younger workers learn how to do things the right way
- Excellent communication skills
- Patience
- Showing a management style that allows inexperienced workers to learn from their mistakes

"Bob was a skilled craftsman and had a great ability to look ahead several months and plan projects," says Bachmann. "But above all, he always had very high expectations for everyone he worked with. And because of that, Bob always took the time to take young people aside and show them how to do something the right way. Once they mastered the task, then he would show them how to do it fast."

Fred Bachmann, Sr. Scholarship Golf Outing



Daniel Koeller, Andrew Showers, Ruth Bachmann, Diane Bachmann, Sara Michels, and Al Bachmann.

The 8th Annual Fred Bachmann, Sr. Scholarship Golf Outing was held on Friday, August 22, 2008, at Sixmile Creek, Waunakee, Wisconsin.

We are pleased to announce the following scholarship winners: **Daniel Koeller, Sara Michels, Justin Mitten, and Andrew Showers.**

Thank you to everyone that attended and made this year's golf outing so successful!



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EMPLOYEE SPOTLIGHT



Scott Blum

With both his father and grandfather in the road construction business, Scott Blum grew up around heavy equipment. After graduating from high school in Sauk City, he landed a job building pole barns. Scott later followed in the military footsteps of his father (U.S. Marine Corps) and joined the U.S. Army, where he served from 1981 to 1985 as a paratrooper in the 82nd Airborne Division.

After the Army, Scott worked as a residential carpenter and joined the Union in 1989.

"I used to do a lot of framing and some finishing work," he says. "Now that I'm a field manager/supervisor, I have less time for carpentry. I like it when the smaller jobs come along because I can still do some framing myself."

Scott enjoys the diversity the fieldwork provides. "I can experience a little bit of everything," he says. "One day might be demolition. The next day we're putting up a new building—it's always changing."

Today Scott is a First Sergeant in the 469th Engineering Company of the U.S. Army Reserves; he also made the list for Sergeants Major. He left Bachmann Construction for two years when he was mobilized to Fort McCoy from 2003 to 2005.

His outfit does dangerous work: "We clear mines from roads, blow up bridges, disable explosives," he says. "Bachmann doesn't

let me use explosives on the job, which is probably a good thing," he laughs.

Scott and his wife Cindy have three sons. In his spare time he enjoys hunting and watching his kids play hockey, soccer, baseball, and lacrosse.

"Scott is one of those unique individuals who are true citizen soldiers," says Bachmann Construction COO Al Bachmann. "He somehow manages to stay focused on the construction projects at hand, and yet never neglects his duties as a United States Army Reserve Soldier whose country is at war. Scott makes good, timely decisions and we are very fortunate to have him on staff—he is an excellent role model and leader."