



● Really... Is There Anything This Electrical Inspector Can't Do?

Al Reed-Costa is one of those rare individuals who seem to succeed at everything he puts his mind to. Whether graduating from the apprenticeship and becoming a journeyman electrician, operating an electrical contracting business, or working as a L&I plans examiner and assisting with ECORE compliance, Al not only succeeds, but excels.

So what does someone like Al do in his spare time – **How about world class weightlifting!**



Some of Al's most notable achievements so far include:

- Won back-to-back National Collegiate titles and set new national records with 330 (snatch) and 369 (clean & jerk) lbs. while simultaneously working as an electrical apprentice.
- Took 5th Place in the 2000, World Collegiate Championship.
- Won back-to-back Masters National titles for 35-39 year olds, setting new national records with 340 (snatch) & 419 (clean & jerk) lbs.
- Went to the 2008, Olympics in Beijing, China as an assistant coach for Melanie Roach.
- Holds the state record for the Snatch with 155 kg (341 lbs.) and Clean and Jerk with 190 kg. (418 lbs.).
- Reunited with his high school sweetheart and is planning to get married in 2010.

Al began lifting in junior high at the age of 14 as a way to build strength for wrestling. He knew right away he had found something he really enjoyed. In 1991, he moved from his home in New Jersey to Washington to train with his USA national coach, John Thrush of Sumner, WA. In 1996, he began his apprenticeship with the South Western Washington JATC. In 2006, he started a small electrical

contracting business and operated it until joining our team, in 2008, as a plans examiner.

Al continues to lift competitively, is training for the 2012 Olympics team, and enjoys coaching young athletes. Al's all time heaviest lift was a back squat training lift of 347 kg. That's 765 pounds!

When asked, "What is the key to your success?" Al replied, "I try to focus on what is at hand without losing sight of my ultimate goal. It's all about the process rather than the destination. This is especially true when working with young people. I tell them life is a marathon, not a sprint. Things will happen and it'll get you down if you let it. Keep in mind you can only control yourself, and do your best to keep moving forward. You have to believe in yourself, and those around you."

● Electrical Board – Electrical Contractor Position Vacancy

There is currently an electrical contractor position vacancy on the Electrical Board. The application form is available on the Governor's website at:

<http://www.governor.wa.gov/boards/application/default.asp>

Application must be made using the Governor's form. Applicants must also send a resume to the email address listed on the Governor's website. Recommendation letters should also be sent to the Governor's office. If you have

Safety Tip of the Month!

Approximately 100,000 annual vehicle crashes are attributed to drowsy drivers. When driving your vehicle for long periods watch for the signs:

- Excessive yawning
- Nodding
- Disjointed thoughts
- Lane drifting
- Vision blurring or lack of focus
- Forgetting the last few miles

Don't become a statistic!

questions about the position or the Electrical Board, contact: Crystal Forsberg at (360) 902-5249.

● Contractors Without Electrical Administrators Must Reassign Within 90 Days

If an assigned administrator/master electrician chooses to separate from an electrical contractor they must submit a "Change Assignment of Administrator/Master Certificate" with the required fee within 10 days of separating.

The department will automatically un-assign the administrator/master electrician if the administrator/master certificate expires, is suspended, or revoked.

In either case, the contractor will receive a letter from the department stating that the assigned administrator/master electrician has been separated from the company and the contractor has 90 days from the date of separation to assign a new administrator/master electrician. If a new assignment is not made, the electrical contractor's license will be suspended. Once suspended, the contractor will need to pay a reinstatement fee of \$47.30 to be reactivated and have an assigned administrator/master.

Whether assigning or un-assigning, use form F503-009-000. The fee for this is \$35 fee. The form can be found on our website at: <http://www.lni.wa.gov/FormPub/Detail.asp?DocID=1813>

● Correction Reduction Initiative New Contractor Group For Fiscal Year 2010

The Correction Reduction Initiative for Fiscal Year 2009 ended June 30th and has once again been very successful in appreciably lowering the number of corrections written to contractors in the initiative.

A new group has been identified for Fiscal Year 2010 (July 1, 2008 through June 30, 2009). The initiative this year will focus on all electrical contractors who receive more corrections per inspection than the average electrical contractor. The Electrical Program will work with these contractors to help them improve - saving them the time and money necessary to revisit jobsites to make corrections.

● Driving Directions Are Required For Electrical Work Permit Inspections

You must provide the electrical inspector with adequate driving directions to your jobsite. If you fail to provide clear driving directions on your electrical permit, the inspector may not be able to find your jobsite. This will result a delay of your inspection, multiple trips for the inspector, additional fees for you, and possible civil penalties.

You must provide turn by turn directions from the nearest main crossroad to the permit jobsite. Detailed directions enable electrical inspectors to locate your jobsite quickly saving everyone time and money.

Never assume that the inspector is familiar with your local area. Inspectors routinely inspect areas that are not familiar to them. Some addresses are very simple to find. Others are not so easy – particularly those in rural or farming areas. Be as detailed as possible and use landmarks that can be easily seen from the road. Never reference web site hyperlinks such as Map Quest or Google Map or make reference such as "see Thomas Guide page 44".

Give the same directions you would give to a policeman, firefighter, or emergency medical technician if you needed them there right away.

● The WAC Revision Process Continues

As mentioned in previous Electrical Currents (see May), Washington Administrative Code WAC 296-46B is being revised. Stakeholders may comment on proposed changes during the public comment period or at the public hearing that is tentatively scheduled to be held at the L&I Building, Room S117, 7273 Linderson Way SW, Tumwater, WA, 98501 on August 26th. The tentative effective date is October 31st.

● Electrical Question of the Month

This Month's Question: The conductor intended to be used as the grounded conductor in a flexible cord must have a continuous marker that distinguishes it from other conductors. Which of the following methods is not an approved distinguisher? **A)** white or gray colored insulation, **B)** number or letter, **C)** tinned conductor, **D)** white or gray colored braid.

Last Month's Question: For a 240V, 3-wire circuit, what is the minimum branch-circuit load allowed for a 13.25 KW household electric range installed in a dwelling unit?? **A)** 9275 watts, **B)** 8800 watts, **C)** 8000 watts, **D)** 6160 Watts The answer is: **B)** 8,800 [NEC Table 220.55 see note 1.].