

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

1.29.2021

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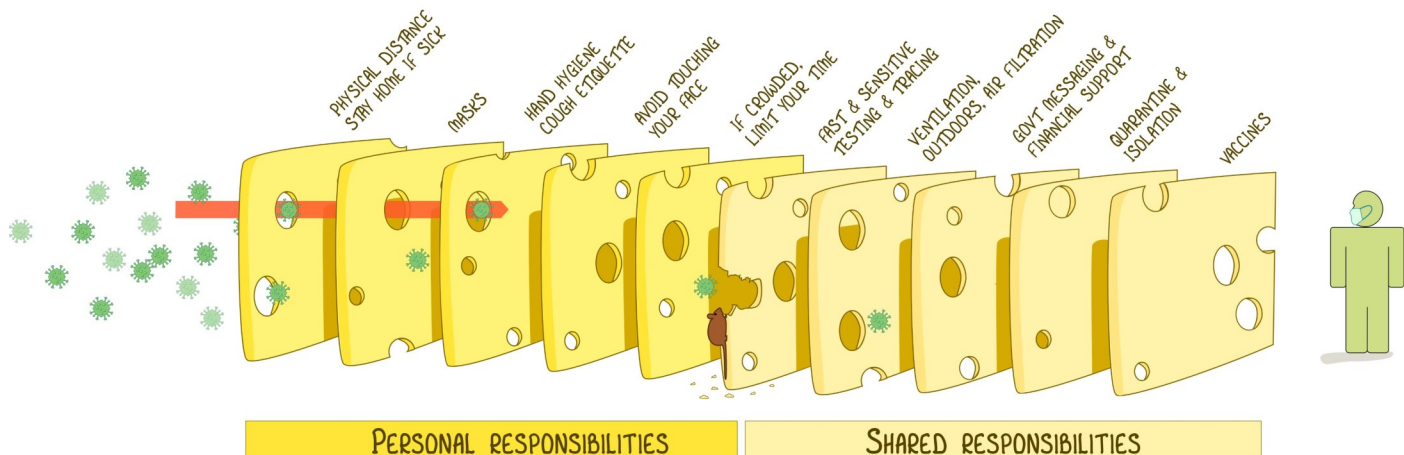
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DEFENSE AGAINST COVID-19: Personal & Shared Responsibilities

Thank you for your flexibility and patience as you work with your colleagues to defeat this virus!
Learn more on the latest in the following pages.

THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).
MULTIPLE LAYERS IMPROVE SUCCESS.

IAN M. MACKAY
VIOLOGYDOWNUNDER.COM

WITH THANKS TO JODY LANARD, KATHERINE ARDEN & THE UNI OF QLD

Apprenticeship



RECOGNITION: Orlando Watkins

The Apprenticeship Team would like to give 2018 graduate Orlando Watkins a shout out: He was featured in FM's *On Grounds* staff news for his outstanding customer service in helping to get UVA Health Radiology staff hot water for their hand-washing stations.

Read more: <http://at.virginia.edu/3aiqLtw>



Orlando receiving Virginia DOLI's Outstanding Apprentice Award in 2018.

Up Next: All-Apprentice Roundtable: February 9

Attendance by all UVA FM apprentices is mandatory. This roundtable will feature program review and updates, as well as the introduction of Bonnie Hockins. Keep an eye on your inboxes for an invite to the next Roundtable.

Email fm-apprenticeship@virginia.edu if you did not receive an invite.

OCCUPATIONAL TRAINING

UPCOMING PROFESSIONAL DEVELOPMENT OPPORTUNITIES:

Supervisor's Toolkit has been specifically designed to meet the needs of the facilities management professional. It is a structured, open-ended, and pragmatic approach to developing supervisors. It is not so much a teach program as a development process, designed to help supervisors realize both personal and professional growth. The program has been newly designed as a full three days of training.

→ Virtual Supervisor's Toolkit, **February 8-11, 2021**

Class will be held via Zoom from 12:00 p.m.-3:00 p.m. EST

Cost is \$800

To register, [visit APPA](#).

→ Virtual Supervisor's Toolkit, **February 22-25, 2021, Times TBD**



Supervisor approval required. Registration via APPA:

<https://www.appa.org/supervisors-toolkit/>

DIVERSITY, EQUITY & INCLUSION

Recording: COVID-19 and Systemic Racism

As COVID-19 rages on, alumna **Dr. Sherita Hill Golden (Med '94)**, Vice President and Chief Diversity Officer at Johns Hopkins Medicine joins Retold and the 2021 Community MLK Celebration for a timely discussion on the **interwoven impact of COVID-19 and systemic racism on Americans today**. Special introduction by Dr. Maurice Apprey, professor of psychiatric medicine at the UVA School of Medicine and dean of the University's Office of African-American Affairs.



Click here to access the recording: <http://bit.ly/3cmUYuj>, Passcode: A#5^%E3K

Third Annual “Double Take”



The University of Virginia is inviting all members of the UVA community to apply for the third annual **“Double Take”** storytelling event, which kicked off in 2018 as part of President Jim Ryan's inauguration. Members of the UVA community – students, faculty, staff and alumni – are invited to share digital submissions of their stories. The performances should be under five minutes for the virtual event.

“Double Take” co-organizers Jess Harris and Matt Weber, members of Ryan's staff, said Ryan wants

to hear stories from people of all backgrounds about bridges they have built, either at UVA or elsewhere. Ten people will be selected by a University committee to speak during the event, which will take place Feb. 27. The time of the program and a link for viewing “Double Take” will be shared closer to that date.

Submit your story here: <https://virginia.app.box.com/f/02e8f72b183941f5bd6d219f18f487aa>

NEW YORKER: What's Wrong With the Way We Work?



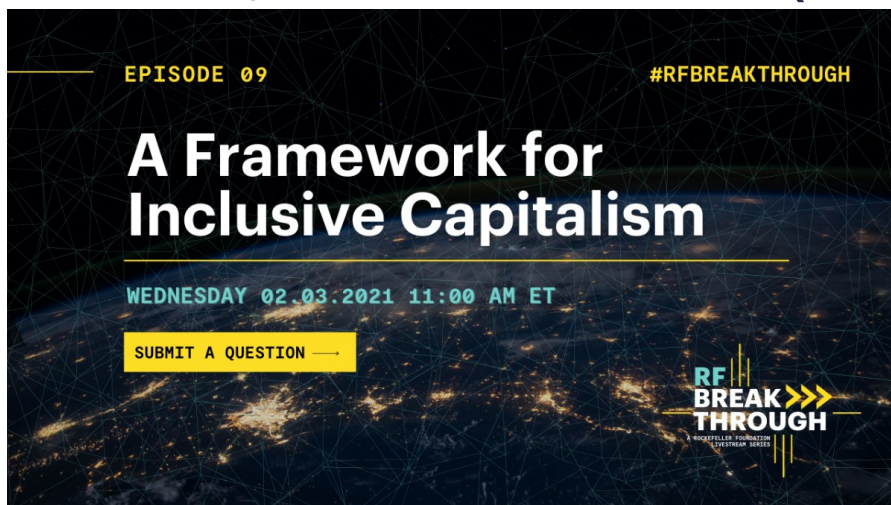
Americans are told to give their all—time, labor, and passion—to their jobs. But do their jobs give enough back?

Want to listen to this article? Audio is available:

<https://www.newyorker.com/magazine/2021/01/18/whats-wrong-with-the-way-we-work>

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)



America's 160-million workers power the largest economy in the world, but the benefits fail to fairly reach all who contribute to it. This isn't news, but the health, social, and economic crises of the past year have created new urgency to address the financial insecurity of workers and their families. Rebuilding our economy requires reforming how our system treats those who power it. We need a new social compact with the American worker.

This session will be broadcast live across the Foundation's social media pages ([Twitter](#), [Facebook](#), [LinkedIn](#) and [YouTube](#)). The video will also be hosted on The [Rockefeller Foundation website](#) after the live stream.

Submit your questions here: <https://www.rockefellerfoundation.org/rfbreakthrough/a-framework-for-inclusive-capitalism/>

UVA FEAP (Faculty & Employee Assistance Program)

As we head into an uncertain new year, we pause to consider the increased feelings of stress, loneliness, grief, and loss many of us may be experiencing. Take advantage of this free service from UVA.

FEAP is here to support. Explore their offerings or schedule a 1:1 appointment: <https://uvafeap.com/appointments/>

OCCUPATIONAL HEALTH & SAFETY

If eliminating an electrical hazard is not feasible, then protecting employees with proper PPE is critical for both employees and contracted employees. The PPE required includes rubber gloves, EH-rated boots (suggested), hardhat with arc shield, plastic-rimmed glasses, earplugs, and arc-rated clothing to the level of the hazard.



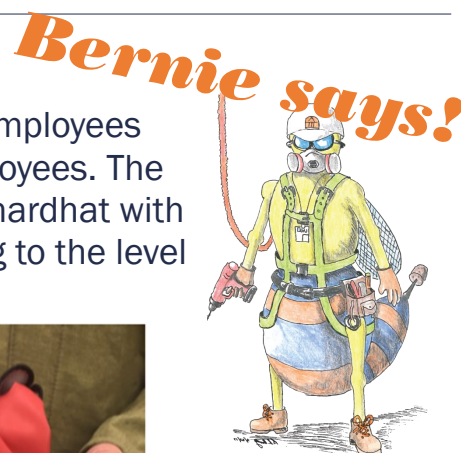
Control Hazardous Energy



Wear Correct PPE

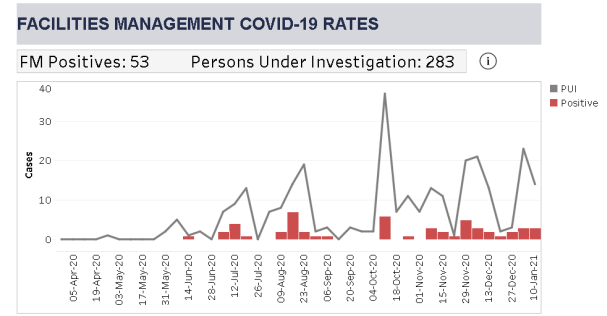


Inspect Your PPE



UVA FM's COVID-19 Dashboard

Working with FM Occupational Health & Safety team's data, UVA FM's Programs & Informatics team has created an FM-ONLY COVID-19 dashboard to keep employees informed. The dashboard shows the exposure and positive test case numbers for Facilities Management staff and contractors.



View it here: <https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html>

If it asks you to log in, your username and password are the same as your FM computer login.

FM MANAGERS & SUPERVISORS:

SUPPORT YOUR EMPLOYEES & ENFORCE COVID-19 GUIDELINES!

Managers, supervisors, and construction/renovation project managers must support and protect employees in their groups by reporting COVID-19 cases or suspected COVID-19 cases (symptomatic or exposure) using the online reporting form. By making a report, supervisors are activating the Public Health Emergency Leave for their affected employees.

COVID-19 On Grounds Guidelines are to be enforced by supervisors to ensure that the potential for exposure to any asymptomatic individual remains as low as possible. FM Occupational Programs is working with the University to help educate employees and prevent the spread of COVID-19.

Employees found to be “at high risk of exposure” will be asked by Facilities Management to quarantine for 72 hours and seek testing at the UVA Asymptomatic Testing Clinic. This is to prevent possible asymptomatic spread of the virus that causes COVID-19.

More information can be found in the **OHS COVID-19 Resources:**

<https://www.fm.virginia.edu/depts/ohs/covid-resources.html>

Look for the COVID-19 Reporting & Guidance document for supervisors & managers.

FREE COVID-19 TESTING RESOURCES FOR UVA FM EMPLOYEES

If you are experiencing illness or symptoms: Stay home, inform your supervisor, and contact Employee Health for testing and/or guidance at 434-924-2013.

If you are not experiencing symptoms:

- Let's Get Checked at-home kit:

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

- Saliva testing at the Central Grounds Parking Garage: <https://besafe.virginia.edu/>

If you think you have been exposed, but aren't having any symptoms you can be tested by appointment at the UVA Asymptomatic Testing Clinic: 434-243-9534.

DEFEATING COVID-19

UVA FM is experiencing an uptick in COVID-19 cases. Reminder that all UVA FM employees MUST:

- Maintain 6 feet (2 meters) of physical distance between themselves and others. Tasks where this is not possible must be reviewed by leadership.
- **Wear a face cover at all times.** More information: <https://uvapolicy.virginia.edu/policy/SEC-045>
- Whenever a passenger is in an FM vehicle, both the driver and passenger must wear face covers, outside air ventilation must be maximized, and windows must be opened a minimum of 3 inches. Make every effort to avoid having passengers in FM vehicles, including trucks, van, cars, Kubotas, and Gators. More information: <https://at.virginia.edu/3qtl2b0>
- Cover coughs & sneezes.
- Wash hands
- Sanitize surfaces & tools frequently.



COVID-19 CONTACT TRACING & QUARANTINE

FM Occupational Health & Safety and FM leadership are working to keep you safe and healthy. Please let OHS know of any questions you have about contact tracing, quarantine, isolation, etc.: FM-OHS@virginia.edu.

YOU SHOULD NOT REPORT TO WORK IF:

- **You are having symptoms of illness.** Let your supervisor know over the phone and call Employee Health for guidance and/or testing: 434-924-2013.
- **Someone in your household has tested positive.** Let your supervisor know, provide documentation (if needed), and stay home. Only leave for essential trips, like medical care and to pick up groceries.
- **You recently had “close contact” with an individual with COVID-19.** Close contact is defined as within 6 feet for cumulative total of 15 minutes or more over a 24 hour period, regardless of your face cover usage — That means 10 minutes here and 5 minutes there with or without a face cover counts as an exposure. **Alert your supervisor via phone, schedule a test at the UVA Asymptomatic Testing Clinic: 434-243-9534, and plan to be out for 72 hours.** The Health Department may reach out to determine your level of exposure.
- **You have tested positive for COVID-19.** Let your supervisor know over the phone and call Employee Health for guidance and/or testing: 434-924-2013. [Alert your contacts.](#)

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

UVA's Public Health Emergency Leave is available under Workday's Occasional Time Off in the Leave Request section to cover work absences related to COVID-19.

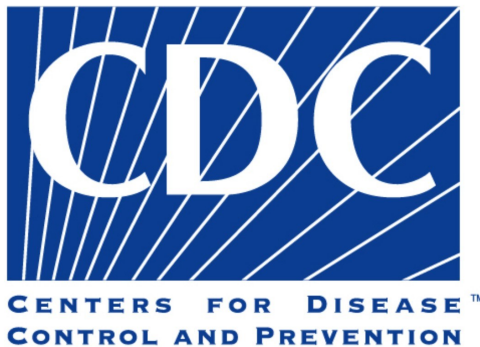
The vaccine is here!



Many FM employees who are frontline support of UVA Health have received the invitation to schedule their first does of the COVID-19 vaccine through UVA Health. This is the first step to protecting yourself from the coronavirus that causes COVID-19. You are considered protected 2-4 weeks after your **second dose** of the vaccine. However, you must still practice physical distancing, wear your face covering, check in with HOOS Health Check, and wash your hands in order to protect those who have not yet received a vaccine.

Read more: <https://www.fm.virginia.edu/employees/employeeenews/2021/vaccine-updates.html>

About the Vaccine & More Resources:



FAQs, accurate information,
and about the national
vaccination program from the
CDC: <http://bit.ly/39vLLgi>



Vaccine FAQs from UVA

Health: <http://bit.ly/2N3Yjnw>



Virginia Department of
Health's Vaccination
Response page:

<http://bit.ly/3bR46Hx>

Employees who have already received their first dose are encouraged to join **v-safe**, a smartphone-based tool by the CDC that gives you personalized health check-ins after you receive a COVID-19 vaccine.

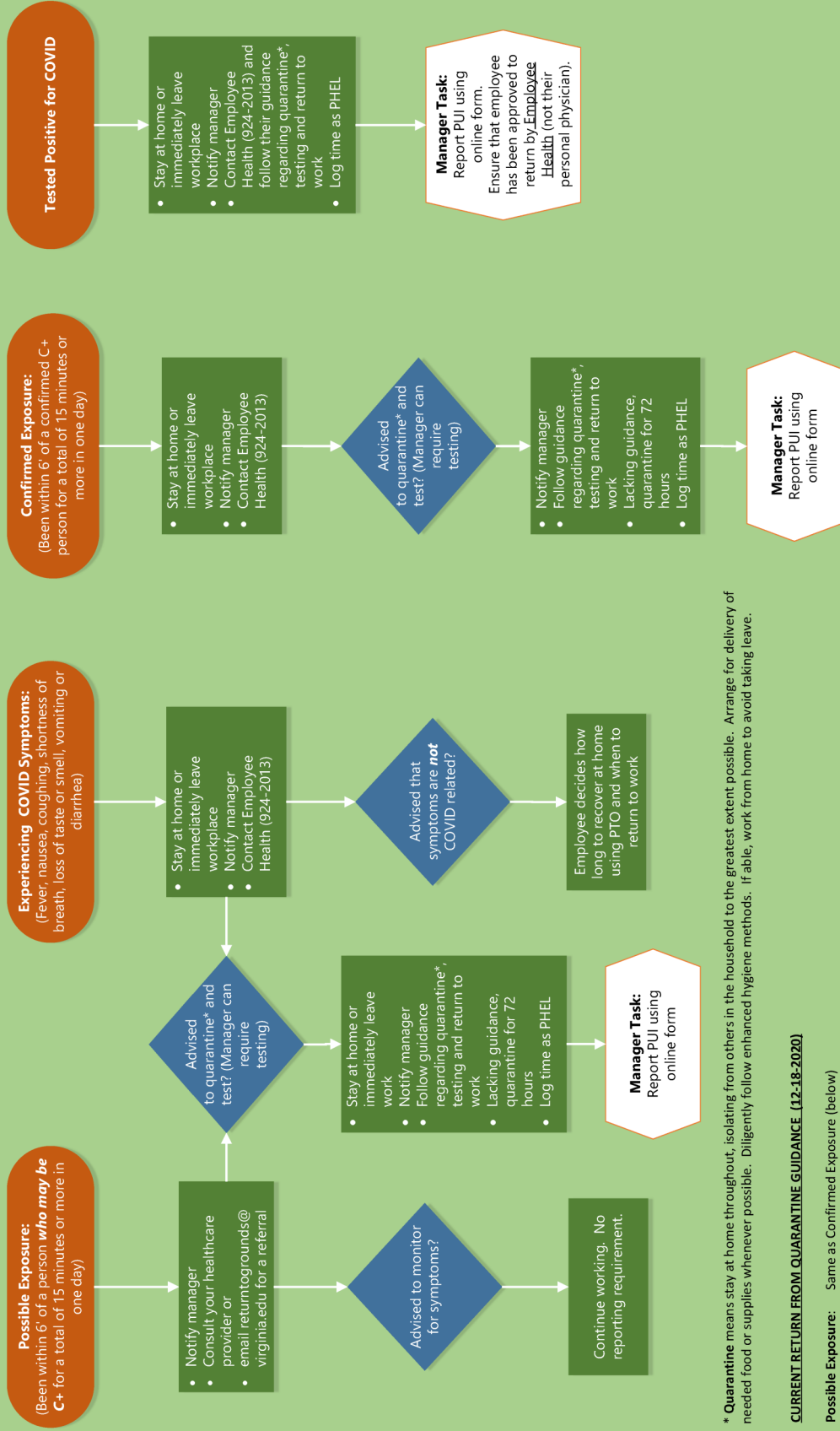
- Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine.
- v-safe will also remind you to get your second COVID-19 vaccine dose if you need one.



Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

Be sure to respond to your invite and take advantage of the COVID-19 vaccine once it is made available to you. The state is currently in [phases 1a and 1b](#) of the vaccination process. In the coming months it is expected the vaccine will be available to everyone.

COVID-19 RESPONSE CHART



* Quarantine means stay at home throughout, isolating from others in the household to the greatest extent possible. Arrange for delivery of needed food or supplies whenever possible. Diligently follow enhanced hygiene methods. If able, work from home to avoid taking leave.

CURRENT RETURN FROM QUARANTINE GUIDANCE (12-18-2020)

Possible Exposure:	Same as Confirmed Exposure (below)
Symptoms:	No symptoms for 72 hours (without medications)
Confirmed Exposure:	Negative COVID test w/ VDH approval to return prior to 72 hours from leaving work, or Negative COVID test and 72 hours have passed since leaving work
Positive for COVID:	Must be cleared for return by Employee Health
Note:	CDC's release from quarantine guidance is: A. 14 days of isolation, or B. 7 days of isolation w/ no symptoms, plus a negative test taken 48 hours prior to release, or C. 10 days of isolation without symptoms

Special thanks to Mike Merriam for creating this guide.

COVID-19 CONTACT TRACING

UVA Facilities Management

Occupational Programs

NOTIFY YOUR CONTACTS

If you have COVID-19, it is important that you notify people you had close contact with while contagious.* This includes everyone who:

- Has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period regardless of face cover use, or
- Has been directly exposed to your respiratory droplets (e.g., coughed or sneezed on, shared a glass/utensils, kissed, etc.), or
- Lives with you, or
- You provide care for.

**You are considered contagious starting 2 days before you became sick (or 2 days before your test if you never had symptoms) until you complete isolation.*

A sample message for your close contacts:

“Hi. I have been diagnosed with COVID-19 (or coronavirus). I’m reaching out because when we last met, you may have been exposed. Although most cases of COVID-19 will be mild, the Health Department recommends that you:

- **Stay home (quarantine) and monitor your health for 14 days** after we last interacted. Staying home for 14 days is the safest option. If you are not able to stay home for 14 days and you do not have symptoms, you may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative.
- **Contact your healthcare provider to ask about getting tested.** The best time to get tested is 5 days or more after your last exposure. Even if you test negative, you should stay home until at least 7 days after your exposure. You should also monitor your symptoms and be safe (e.g., wear a mask, stay at least 6 feet from others, wash hands often) for 14 days after your exposure. UVA employees can seek testing at the Asymptomatic Testing Clinic: 434-243-9534.
- **Seek medical attention immediately if you have a medical emergency.** Emergency warning signs of COVID-19 include trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face.
- **Keep your distance from others** (at least 6 feet) including in your home if possible. Do not share items with others. Use a separate bedroom and bathroom, if possible.
- **Wear a cloth face covering** when around others.
- **Wash your hands often with soap and water** for at least 20 seconds or use an alcohol-based hand-sanitizer.
- **Clean and disinfect high-touch surfaces** at least daily (e.g., doorknobs, light switches, phones, remote controls, etc.).
- **Answer the call.** Your local health department will attempt to contact you with more recommendations. If the number of COVID-19 cases is high in your area, the health department may not be able to call you.
- **If you test positive for COVID-19, please notify your local health department and your close contacts.** Your close contacts will need to receive all the same guidance I am providing you today.

WHO ARE YOUR CONTACTS?

First day of symptoms (or if never had symptoms; day tested positive for COVID-19): _____

Subtract two days: _____
(This is the start of your contagious period.)

List your close contacts (defined above) during your contagious period:



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.

January 29: National Fun at Work Day

January 30: National Croissant Day

January 31: National Hot Chocolate Day

February 1: National Get Up Day

February 2: National Ukulele Day

February 3: National Women Physicians Day

February 4: National Homemade Soup Day

February 5: National Weatherperson's Day