



PROJECT REVIEW AND ASSESSMENT CAPABILITY STATEMENT

What We Do

P&M offers specialized and value added integrated project delivery services and program controls as well as a full range of life cycle project and construction management services. Clients include owners, architects, engineers, and construction contractors. Our staff bring extensive background as a general contractor with expertise in alternative as well as traditional design-bid-build project delivery.

We provide independent review, analysis, and assessment of capital program's planning, scheduling, cost estimating, project oversight and program controls methodologies. As a result, we offer our professional opinion with specific recommendations to enhance confidence in project schedules, cost estimates, program controls and risk management methodology including oversight structure, roles, and responsibilities.

P&M has extensive capacity and expertise to successfully review complex capital improvement programs drawing from P&M's decades of collective experience managing projects.

Professional Services:

- Professional cost estimating (conceptual through detailed)
- Planning, scheduling, and constructability reviews
- Total cost management and controls
- Risk workshop facilitations, risk assessments and stochastic analysis including cost contingency and management reserve analysis and quantification
- Alternative analysis (risk, cost and schedule analysis)
- Earned value management
- Claims analysis and change management
- Document controls, specification coordination and project administration
- Project review & assessment

Differentiators

- Extensive real-world implementation of project risk identification, risk mitigation and project life cycle risk management.
- Integration of risk management into project planning and controls processes.
- Providing integrated program management and construction management teams and systems to achieve customer stated project goals and to provide unique project solutions.
- Accurate forecasting of Key Performance Indicators (KPI's) utilizing proprietary program management and trending databases in support of informed and timely decision making.
- P&M consultants draw from multiple market sectors experience enabling application of industry best practices benefiting project delivery.
- Our consultants are all seasoned professionals with real-world program management and construction management experience, who are skilled in working with all levels of a projects PM/CM organization, proactively leading and implementing project management and controls services to achieve successful and optimal project outcomes.
- Excellent knowledge base and certifications in industry best practices such as Project Management Institute (PMI), Association for the Advancement of Cost Engineering (AACEI), American Society of Professional Estimators (ASPE) and Association for Information and Image Management (AIIM).

Relevant Experience



Sound Transit - Risk Engineering Program Manager

P&M is providing Sound Transit the Risk Engineering Program Manager to produce and manage the risk program for all projects that are part of the Sound Transit 2 and Sound Transit 3 programs which includes:

- Conduct independent quantitative risk assessments (including FTA top-down assessments) for all ST-2 & ST-3 projects, for planning, design and construction phases, to evaluate project schedule and cost contingencies.
- Oversee the development and maintenance of project specific /program wide risk registers, facilitate risk workshops and risk mitigation plans with project team members.
- Drafting comprehensive reports of risk assessments for client leadership and FTA partners.
- Utilize the risk register to monitor the identification and assessment of risks and to monitor the implementation and effectiveness of the risk mitigation strategies throughout the life of each contract package.
- Work with the project schedulers and cost engineers to establish a traceable basis for cost and schedule contingency forecasting and modifications at both the contract and program levels.



Sound Transit - Federal Way Link Design-Build Contract

P&M is supporting the Kiewit/Parsons design-build team with engineering management project delivery services including:

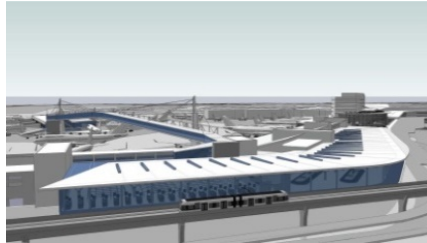
- **Cost Engineering** - perform earned value management; cash-flow analysis; trending and change management & progress reporting.
- **Scheduling** - develop baseline resource loaded schedule; update progress schedule and perform what-if analysis.
- **Document Controls** - during design & construction perform document controls of design related documents such as RFI's, design changes, notifications, letters, meeting notes, etc.
- **Specification Coordination** - interface with all discipline leads in editing and assembly of the master specifications submittal packages; provide standard formatting, track progress, and provide consistency across specification sections.



Sound Transit - South Parking Garages D/B Program Management

P&M's services, as a subcontractor to HNTB (prime), is centered around supporting these projects with:

- Schedule development and oversight
- Change management
- Cost estimating
- Document controls and project administration Support



Port of Seattle: International Arrival Facility Program Management

P&M provides an integrated program controls team in support of the delivery of this program.

Our effort included:

- Oversight and management of the project budgets and forecasts; review and track expenditures; review projects costs, forecast and identify potential changes & trends. We developed comprehensive cost tracking tools to develop and maintain the program budget by key cost categories to include the approved budget, the forecast, and actuals in a framework that supports quarterly cash flow projections.
- Execution of program risk management process including facilitation of risk workshops between the DB and Port of Seattle.
- Develop conceptual estimates for prospective and new projects; detailed review of Design/Builders (DB) estimates at 15/30/60/90/100 percent design; detailed review of Design/Builders estimate for scope validation and reconciliation of Guaranteed Maximum Cost (GMP); develop estimates for various alternatives and for Value Engineering; analysis of bid results amongst others.
- Develop conceptual schedules for prospective and new projects; performed schedule validation during stages of design & construction.

The project is delivered through "Progressive Design/Build" and is first of its kind at the Port of Seattle. Cost estimating services entail developing independent cost estimates, finalization of owner's estimate and D/B cost estimates in support of GMP negotiations.



Port of Seattle: North SeaTac Airport Renovation Program Management

P&M is providing program management services in a lead role for scheduling, cost engineering and cost estimating (independent cost estimates, finalization of engineer's estimate and reconciliation with the GC/CM cost estimates in support of MACC negotiations). The project entails renovations to the North Satellite, concourses C and D, and main terminal to accommodate Alaska Airlines Group.



Port of Seattle: Terminal 5 Berth Modernization

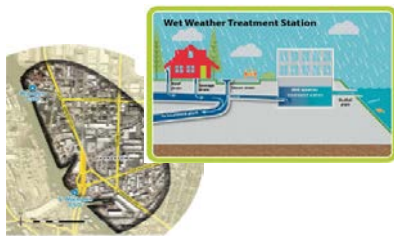
P&M provides cost estimating, risk assessment, risk workshop facilitation, schedule and cost stochastic analysis, CPM scheduling, cost controls, progress tracking and reporting for this major capital program. The project consists of upgrades and modifications to existing container terminal facilities to improving berthing facilities to accommodate berthing and loading/unloading of larger ships.



King County Wastewater Treatment: North Mercer & Enatai Beach Interceptors Conveyance

P&M is providing cost estimating and scheduling services. Services include development and update of construction cost estimates including project and construction schedules from options analysis through final design.

The challenges of the early design estimating on this project were the various types of conveyance routes being considered: land routes, direct bore routes, HD bore routes and lake bottom cut & cover routes. The project replaces sewer pipes serving areas of North Mercer Island, Bellevue near Enatai Beach, and the Town of Beaux Arts Village.



King County Wastewater Treatment: Georgetown Wet Weather Treatment Station

P&M provided cost estimating and scheduling services. Estimating services included review of the planning level LTCP estimates and development of engineer's cost estimates from conceptual through final design while scheduling services included development and update of project and construction schedules at various design levels. The project entails comprehensive engineering and consulting for the design, environmental compliance, construction, permitting and commissioning of the wet weather treatment station.

Market Sectors

- Mass Transit
- Aviation / Airports
- Harbor/Marina Terminals & Facilities
- Transportation / Infrastructure
- Wastewater
- Power Plants & Energy Utilities
- Public Utilities
- Manufacturing

Awards:

2013 WTS Puget Sound Employer of the Year: Small Business Category

Primary Contact:

Hreinn Thormar, PMP
President
Tel: 253.248.0038 E-mail: main@pmsvs.com

- DUNS No. 131846532
- NAICS:541611,541512, 541519, 541618, 541330, 541690, 541990, 236220
- Cage Code: 3HU74
- King County Small Contractors & Supplier Firm (SCS # 174)
- WSDOT Approved Contractor/Consultant
- Small Business (SBE# S000023569)

P&M has strong record as an equal opportunity employer with diverse inclusion of woman and minorities in its consultant key staff and leadership!