The Occupational Programs Bi-Weekly Wrap Up

UVA Facilities Management

04.14.2023

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Don't forget: Reasons to Celebrate!



<u>Let Us Know:</u> You can always email <u>FM-OHS@virginia.edu</u> if you have suggestions or story ideas. Now there's a new way to get in touch — <u>Let us know</u> by answering a few quick questions.

APPRENTICESHIP

Recap: Job Fair & 40th Anniversary Celebration

Thank you to the apprentices, instructors, trainers, retirees, friends and supporters of apprenticeship and our local employer partners for coming together for a lively Job Fair & Anniversary Celebration on April 11. We were joined by guests from the <u>Architect of the Capitol</u> as well as from the <u>Virginia Department of Labor & Industry</u>.

Check out selected photos from the event:

















APPRENTICESHIP

Thanks also to Local Employers & Workforce Services at the Job Fair













The Apprenticeship Job Application is Posted Until April 30!

The job application for the next class of apprentices will be open until April 30, 2023.

A single application is posted for all apprenticeship tracks/trades. This application will be open to and welcomes all levels of experience. Applications for UVA FM positions are only accepted online via Workday. Current UVA employees must apply using their Workday profile. Apprentices will onboard in summer 2023.

The following documents and information are a required part of your application:

- → Cover letter
- → Resumé
- → References: Name, phone numbers, and/or email addresses of three non-family former colleagues and/or supervisors who can attest to your skills and qualifications.Recent students may use a teacher or professor they have worked with closely.
- → **Letter of recommendation** from someone other than a family member. Additional letters of recommendation are optional.

See the posting: https://at.virginia.edu/2023Apply4Apprenticeship

Be sure you've joined the email list to receive updates: http://eepurl.com/gj80ib
We strive to send one email a month or less, unless the apprenticeship job application is open!

Email FM-Apprenticeship@virginia.edu if you have any questions.

OCCUPATIONAL HEALTH AND SAFETY

Did You Know? Heat Acclimatization

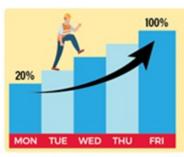
The warm weather has arrived! For those that work primarily outside, it's important to acclimate one's body to the rising temperatures in safe manner.

Heat acclimatization is the improvement in heat tolerance that comes from gradually increasing the intensity or duration of work performed in a hot setting. The best way to acclimatize yourself to the heat is to increase the workload performed in a hot setting gradually over a period of 1-2 weeks.





Prevent Heat Illness at Work



Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

Build a tolerance to heat by increasing intensity by 20% each day.



Drink cool water even if you are not thirsty



Wear a hat and dress for the heat



Rest for long enough to recover from the heat



each other



Take breaks in a shady or cool area



Verbally check on workers wearing face coverings

Note: the FM warehouse has cooling towels in stock!

Tips for Heat Acclimation:

- → Stay hydrated.
- → Take 5-10 minute breaks to cool down, preferably in the shade.
- Don't go back and forth between A/C and outdoor heat. This will make it worse!
- **Know the symptoms of Heat Stress:** https://www.fm.virginia.edu/docs/ohs/ToolboxTalk-HeatStress.pdf

Contact FM-OHS@virginia.edu if you have any questions or concerns related to workplace health and safety.

OCCUPATIONAL HEALTH AND SAFETY **Did You Know? National Stand-Down to Prevent Struck-by Incidents**

"Struck By" incidents are the second highest leading cause of death and the leading cause of nonfatal injuries, among construction workers.

Struck-by incidents can involve falling and flying objects, vehicles, heavy equipment, and swinging mechanical parts.



APRIL 17-21, 2023 NATIONAL STAND-DOWN TO PREVENT STRUCK-BY INCIDENTS



This April 17-21, construction managers and crews are encouraged to take a break and participate in a voluntary "stand-down" to review safe practices and potential hazards. This event is held in conjunction with National Work Zone Awareness Week.

Check out the website for more information, resources, and for toolbox talks on this

topic: https://at.virginia.edu/5kgetV

Thank You, Safety Stars!

Thank you to the March & April 2023 Safety Stars. If you haven't received your star - Reach out to the OHS team. They've been looking for you!

- ⋆ June Bates
- Michael Skrivan
- ⋆ Dave Brown
- **★** Randy Spencer
- **★ Steve Thompson**

- ★ Travis Durrer
- **★ Wayne Turner**
- Marcus Klaton
- **★ Taryn Spence**
- * Amanda Farmer

Safety Stars, different from Safety Champions, can be recognized anytime. Individuals who are nominated for Safety Stars contribute to the FM culture of safety in small ways that may not affect the whole organization, but do create a safer work environment for the immediate group.

Nominate a Safety Star or Safety Champion:

https://virginia.az1.qualtrics.com/jfe/form/SV 8vp1rkfUzbpLGV7

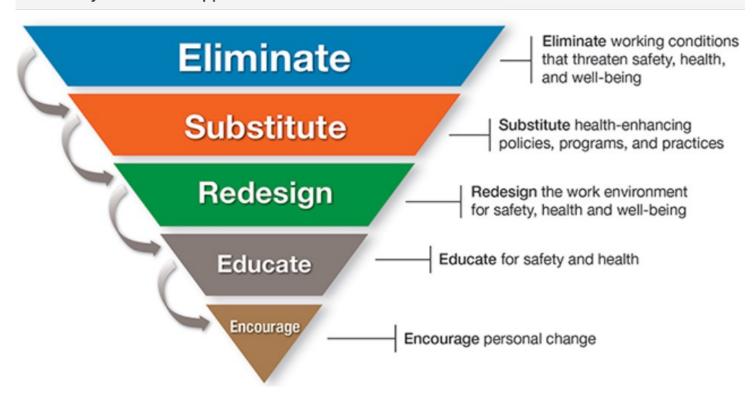
OCCUPATIONAL HEALTH AND SAFETY

Tools for Your Toolbox: NIOSH Total Worker Health

The "Hierarchy of Controls Applied to NIOSH *Total Worker Health*" emphasizes organizational-level interventions to protect workers' safety, health, and well-being. To apply this model:

- 1. <u>Eliminate</u> workplace conditions that cause or contribute to worker illness and injury, or otherwise negatively impact well-being. For example, remove harmful supervisory practices throughout the management chain, if applicable.
- 2. <u>Replace</u> unsafe, unhealthy working conditions or practices with safer, health-enhancing policies, programs, and management practices that improve the culture of safety and health in the workplace.
- 3. <u>Redesign</u> the work environment, as needed, for improved safety, health, and well-being. Examples could include removing barriers to improving well-being, enhancing access to employer-sponsored benefits, and providing more flexible work schedules.
- 4. <u>Educate</u>: Provide safety and health education and resources to enhance individual knowledge for all workers.
- 5. <u>Encourage</u> personal behavior change to improve safety, health, and well-being. Assist workers with individual risks and challenges, while providing support in making healthier choices.

Hierarchy of Controls Applied to NIOSH Total Worker Health ®



Learn more: https://www.cdc.gov/niosh/twh/guidelines.html

See telehealth and virtual mental well-being programs offered through the UVA Aetna Health Plan: https://at.virginia.edu/SpPFSI

TRADESWOMEN

Recognizing Women in Construction





During the Month of March, <u>AGCVA</u> celebrated Leading Women in the Construction Industry, including FM OP Director Laura Duckworth and FM-OHS Manager Shelomith Gonzalez.

See all of AGCVA's recognitions on LinkedIn:

https://www.linkedin.com/company/agc-of-virginia/posts/?feedView=all



"Laura's strategic work to build a #talent pipeline and increase the effectiveness of organizations has had a tremendous impact on the #workforce over the years. She is a respected, trusted thought leader, and her work helps to not only grow organizations and connect individuals with meaningful work, but also to ensure #business continuity. Laura is also a safety leader, driving an increased level of safety and reduction of workplace injuries by involving and empowering her fellow employees."



"Shelomith has a passion for #safety and because of her expertise, she has had a significant impact as she has developed safety policies and procedures and has played a major role as they have been implemented. She believes that safety begins with the individual worker and empowers those around her to put safety and wellbeing first. Her dedication to improve safety has had a ripple effect in not only her own workplace, but the construction community as a whole."

tradespeople she had grown up around

that informs her approach.

became the driving force behind her passion

for safety. Many years later this concern for

worker's lives continues to be the core value

OCCUPATIONAL TRAINING

Leadership Connection: Leadership is Not a Job Title

Leadership is much more than a job title or position you might hold. Leadership is action. One example of this can be found in the story of Daniel Eugene Ruettiger, the famed Notre Dame player "Rudy", who at 5'6", dreamed of playing for the Notre Dame Fighting Irish. As a walk-on, Rudy didn't play for much of his college career, though he practiced, and worked hard every year. Rudy eventually did have an opportunity to play. He achieved a game-ending quarterback sack on the final play of his football career despite playing only two previous downs in the same game. Eventually, Rudy's story was made into a film, and his example of tenacity and influence had been inspiring others for years. Author Matt Mayberry expands on this idea:



Mark Orr, FM
Occupational
Training and
Development
Specialist Senior
pne4yf@virginia.edu

"In its purest form, leadership at work is the ability and desire to accept responsibility for your career. It involves having a vision that benefits you, your organization, and your colleagues. Leaders are skillful at influencing others to believe in that vision and gaining followers that will help them make an impact."

Further, self-help <u>author Robin Sharma</u> states, "Leadership is not about a title or a designation. It's about impact, influence, and inspiration. Impact involves getting results, influence is about spreading the passion you have for your work, and you have to inspire teammates and customers."

This illustration of leadership can be seen through Rudy's example. He obviously inspired his team, spread his passion, and had an enormous impact on each of his teammates even though he wasn't an "all-star QB".

Read more:

- → You Don't Need to Be "the Boss" to Be a Leader (hbr.org): https://at.virginia.edu/fC3u6x
- → Leadership Is Not a Position Or a Title, It is Action and Example (LinkedIn): https://at.virginia.edu/HZDsSK

To learn more, check out the following links in Workday:

- → Influencing Others | Workday Learning: https://at.virginia.edu/PTqsdE
- → Use Your Strengths for Impact and Influence at Work | Workday Learning: https://at.virginia.edu/1Dvpn1
- → Holding Yourself Accountable | Workday Learning: https://at.virginia.edu/9erW9W

OCCUPATIONAL TRAINING

<u>FEAP & Hoos Well Webinar – Own Your Journey to Best Self:</u> Professionally and Personally

April 18, 12:00-1:00 PM via Zoom

Learn:

- → **Skills to cultivate happiness, success, and meaning** in your work and relationships during our age of smart technology and radical change
- → Practical strategies to prevent feeling anxious and overwhelmed by the pace of continual technological, economic, and social change

Register: https://uvafeap.com/events/own-your-journey-best-self

Apply Today: UVA Edge

Earn college credits and advance in your career.

Interested in earning college credits while working full-time? UVA employees can earn 20 undergraduate credits from the University of Virginia through UVA Edge, a flexible online program designed for working adults.

UVA Edge is a part-time, online program and is covered by the UVA education benefit for eligible employees. It is ideal for students without college experience or with less than 30 credits. Students earn credits while building career and digital skills.

The UVA Edge fall application period is open now through May 15. Virtual informational sessions are scheduled in April and May.

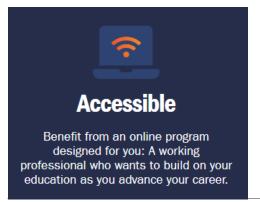
Learn more about the program on the UVA Edge website or through this Q&A with Facilities Management employees who have completed the program: https://uvafm.exposure.co/uvaedge

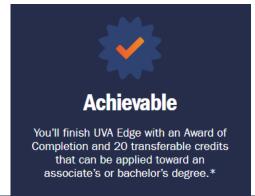
Learn more: https://edge.virginia.edu/

Apply: https://apply.scps.virginia.edu/apply/

Information Sessions: https://apply.scps.virginia.edu/portal/UVAEdgeWebinars

Contact edge@virginia.edu with any questions.







OCCUAPTIONAL TRAINING—CONTINUED

Upcoming Professional Development Opportunities

Effective Negotiation

Negotiation is a practical skill that you knowingly, or unknowingly, participate in multiple times a day. Understanding the tools involved in effective negotiation, as well as planning for negotiation can make for dramatic improvements in your results. This course is designed to introduce fundamental negotiation skills and provide tools for future success with negotiation.

Choose from two sessions/locations:

- → April 25, 1:00-3:00 p.m., in Skipwith Hall, 112 Upper Level Large Conference Room
- → April 26, 9:30-11:30 a.m., in HSPP West Complex Level '0' Conference Room

Register: https://at.virginia.edu/zuotz8

Apply for UVA FM Jobs

<u>Current UVA Employees</u> Search for and apply to jobs using your existing <u>Workday account</u>:

See UVA HR's How to Apply: for Internal Candidates: https://at.virginia.edu/jgLuzS

<u>External Applicants</u> (not currently employed by UVA) will be prompted to create a profile in Workday when applying: https://uva.wd1.myworkdayjobs.com/UVAJobs

Not all listings are available to external applicants.

Questions on job listings should be directed to AskHR@virginia.edu

See FM iobs >>

<u>Upcoming Pipelines & Pathways Career Building Workshops</u>

Join the <u>UVA Pipelines & Pathways</u> Career Building 101 Workshop Series. Through these virtual, interactive workshops, you will learn the basics for building your career and get the tools you need to obtain your dream job at UVA! Share these events with your friends! All workshops are FREE AND OPEN TO THE PUBLIC and will be held live via Zoom. You may attend as many workshops as you'd like. Once you register, you will be emailed a Zoom meeting invitation link to access the workshop the day of the event.

NAVIGATING YOUR CAREER PATH—Wednesday, April 26, 2023 | 12:00pm to 2:00pm

This virtual workshop is designed to help individuals navigate the complexities of career exploration and gain a better understanding of their professional aspirations. Participants will explore various career paths, assess their skills and interests, and gain insight into the current job market. Through interactive exercises and group discussions, attendees will identify potential career paths at UVA and consider a personalized action plan for achieving their employment goals.

MAKING A LASTING IMPRESSION—Wednesday, May 24, 2023 | 12:00pm to 2:00pm

This virtual workshop focuses on how a job applicant can make a lasting impression on an employer while navigating work opportunities. It will explain how to design a resume and professional profile as well as answers to job interview questions memorable to potential employers. This workshop will go in-depth on the definitions of Simple, Unexpected, Concrete, Credible, Emotional and Stories (SUCCESs), which are tools that can be used for crafting your resume, professional profile, and answers to common job interview questions.

Register for these workshops: https://at.virginia.edu/1SCZ6V

If you have questions or need additional information, please contact Hollie Lee at HNL5Q@virginia.edu.

DIVERSITY, EQUITY & INCLUSION

THANKOU





FM, Thank you.

In partnership with Harvest Moon, we had a wonderful time delivering coffee and pastries across FM to every team—from the early morning shift change in Systems Control to the evening custodial teams at HSPP and North Grounds—this place couldn't operate without you! We're so thankful you're here and appreciate the above and beyond service you provide <u>daily</u> to UVA—Thank you!

Our goal was to just say 'thanks' in a small but meaningful way and we hope it felt like that. If there are any ideas, feedback or comments you'd like to send our way, please do so! It helps us improve this event every year and create something that is based on your needs, ideas and preferences.

Please feel free to send any feedback to FM-DEI@virginia.edu
And again, thank you.



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https://at.virginia.edu/UYFbnl

DIVERSITY, EQUITY & INCLUSION

Live in C'ville and Need Rent Help? You have a short time to apply!



Read more here:

https://at.virginia.edu/j9mqoW

"Local households that need assistance with rent have two opportunities to apply for help in the coming weeks. Who can apply? Households with a maximum income of 50% of area median income. (Here's more about how AMI is calculated.) The top income limits this year are for households with:

1 person that has an income of \$36,700

2 people, \$41,950

3 people, \$47,200

4 people, \$52,400

5 people, \$56,600

6 people, \$60,800

7 people, \$65,000

8 people, \$69,200"

"If you need rental assistance, you can <u>apply to Charlottesville's voucher program using their online portal</u> from Monday, April 3 at 9 a.m. to Friday, April 7 at 4 p.m. <u>Albemarle County's online portal</u> will accept applications from Thursday, April 6 at 10 a.m. through Thursday, April 13 at 4 p.m. "

Click here to apply for housing vouchers from Charlottesville starting April 3

Click here to apply for housing vouchers from Albemarle County starting April 6



"The Charlottesville Tool Library has more than 500 tools in its catalog, but they're always adding more, either via donations or purchasing oft-requested items like large floor sanders...the most lent-out item? Extension cords."

Read more here: https://at.virginia.edu/lyEYv2





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https://at.virginia.edu/CWhrGm

DIVERSITY, EQUITY & INCLUSION



Come test ride a selection of e-bikes, chat with experts and celebrate Earth Day!

Coffee, bagels, and helmets will be provided

Join us in Zehmer Hall Conference Room C/D and the Zehmer Upper Parking Lot to test some e-bikes! Blue Ridge Cyclery, Blue Wheel Bicycles, Charlottesville E-Bike Lending Library, and the Piedmont Environmental Council will all be in attendance. Tickets are not required, just drop-in to attend during event hours.

Friday, April 21st 9am-11am

Learn more here: https://www.eventbrite.com/e/e-bike-demo-day-tickets-608678211917





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https://at.virginia.edu/Ju72wl

Questions or comments about DEI updates? Email FM-DEI@virginia.edu

let's celebrate!

Reasons to celebrate are all around us!

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

April 14: National Gardening Day

April 15: Glazed Spiral Ham Day

April 16: Good Deeds Day

April 17: National Stand-Down to Prevent Struck-by Incidents

April 18: International Jugglers Day

April 19: National Hanging Out Day

April 20: Volunteer Recognition Day

April 21: Eid al-Fitr

The "Festival of Breaking Fast", celebrated at the end of the Muslim Holy month of Ramadan.

WELLNESS

COVID-19 Public Health Emergency Ending

The federal COVID-19 emergencies end on May 11, 2023. Here's how the end of the federal government's COVID-19 emergencies may affect you:

- → COVID-19 vaccines, including boosters: UVA employees insured by Aetna will pay \$0 for the vaccine at innetwork locations.*
- → **COVID-19 lab tests:** UVA employees insured by Aetna will pay a copay, coinsurance, or deductible at innetwork locations.* This amount is applied to your outpatient testing benefit, which is part of your medical plan. Associated office visits will also follow your normal plan cost share.
- → COVID-19 at-home test kits, also known as over-the-counter (OTC) test kits: You will now pay the retail cost of the test kits, which are generally around \$12 per test. If you have a health savings account or flexible savings account, you can use those towards test kits.
- → Anti-viral medications or treatments, like Paxlovid: UVA employees insured by Aetna will continue to pay \$0 for these prescriptions while the government supply is available.*

See more: https://www.aetna.com/individuals-families/member-rights-resources/end-of-phe.html

* Individuals not insured by the UVA Aetna plan or those visiting an out-of-network healthcare provider may pay more for their vaccine or test.

What to Do: Symptoms or Illness

- Any employee who is experiencing <u>symptoms of illness</u> (COVID-19, cold, or flu) should isolate/stay home, notify their supervisor, consult their healthcare provider or contact Employee Health, and get tested.
- UVA team members who are required to follow UVA Health's <u>policy OCH-002</u> should go to Employee Health at 400 Brandon Avenue (former Student Health location) for walk-in symptomatic COVID-19 testing between 8 am and noon or between 1pm and 4 pm, Monday through Friday.
- If UVA Health team members receive positive COVID-19 test results outside of UVA Health or Employee Health, they are required to notify Employee Health at 434-924-2013 or employee
 eehealth@virginia.edu. (This requirement does not apply to other Academic Division employees.)

At-Home COVID-19 Tests

- Your health insurance will cover at-home over-the counter COVID-19 tests until May 1. Use your health insurance card at the pharmacy window.
- Individuals without insurance can access COVID-19 vaccines & testing through local community health centers or a community testing site.
- **If you already have plenty of COVID-19 tests,** check to see if their expiration dates have been updated by the FDA: https://at.virginia.edu/bWV3TP

WELLNESS

Updates from UVA Health, starting April 18

Masks

UVA Health is broadening the areas of our system where masking is optional. Masks will continue to be required in areas that care for patients who are immunocompromised or are otherwise at increased risk of COVID-19 and/or severe disease. This includes within University Hospital, the Emergency Department, Transplant clinic, Cancer clinics, Dialysis centers, and Infusion centers.

Our requirement continues to mandate wearing a medical grade 3-ply facemask covering the mouth and nose. Patients and visitors also must wear a medical grade 3-ply facemask in University Hospital, the Emergency Department, and in designated high-risk clinics (Transplant clinics, Cancer clinics, Dialysis centers, and Infusion centers), except once inside the patient's room.

Please see the table at right for a detailed listing outlining the masking requirements:

Self-Screening

It remains the responsibility of all UVA team members to screen themselves for symptoms of illness. By coming into work, you are attesting that you are free from symptoms of COVID-19.

Air Handling Systems

Air handling systems will be returned to their original specifications.

Visitation Policy

UVA Health's University Medical Center will be returning to the visitation policy that was in effect prior to the COVID-19 pandemic. We're pleased to make this change — recognizing that visits from family, friends, and others are important to patients and support positive health outcomes.

Location	Mask Requirement
University Hospital (including imaging, public spaces, hallways, East Cafeteria, clinical care areas, and units)	Required
Emergency Department	Required
Transplant Clinics	Required
Cancer Clinics	Required
Infusion Center	Required
Dialysis Centers	Required
All Admin Buildings and Locations (including research areas, not likely to have patients or visitors present)	Optional
Ambulatory Clinics and Outpatient Imaging (most locations)	Optional
Orthopedic Center Ivy Road	Optional
Outpatient Surgery Centers	Optional
West Complex (except for shared Transplant and Surgery clinic space and Dialysis Center)	Optional

OCCUPATIONAL TRAINING

FM JOB LISTINGS*

- R0040639 High Voltage Electrician
- R0035502 Senior HVAC Mechanic, Night Shift,
 6:00pm 6:00am
- R0047048 IT System Support Engineer, Associate
- R0045947 University of Virginia Apprenticeship Program
- R0046919 Geospatial Space Technician
- R0046946 Custodial Services Workers, Multiple Shifts Available!
- R0045728 Quality Assurance Inspector
- R0046008 HVAC Mechanic
- R0046146 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weeknight/Weekend Day Shift
- R0045606 Zone Maintenance Supervisor
- R0044441 Senior Pipefitter/Steamfitter
- R0046833 Instrumentation & Controls Technician
- R0042014 Facilities Planner
- R0042962 Senior Carpenter
- R0046837 Power and Light Supervisor
- R0046830 Utilities Supervisor
- R0045468 Compliance Analyst
- R0045792 Systems Engineering Associate, Data Management & Analysis
- R0046631 BAS Construction Team Supervisor
- R0035630 Geospatial Space Technician
- R0035626 Geospatial Space Analyst
- R0046182 Plumber Assistant
- R0045328 Electrician
- R0044253 HVAC Mechanic or HVAC Senior Assistant
- R0042051 Recycling Worker
- R0042542 Controls Engineering Technician/ Senior Controls Engineering Technician
- R0046346 Building Optimization Team Supervisor
- R0036614 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0046368 HVAC Mechanic or HVAC Senior Assistant
- R0046336 HVAC Mechanic
- R0034727 Mason CC&R

- R0044309 Custodial Services Worker, Housing: M
 F 8:00am-4:30pm
- R0046097 Carpenter
- R0046046 Asbestos Abatement Supervisor
- R0045899 Landscape Manager
- R0044445 Senior Welder for Utility Systems
- R0045816 Senior Pipefitter/Steamfitter
- R0036931 HVAC Mechanic
- R0040954 Senior Welder for Utility Systems
- R0035437 Sign Shop Worker
- R0045397 Custodial Services Worker M F 5:00
 AM 1:30 PM
- R0045150 Senior HVAC Mechanic
- R0045100 Carpenter Assistant
- R0045101 Mason Assistant
- R0036157 Historic Mason CC&R
- R0044588 Metering Technician
- R0044371 Electrician
- R0044386 Plumber Steamfitter
- R0044377 Senior Electrician
- R0034508 Electrician
- R0042856 Part-Time Custodial Services Worker: Saturday - Sunday 12:00pm - 8:30pm shift (Wage)
- R0041953 Drywall/Plasterer
- R0042657 Carpenter Construction & Renovation Services
- R0041410 Utility Locator/Damage Prevention Technician
- R0038218 Construction Administration Manager/ Senior Construction Administration Manager
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday -Friday 3:30pm to 11:30pm
- R0041976 Computer Help Desk Tech (Student Wage)



Find Your Voice



Build confidence for your next speech or presentation!

Toastmasters provides a fun, safe, and supportive environment for you to practice public speaking. Along the way, you'll build a better you!

Participating in Toastmasters will allow you to:

- Improve your public speaking and communication
- Gain confidence when speaking in front of others
- · Sharpen your leadership skills
- Enjoy a competitive advantage in your workplace



Facilities Management

Take charge of your future and join our club today.

Hoos Speaking Weekly meetings on Wednesdays, noon-1 p.m. in person and online.

Email Narges Sinaki at ns4xq@virginia.edu to attend.

If you would like, please feel free to bring your lunch.