

Core Competencies

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.

P&M has the capacity and expertise to successfully manage complex mass-transit capital improvement programs drawing from P&M's decades of collective experience managing projects. P&M's has successfully provided risk facilitations & assessment, scheduling and cost estimating for multiple Transit programs. 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.

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
- 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

Sound Transit Project References

- Bus Rapid Transit (BRT) GEC/CM Services
- Federal Way Link Design-Build (Design-Build) - Project Controls Services & risk assessment
- On-Call General Engineering Services - Risk Manager ST2 & ST3 program
- South Sounder Parking Garage DBPM
- North Seattle Tunnel and Rail Project (Northgate) - independent cost estimating (ICE) services
- East Link High Capacity Transit Corridor final design - scheduling services
- Sounder Commuter Rail CM Services
- Lynnwood Link Extension final design - cost estimating services
- Project management training

Differentiators

- Conscientious career professionals drawing on P&M's collective experience to successfully manage integrated project delivery.
- Integration of risk management into project planning and controls processes.
- Extensive real-world implementation of project risk identification, risk mitigation and project life cycle risk management.
- Fostering meaningful relationships by listening and learning about your needs. Solve problems through specialized technology providing flexible and scalable solutions.
- Excellent 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).



Sound Transit - On-Call General Engineering Consultant Services

P&M is supporting WSP in this Sound Transit professional services contract providing scheduling, cost estimating and Risk Management.

P&M provided 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 the implementation and effectiveness of the risk mitigation strategies throughout the life of each contract package.
- Work with the client 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

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 cost loaded schedule; update progress schedule and perform what-if analysis.
- **Document Controls** - 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; performed verification of changes made during the quality review.



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



Sound Transit - North Seattle Tunnel and Rail Project (Northgate)

P&M is supporting the Northgate Link Extension project as a subcontractor to Jacobs Engineering (prime) to provide the following services:

- Prepare independent cost estimates of proposed changes for comparison with contractor's cost proposals and establish a negotiation position, using format(s) supplied by Sound Transit and following ST documented process and procedures.
- Support REs in change order price negotiation.
- Prepare documentation for submission to Sound Transit's Change Control Board

Market Sectors

- | | |
|--|--|
| <ul style="list-style-type: none"> • Mass Transit • Aviation / Airports • Harbor/Marina Terminals & Facilities • Transportation / Infrastructure • Wastewater | <ul style="list-style-type: none"> • 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!