

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

11.20.2020

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WATCH: The Latest FM Virtual Toolbox Talk

Hosted by Marcus Klaton & Kristina Williams from FM's Energy & Utilities Safety Committee on **Home Safety Around the Holidays**.

Watch it here:

<https://bit.ly/3fhu3iR>

Thank you, Marcus & Kristina!



Apprenticeship Program Highlights



- Apprenticeship Program graduates of 2020 will be receiving their diplomas this week. Congrats to our graduates!
- 1-on-1 meetings will resume the first week of December.
- Shout out to Bonnie Hockins in FM-OHS. Bonnie is assisting with 1-on-1s and acting as a program liaison with FM tradeswomen.
- The next **Electrical Roundtable** is coming soon!

Notes from FM Diversity, Equity & Inclusion

- **Common Law Podcast:** Though much divides us these days, there are still some things we all share in common. One of them is law. In “Common Law,” a podcast sponsored by the University of Virginia School of Law, Dean Risa Goluboff and Vice Dean Leslie Kendrick explore how law shapes society, how we shape law and why we should all care. <https://at.virginia.edu/2ISJe6c>
- **Join the UVA Women's Center 20/20 Challenge:** Social media is brimming with variations on a theme of doing 20 “somethings” in 2020. Here at the Women’s Center, we’ve been inspired by [Barbee’s Daily Kos post](#) to read more broadly this year. First step: carve out time to read (a challenge we know, but one that rewards your spirit richly!). To help us all, we’ve assembled a selection of new (and some classics) works by women. <https://at.virginia.edu/3fdJmsQ>
- **Resmaa Menakem ‘Notice the Rage; Notice the Silence’:** The best laws and diversity training have not gotten us anywhere near where we want to go. Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word “race.” <https://bit.ly/3kT5la0>

Contact DEI: FM-DEI@virginia.edu



DEFEAT COVID-19: Celebrate Thanksgiving Safely

The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer:

- **Wear a face cover.**
- **Stay at least 6 feet away from others who do not live with you**
- **Wash your hands**

Consider Creating New Thanksgiving Traditions:

Host a virtual Thanksgiving meal with friends and family who don't live with you

- Schedule a time to share a meal together virtually.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared.

Watch television and play games with people in your household

- Watch Thanksgiving Day parades, sports, and movies at home.
- Find a fun game to play.

Shopping

- **Shop online** sales the day after Thanksgiving and days leading up to the winter holidays.
- **Use contactless services** for purchased items, like curbside pick-up.
- **Shop in open air markets**, staying 6 feet away from others.

If you must travel

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

- **Check travel restrictions** before you go.
- **Get your flu shot** before you travel.
- **Always wear a mask in public settings** and on public transportation.
- **Stay at least 6 feet apart from anyone** who is not in your household.
- **Wash your hands often** or use hand sanitizer.
- **Avoid touching your face covering, eyes, nose, and mouth.**
- **Bring extra supplies**, such as face coverings and hand sanitizer.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>

UVA FEAP (Faculty & Employee Assistance Program)

As we head into what will undoubtedly be an unusual holiday season, we pause to consider the increased feelings of stress, loneliness, grief, and loss many of us may be experiencing.

FEAP is here to support. Explore their offerings or schedule a 1:1 appointment:

<https://uvafeap.com/appointments/>

R.O.A.R: Realizing Opportunities & Acknowledging Resiliency

Shared by Women's Network Virginia

This Learning Short is all about **resilience**:



- looking at how to **develop resilience**,
- identifying some **key elements of resiliency**,
- looking at your **passion** and
- **providing you with an opportunity to think about some of the tools that we suggest to develop your resiliency and move forward towards your vision.**

Watch it here: <https://youtu.be/-FJhPRG0fC8>

Presented by: Dr Denelle Wallace, Associate Dean, School of Education at Norfolk State University, dlwallace@nsu.edu

Produced by: Dr Felicia Mebane, Executive Director, School of Graduate Studies & Research at Norfolk State University, femebane@nsu.edu

UVA Family Care & Tutoring Services

Take a moment to ensure you are aware of UVA's enhanced services and resources to support your family's needs:

- UVA's Dual Career Program has developed a **Parent & Guardian Connection** aimed to help employees connect with others in the UVA community to bridge childcare gaps and engage with one another around shared interests and priorities, e.g., socially distanced activities, virtual meet-ups, and more. From their website you will have access to a number of different dependent and back-up care services, including those outlined through **UVA HR** – you may also use the chart located here: <https://at.virginia.edu/3ILo4FG> to help you identify resources to best fit your needs.
- **Charlottesville Education Equity in partnership with Madison House is offering tutoring services for area students.** The team is particularly attentive to provide support to those families with greater financial needs and all inquiries are welcome. Interested individuals can learn more by visiting <http://cvilleeducationequity.com/get-support-families/> and request free virtual tutoring by completing this form: <https://bit.ly/3pINzK3>

LET'S TALK ABOUT: Blocking

Have you seen a crucial block lately? We're not talking about football; we're talking about blocking as it relates to safety and your work area: **Blocking important safety elements of the workplace from access.**



One of the most common things noticed during a safety inspection or walk-through are blocking violations. However, not everyone may be looking for these, so **what types of things should not be blocked?** Below is a partial list of common items that get blocked in workplaces. (There can certainly be others!)

- **Emergency Exits**
- **Eyewash stations and showers**
- **Electrical panels**
- **Electrical disconnects**
- **Fire extinguishers**
- **First Aid Kits and AEDs**
- **Pedestrian aisles**



How serious is this issue? Locked and blocked exits were factors in the deaths of and injuries in many fires. Sometimes, it was just 'partially blocked' which still impeded the route or access for seconds critical during an emergency situation.

The good news is that blocking is easy to identify and fix. Consider painting zones around these areas and installing signs to inform people they can't be blocked. Regular inspections and emphasis on blocking is the most important element to preventing such issues. Specifically look for items that "have always been there" as these permanently blocked items need to be addressed.

OSHA and other regulatory agencies have rules on blocking such items, as does UVA. They are important and access to these things can be critical in a time of emergency.

Take a look around your work area today when you head out. See if there is clear access to the electrical panels and fire extinguishers. Let your supervisor know if something is blocking access. Look to see if any items have been "permanently" blocked by design.

It is certainly better to go 10 ft further for a fire extinguisher than it is to have to move carts, racks or other items just to get to it during an emergency.

Questions? Email us: FM-OHS@virginia.edu.

Respirator Use Precautions During COVID-19

UVA Facilities Management Occupational Programs

11.20.2020

FM RESPIRATOR USERS, do your part to stop the spread of the COVID-19!

1. Wear your face cover at all times — including when you wear your assigned respirator.
2. Follow the Respirator Use Precautions During COVID-19, below:

If you are assigned to a:

TIGHT-FITTING AIR PURIFYING RESPIRATOR, TIGHT-FITTING POWERED AIR PURIFYING RESPIRATOR, or FILTERING FACEPIECE RESPIRATOR WITH EXHALATION VALVE

1. Be clean shaven (no beard, goatee, or mustache below the side of the mouth).
2. **BEFORE** using the respirator:
 - Assemble and inspect it. Look for signs of cracking or deterioration, strap tension, gaskets, and inhalation/exhalation flaps
 - Perform a user seal check (i.e., a fit check) to be sure of an adequate seal.



3. Don and adjust the respirator properly.
4. **Wear your face cover on top of your respirator. Make sure it covers the exhalation valve of the respirator.** This protects those around you from anything exhaled.
5. **AFTER** using the respirator: clean & store it properly. Disinfect it, if needed.
6. If you experience visual changes in your physical condition that could affect respirator fit (e.g., facial scarring, dental changes, cosmetic surgery, or obvious changes in body weight), you may no longer be getting a good facial seal with the respirator and are not being adequately protected. Employees should inform their Supervisor or **FM-OHS** immediately.

LOOSE-FITTING POWERED AIR PURIFYING RESPIRATOR

1. **First, put on your face cover, then your assigned respirator.** This protects those around you from anything exhaled.
2. **BEFORE** using the respirator:
 - Assemble and inspect it. Look for signs of cracking or deterioration, on head-top, front shield, shroud, and hose. Check the operation of the motor & battery.
 - Conduct an airflow check with an airflow indicator
3. Don and adjust the respirator properly.
4. **AFTER** using the respirator: clean & store it properly. Disinfect it, if needed.



If you have any questions, or need retraining on your respirator, please contact FM-OHS@virginia.edu.

Education Benefits

If someone offered you an extra \$4360 each year would you take it?

To help you achieve your educational and professional goals, UVA offers eligible employees an **Education Benefits Program** worth up to \$4360 per calendar year.

In this program, eligible employees may request up to \$4360 to use for tuition towards a degree-seeking program or up to \$2000 to use towards professional development opportunities related to your current job, leaving \$2,360 to be used toward the Tuition Benefit. (A maximum of \$4360 is available for use between the two benefits per calendar year.)

If there are any degree programs, classes, certification training, and conferences you are interested in pursuing, consider utilizing your education benefit to help you cover the cost!

HURRY – The deadline to submit your application to use 2020 Ed. Benefits is December 11, 2020.

For more information, please contact ASKHR@virginia.edu, one of your FM HR Business Partners, Occupational Training, or your supervisor.

UVA HR Community Resources' Office Hours for FM employees

Appointments are required. To schedule, contact Stuart Munson by emailing scm5rw@virginia.edu or calling 434-243-3672 or 434-326-6206.

Learn more: <https://at.virginia.edu/2JPAESH>



COMMUNITY RESOURCES SERVICE
OFFICE HOURS AT FM

FREE, CONFIDENTIAL RESOURCES TO ASSIST WITH:

- **BASIC NEEDS** SUCH AS HOUSING, CLOTHING, UTILITIES AND FOOD
- ASSISTANCE WITH **PERSONAL BUDGETING** AND FINANCE
- FREE **LEGAL RESOURCES** AND ACCESS TO LAWYERS

SECOND TUESDAY OF EVERY MONTH, 11 a.m.–noon
in Leake lower-level conference room 20

Appointments are required.

To schedule, contact Stuart Munson by emailing scm5rw@virginia.edu or calling 434-243-3672 or 434-326-6206.

WHAT TO DO IF

You have COVID-19 symptoms:

- Do not report to work.
- Call your supervisor & let them know.
- Call Employee Health at 434-924-2013. *Employee Health has the fastest testing turnaround times for UVA Employees.*
- Follow guidance from Employee Health.
- Keep your supervisor updated with condition/test results.

You suspect you have been exposed to someone who is COVID-19+

- Do not report to work. You can work from home, if able.
- Call your supervisor & let them know. They must complete a report for you to use the Public Health Emergency Leave.
- Call the asymptomatic testing clinic at 434-243-9534. Asymptomatic tests are administered at the Student Activities Building. *This clinic has the fastest testing turnaround times for asymptomatic testing of employees.*
- Follow guidance from the clinic. Using [UVA's MyChart \(account needed\)](#) will give you access to results the fastest.
- Keep your supervisor updated with your condition and test results.

COVID DEFINED:
CLOSE CONTACT
with someone who is COVID positive

Within 6 feet ...

... For 15 mins **COMBINED** over 24 hours

... Anytime in the 2 days before their symptoms started

STAY SAFE.
KEEP YOUR DISTANCE.

TJHD.ORG
434-972-6261

VDH VIRGINIA DEPARTMENT OF HEALTH
It's never too early to get tested.
It's never too late to get tested.

BRHD BLUE RIDGE HEALTH DISTRICT
HEALTH CARE | MEDICAL SERVICES
COMMUNITY | CHARITABLE

Most people who feel they are at high risk of having been exposed are able to return to work after 72 hours and a negative test, provided that they are not contacted by UVA Employee Health or the Virginia Department of Health.

You live with someone infected with COVID-19 or were asked to test for COVID-19, or you suspect significant exposure (within 6 feet for 15 minutes or more total within a 24-hour period) to someone found to be infected, you may be contacted by your local health department with guidance. **Otherwise, you should:**

- Seek testing through a free [voluntary test](#) provided by UVA or call the asymptomatic testing clinic at 434-243-9534.
- Go home or stay home and quarantine until guidance and/or test results are received. Employees can work from home if they are able.



CLOTHING DRIVE

DONATE GENTLY USED OR NEW

COATS ❄️ SCARVES ❄️ HATS
GLOVES ❄️ SOCKS

DROP OFF LOCATIONS: BIN IN LOWER LEVEL LEAKE (NEAR SERVICE DESK)
OR BIN IN HSPP WEST COMPLEX, OUTSIDE CONFERENCE ROOM G032.

NOV. 30 DEADLINE

BENEFITS WAYNESBORO AREA REFUGE MINISTRY (WARM) AND VALLEY MISSION • SPONSORED BY AJ AND ADRIENNE YOUNG & FM DIVERSITY, EQUITY, & INCLUSION (DEI)

UVA Offers FREE COVID-19 Testing to Employees

Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

Tests are shipped free to employees' homes and must be returned the same day the sample is taken. Return shipping is also free. Results will be available in the Let's Get Checked portal, usually within 72 hours of the lab receiving your sample.

Order here: <https://www.letsgetchecked.com/us/en/order-form/>

Employees who believe that they have been significantly exposed should self quarantine, monitor symptoms, and contact their primary care doctor for guidance if they were not contacted by the Virginia Department of Health within 48 hours of suspected exposure.

***Significant exposure** is defined as being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period.*



Stay Safe During Flu Season

Source: <https://blog.dol.gov/2020/10/15/staying-safe-during-flu-season>

One in 10 people in the United States will get the flu in a given season, according to estimates from the [Centers for Disease Control and Prevention](#). While viruses can live all year, flu activity tends to rise in October and then peak between December and February. **With COVID-19 a factor this year, it's even more important to take precautions to prevent the flu from spreading. Here are 10 Tips:**

1. **Make a plan to get vaccinated NOW.** UVA has provided all FM employees avenues to free flu shots. Protect yourself and your family!
2. **Stay home if you are sick.** Utilize [Teladoc](#) to speak with a health care provider.
3. **Wash hands frequently with soap and water for 20+ seconds;** use an alcohol-based hand rub if soap and water are not available.
4. **Continue practicing physical distancing.** Staying at least 6 feet apart from coworkers, whenever possible, can help prevent the spread of the flu.
5. **Cover coughs and sneezes with a tissue or upper sleeve.** Tissues should go into a "no-touch" wastebasket and wash your hands after coughing, sneezing or blowing your nose. Avoid touching your face.
6. **Keep frequently touched surfaces clean.** Commonly used surfaces such as counters, door handles, phones, computer keyboards and touchpads should be cleaned routinely.
7. **Limit shared equipment or clean equipment before others use it.** Avoid using a coworker's phone, desk, office, computer, tools, or other equipment unless they are cleaned with an EPA-approved disinfectant.
8. **Make sure your coworkers and family understand how to stay healthy during flu season,** including new and temporary workers. Knowing is half the battle!
9. **Keep wearing your face covering.** These help limit the flu's spread.
10. **Consider alternate work arrangements.** If feasible, consider options such as telework or staggered shifts for workers considered high risk for seasonal flu (such as older workers, pregnant women, and those with asthma).



JOIN US FOR OUR ANNUAL COMMUNITY MEAL

Hoos-Giving 2020

A free Thanksgiving meal sponsored by
the Office of the Dean of Students, UVA Dine, and the
Food Insecurity Resource Group

In-person and to-go options available.

Face coverings are required and all University COVID-19
safety policies will be in place.

NOVEMBER 26 | 12-2PM
NEWCOMB HALL, 2ND FLOOR

RSVP USING THIS LINK OR THE QR CODE BELOW
[HTTPS://FORMS.GLE/QWEJL3ANDBYLTES08](https://forms.gle/QWEJL3ANDBYLTES08)



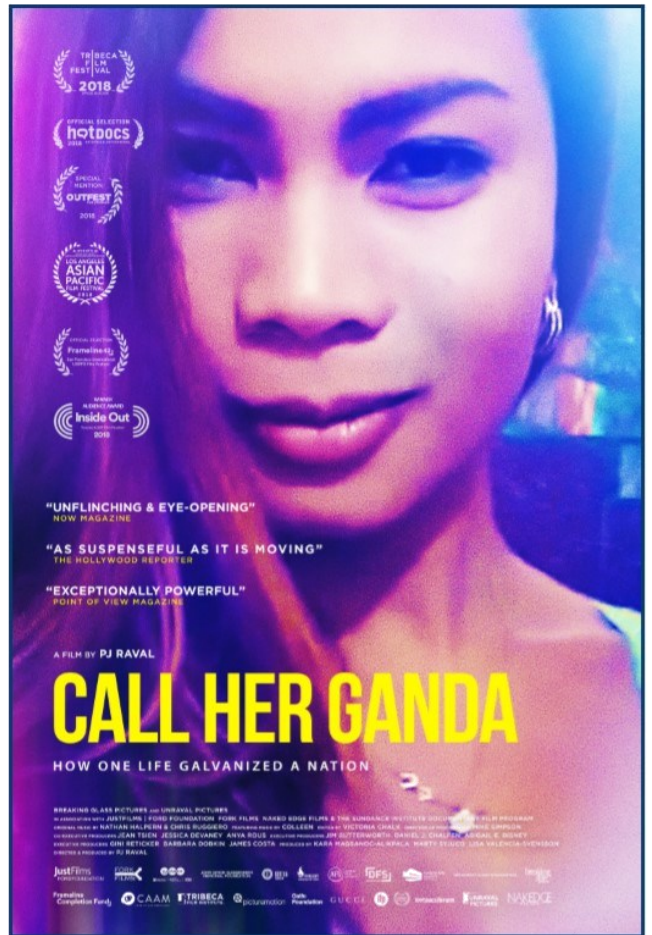
Transgender Day of Remembrance: *Film & Discussion*

Friday, November 20 at 7pm
(via Zoom)

Join Cville PRIDE and the Jefferson-Madison Regional Library as we observe the Transgender Day of Remembrance (Nov. 20th) and honor the memory of the transgender people whose lives were lost in acts of anti-transgender violence. How can you participate?:

- 1.) Watch the documentary *Call Her Ganda* (2018) available to screen for free at jmrl.kanopy.com with a JMRL Library card. Don't have a Library card? You can get one online at <https://hestia.jmrl.org/onlinecardregistration/>
- 2.) Register at www.jmrl.org to receive a Zoom link to participate in the community film discussion with panelists from the trans community on Friday, November 20 at 7pm

Questions about accessing the documentary or registering? Please call 434.973.7893 x3



grow. learn. connect.

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