



M & D MECHANICAL CONTRACTORS, INC.

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James Day



Current Position: Welder
Started with M&D in: 1988
Started as: Welder

James Day first came to M&D Mechanical Contractors in the late 1980s, hired by then Manager of Field Operations Jess Yarborough. Prior to joining M&D, James worked for six years in the boilermaker industry, working on big oil tanks as an iron fitter. During that time, he started learning welding and took a job that sent him around the nation. As time went on, James became tired of the traveling and sought out a job that would give him stability. That job search would lead him to M&D Mechanical Contractors.

James stayed with M&D for several years before leaving and joining the pipe fitters union for around three years. He then worked at Browns Ferry before returning to M&D. Several years passed and James began experiencing health issues that threatened to force him into early retirement. After a few months though, James was able to return to his job at M&D and continue his career.

James contributed to the future of M&D Mechanical Contractor's welding department as the first teacher for the company's welding apprentice program. James served as a teacher for five years and still mentors younger employees entering into the company.

His advice: "You have to want to weld, because it isn't easy. Keep improving and have a lot of pride in what you are doing. It is like making art. Concentrate and make it look good."