



Inch by inch...

A Better Way to Lay Brick

Bricklaying is almost complete on the west side of the new hospital building, and is well underway on the east side. To get the job done with maximum efficiency and safety, project manager Bovis Lend Lease is using a unique construction technology that allows workers to customize the height of the scaffolding.

The movable scaffolding is made by North American manufacturer Fraco, established in 1991. It differs from traditional, or "tubular," scaffolding, which uses an adjustable board that sits at fixed height increments—at 3 feet, 6 feet or 9 feet, for example.

"Most masons like to lay brick at waist height," explains Boney Jones, general superintendent, Bovis Lend Lease. "But with traditional scaffolding, they have to lay brick all the way up to their face before they can move to the next level."

Moveable scaffolding works more like an elevator, explains Dennis Coffman, director, RMH Facilities Planning and Development. "It can adjust to whatever height needed. This allows the blocklayer to lay the most brick in the least amount of time, and it's ergonomic and safe."

This type of scaffolding adjusts hydraulically using a portable control box, so the worker does not need to climb off the board to adjust the height, Coffman explains. "The height can be adjusted at the push of a button, so the worker doesn't have to climb down, which saves an enormous amount of time. And the incremental adjustment saves his back, too."

Fraco scaffolding is being used about 50 percent of the time, Jones says, and traditional scaffolding used the other 50 percent. Because movable scaffolding is extremely heavy, it can be used only on ground level or on concrete slabs. However, it's worth it to use the Fraco equipment whenever possible, Coffman says, because it pays for itself in increased productivity. "Blocklayers can work neater, cleaner, faster and safer," he says.



Photos by Tommy Thompson

BUILDING GREEN

White Roof Helps RMH Go Green

RMH is seeking sustainable, environmentally friendly options from top to bottom of its new health facility and campus. Going green means evaluating every detail and searching for efficiency in every nook and cranny—including the roof.

The roofing material being installed on the new hospital is a white rubbery material that's actually plastic, says Dennis Coffman, director, RMH Facilities Planning and Development. "It's like a rubber roof," he says. "It's not like plastic as we think of it—it's more like an inner tube."

Its official name is "reinforced TPO" (thermoplastic polyolefin). In choosing a roofing material, officials looked for a material with longevity and durability, Coffman says, adding that a strong roofing material such as TPO has a lifespan of 20-30 years. And while a black roof absorbs solar heat and cuts back on heating costs in the winter, a white roof deflects sunlight and cuts down cooling costs in the summer.

"In our area, we tend to have more warmer days in the year than colder days, so the reflectivity was important to us," he says. "In today's environment, the roof we purchased was less expensive than normal roofs. It's energy efficient and has a reasonable life expectancy. It met our criteria."

Harrisonburg contractor Don Largent Roofing, Inc. is completing the roof installation, scheduled to be completed by the end of June.

Project Update—in Brief

- Major pieces of equipment, including boilers and chillers, are in place and should be operational by early fall.
- All the concrete will be poured for upper level floors by the end of June. Lower level floors have already been completed.
- Workers are installing metal studs, which are used to hang sheet rock. "You can now begin to see the shapes and sizes of rooms," Coffman says.
- The entrance from Port Republic Road is being modified to less of a steep grade. This work is in anticipation of the changes that will be made Port Road.

Mock patient rooms give staff chance to help create “the real thing”

Patient rooms are the centerpiece of inpatient care at RMH. That’s why so much time and effort have been invested in perfecting every detail of the patient rooms at the new RMH—starting with the construction of mock rooms, unveiled in spring 2006.

The 280-square-foot patient rooms were constructed on the second floor of the visitors’ parking deck to the actual size and dimensions that patient rooms in the new hospital will be. This important first step allowed employees to see the size of the rooms, bathrooms and windows and to get a feel for the new patient care environment.

Operations planning teams are now working on the next phase: process and workflow development. Teams are using these same mock rooms, which include one standard patient room, one bariatric patient room, a supply closet and a nurses’ station, to define how we will do work in our new hospital. They also want to make sure patient rooms are safe for patients, engage family caregivers and are efficient for staff.

Soon the patient rooms will begin a transformation into their final form, down to the last detail. Employees are able to see the location of nurse call buttons, medical gas hookups, computer work stations and even electrical outlets. “The goal is to have a working room,” said Scott Campbell, project manager, Facilities Planning and Development. “We will move things around until we find what works.”

If nurses say the computer is mounted too high, for example, it will be removed and re-mounted, and nurses can try out the new configuration, said Judith Trumbo, director, Transition Planning. “It’s particularly important to include employee



Tammy Joseph, RN, nurse director, left, and Laurie Phillips, support services manager, Information Systems, examine the location and height of computers and medication scanning stations for nurses’ work areas in a mock patient room. Many operations planning team members are working to find the most efficient design of inpatient rooms at the new hospital.

input and ensure the efficiency of the design,” she said.

All nursing directors and managers, along with information technology, pharmacy and respiratory staff, are being asked to help try out new features and choose the best scenario.

“We have to make sure that the rooms will be user-friendly,” said Tammy Joseph, RN, nurse director. “We want to design this space for patient safety. The rooms are set up for a family area, patient area and clinician space. Nurses shouldn’t have to do a lot of reaching over or walking around equipment. Everything should be as convenient and accessible as possible. We are designing the room to make patient care more efficient.”

While weekly changes are underway at the mock rooms, RMH employees will get a chance to view the completed rooms in the near future.



Did You Know?

There are 450 of workers on the construction site every day. However, we still haven’t reached peak levels! By late this year, there will be 600-800 workers on site. After the building shell is complete and waterproofed, there will be “a flock” of workers to complete everything from paint, floors, casework, interior walls, sheet rock, ceilings, plumbing and electrical ducts, says Boney Jones, general superintendent, Bovis Lend Lease.

What will mock rooms help us determine locations for?

- Medical gas hookups
- Nurse call buttons
- Computer work stations
- Medication dispensing options
- Safety bars
- Personal Protective Equipment (PPE)
- Casework
- Outlets
- Glove boxes
- Paper towel and soap dispensers
- Sink locations

Q&A

Q: What is RMH doing to control the amount of dirt on Port Republic Road at the construction site entrance?

A: As part of our agreement with the county, all vehicles exiting the site must stop at a wash station and rinse their vehicle tires before exiting onto Port Republic. Due to recent concerns, we have moved the wash stations even closer to the road so less mud is tracked onto the road after rinsing. We are doing everything possible to be respectful of our neighbors and have as little impact on the roadways as possible.