

Core Competencies

P&M offers specialized project delivery services, program controls as well as full range of life cycle project and construction management services. Clients include owners, architects, engineers and construction contractors. Expertise in alternative project delivery contracting and traditional design-bid-build.

Services:

- Professional Cost Estimating (conceptual through detailed)
- Scheduling & Constructability Reviews
- Total Cost Management & Controls
- Risk Assessments & Stochastic Analysis
- Earned Value Management
- Claims Analysis & Change Management
- Document Controls, Specification Coordination
- Project Administration

Sectors:

- Transit facilities & structures
- Aviation & Seaport facilities
- Transportation / Heavy Civil (roads & bridges)
- Treatment facilities (waste/water)
- Public Utilities & Energy Infrastructure
- Industrial (manufacturing & power)
- Buildings & Site facilities

Sound Transit Project References

- West Seattle-Ballard Link Extension - Planning
- Federal Way Link Design-Build (DB)
- On-Call General Engineering Services
- South Sounder Parking Garage DBPM
- North Seattle Tunnel and Rail Project (Northgate) – CM Services
- East Link High Capacity Transit Corridor Final Design
- Sounder Commuter Rail CM Services
- Lynnwood Link Extension Final Design
- Project Management Training

Differentiators

- 24 full-time conscientious career professionals drawing on P&M's collective experience to successfully manage project delivery.
- Extensive Design Build and General Contractor experiences.
- Fostering meaningful relationships by listening and learning about your needs.
- Solve problems through specialized Technology providing flexible and scalable solutions.
- Excellent knowledge base and certifications in industries' 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).

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)
- Small Business (SBE # S000023569)

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** 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

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 assessment.

Sound Transit - West Seattle-Ballard Link Extension



P&M is supporting this mega project, as a subcontractor to HNTB (prime) with scheduling services inclusive of: developing construction phasing plans for design alternatives during the conceptual engineering phase; supporting planning during Preliminary Engineering (Phase 3) for the design of the preferred alternative and selection of the project delivery method. P&M will develop schedules and update the construction phasing plans in support of identifying staging areas, haul/detour routes, schedule restrictions, etc.