

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.02.2021

In this issue:

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

OCCUPATIONAL TRAINING

- Tech Tip of the Week: Zoom Chat
- EPA Section 608 Universal Certification Zoom Session
- Current FM Job Openings



*and as always,
Reasons to Celebrate!*

DIVERSITY, EQUITY & INCLUSION

- Racial Equity and the Covid-19 Vaccine
- 'Bridging the Generational Gap in the Workplace'
- Why Justice, Equity, Diversity, and Inclusion Matter for Climbers
- Inclusive Excellence Survey Results & IE Plan Submitted!
- REGISTER to Receive a COVID-19 Vaccine Appointment: Dates & Sites

OCCUPATIONAL HEALTH & SAFETY

- BERNIE SAYS: Practice Safe Lifting
- COVID-19 Vaccine Information
 - ⇒ What to do Before, During, and After Your Vaccine Appointment
 - ⇒ The Different Vaccine Types
- UVA FM's COVID-19 Dashboard
- Managers & Supervisors: Support your employees & enforce COVID-19 guidelines
- FREE COVID-19 Testing Resources for FM Employees
- Check Your OHS Training Records

APPRENTICESHIP

- Awards Ceremony: Tyler Cameron is a Virginia Outstanding Apprentice
- Special Thanks: Ben Melugin
- Join Our Email List for Updates

FALL PROTECTION: Annual Inspections Due!

Log your annual inspection of your fall protection equipment by a competent person.

Reach out to OHS with any questions or concerns: FM-OHS@virginia.edu

OCCUPATIONAL TRAINING


Tech Tip of the Week: Using Chat Functions in Zoom

Zoom's chat function is helpful for communicating during a meeting for several reasons:

- You have a question for the facilitator, but don't want to break the flow of the presentation
- You have questions or concerns you would like to share privately with another attendee(s)
- You would like to participate in the meeting/presentation, but may not be in an ideal environment for speaking (loud background noise, poor internet connection, etc.)

Accessing chat

Follow these steps to view a list of your chats:

1. **Sign in** to the Zoom desktop client.
2. Click the **Chat tab**. 

Zoom will list the following types of chat. Click on an existing chat to continue your conversation:

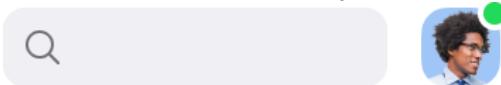
- **1-on-1 chats:** Private, direct chat between you and another Zoom user.
- **Group chats:** Chats with two or more Zoom users.
- **Channels:** Chats for a specific project, team, or topic. Public channels are open for anyone to join, while private channels have invite-only membership.

Starting a new chat

To begin messaging other Zoom users, you can easily start any of the chat types previously mentioned:

1-on-1 chat

1. **Sign in** to the Zoom desktop client.
2. Click the **Chat tab**.
3. Click the **search bar** at the top of the chat list or the one beside your profile picture.



4. **Enter a name** to search through your directory of Zoom users.
5. **Click a name** to start chatting with them.
6. **Enter your message**, then press Enter to send it.

Group chat

1. **Sign in** to the Zoom desktop client.
2. Click the **Chat tab**.
3. In the chat list, click the **add button** next to RECENT.
4. Click **New Chat**.
5. **Enter a name** of someone to search through your directory, then click their name to add them to the chat. **Repeat this step to add two or more users to the chat.**
6. **Enter your message**, then press Enter to send it.



Read more: <https://support.zoom.us/hc/en-us/articles/360056768612-Getting-started-with-Zoom-Chat-end-users->

More from FM Occupational Training >>>

OCCUPATIONAL TRAINING (CONTINUED)

For HVAC Mechanics: EPA Section 608 Universal Certification Zoom Session

Professional development opportunity for HVAC Mechanics interested in obtaining their EPA Section 608 Certification in Types I, II, and III air conditioning and refrigeration systems. Instruction will be provided via Zoom session and hosted by Charlottesville-Albemarle Technical Education Center (CATEC). Minimum class size for enrollment is six participants. Cost is \$125 per attendee. Education Benefit submission assistance is available by request.

Contact FM-Training@virginia.edu for more information.



Current FM Job Openings

Opportunities within UVA FM as of April 1, 2021:

- R0023140 - Landscape Supervisor
- R0023177 - Trades Utility Senior Worker
- R0023176 - Plumber
- R0022915 - Trades Utility Senior Worker
- R0022940 - Plumber
- R0022786 - Electrician
- R0022696 - Construction Superintendent
- R0019932 - Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0022572 - Shift Trades Utility Sr Worker
- R0022573 - Trades Utility Senior Worker
- R0022674 - HVAC Mechanic
- R0022676 - Senior HVAC Mechanic
- R0022698 - Carpenter
- R0022786 - Electrician
- R0022684 - Custodial Supervisor
- R0022578 - Assistant Director of Regulatory Compliance
- R0022691 - Elevator Assistant Mechanic
- R0022884 - Mech. Engineering Associate

To Review/Apply

Current UVA employees should search and apply for jobs using their existing [Workday account](#):

- Access Workday via Netbadge login: <https://bit.ly/2QhW1mt>
- Enter “Find Jobs” in the search bar to begin.
- Search the Find Jobs list by job title.

See UVA HR’s [How to Apply: for Internal Candidates](#): <http://bit.ly/3ePAQ5s>

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

DIVERSITY, EQUITY & INCLUSION

Racial Equity and the Covid-19 Vaccine

Dr. Ebony Hilton recently participated in a panel focused on Racial Equity and the Covid-19 Vaccine. She discussed many points of interest including the difference between vaccine hesitancy and vaccine refusal. As we host Covid-19 Vaccine Registration Sites throughout April, it is important to understand what each of us may be experiencing as it relates to the pandemic and the vaccine. This article offers further insight - **Stop Blaming Tuskegee, Critics Say. It's Not An**

'Excuse' For Current Medical Racism: <https://n.pr/3sFp1Tk>



'Bridging the Generational Gap in the Workplace'



FM Apprenticeship Mentors and Mentees recently participated in 'Bridging the Generational Gap in the Workplace' with Lisa Harris from UVA Talent Development. It was highly regarded and useful for the group. In continuing to talk about generational differences, what can TV shows like the Muppets have to teach us? Apparently a lot, "as we see remakes and revisions of shows and films from the past, we are measuring the generational influence of these images as they are repeated and used and excused as humorous. But what is funny to one group,

then and now, has a different meaning in contemporary times." [What the Muppets can teach us about Generational Influences and Origins](#) and ['Sesame Street' steps up its antiracism programming with new Muppets and series](#)

Why Justice, Equity, Diversity, and Inclusion Matter for Climbers

People across the country are rallying to demonstrate their belief that this country should be a place "with liberty and justice for all"—in practice and not just in name. The climbing community is far from immune to these concerns. While for some the simple act of going climbing may not seem like something that is tied up in social movements, many folks—whether because of their race, gender, sexual orientation, or other identities—do not feel able to, or even safe, participating in climbing and other outdoor recreation activities.



See more at **Why Justice, Equity, Diversity, and Inclusion**

Matter for Climbers: <https://www.accessfund.org/open-gate-blog/jedi-101-for-climbers>

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

Inclusive Excellence Survey results are POSTED!

IE Survey results are posted on the FM DEI website. The Inclusive Excellence Action Plan has been written by the IE Team, approved by leadership and is on its way to Rachel Spraker, the Senior Director for Equity and Inclusive Excellence. Stay tuned for further updates.

See the full results:

<https://bit.ly/FM-DEI-IE>



THANK YOU

for taking the time to participate in FM's 2021 Inclusive Excellence Survey.

More than 900 anonymous responses were received!

SEE THE RESULTS AND COMMENTS HERE:

[diversity.fm.virginia.edu/inclusive-excellence](https://bit.ly/FM-DEI-IE)

Register to Get an Appointment for the Covid Vaccine!

The below sites and times are to REGISTER online with the Virginia Department of Health. Once you are registered, the Virginia Department of Health will contact you to establish your appointment time to get your vaccine. **The vaccine is not administered at these registration sites.**

Wilsdorf Hall Room 200:

April 8th, 9:30-11:30am
April 15th, 9:30-11:30am
April 29th, 9:30-11:30am

Newcomb Hall Room 389:

April 6th, 9:30-11:30am
April 13th, 9:30-11:30am
April 27th, 9:30-11:30am

Skipwith Lower-Level Conference Room 010:

April 7, 7:30am-9:30am
April 9, 2-4pm
April 23, 2-4pm

HSPP West Complex conference room G032:

April 14, 7:30am-9:30am

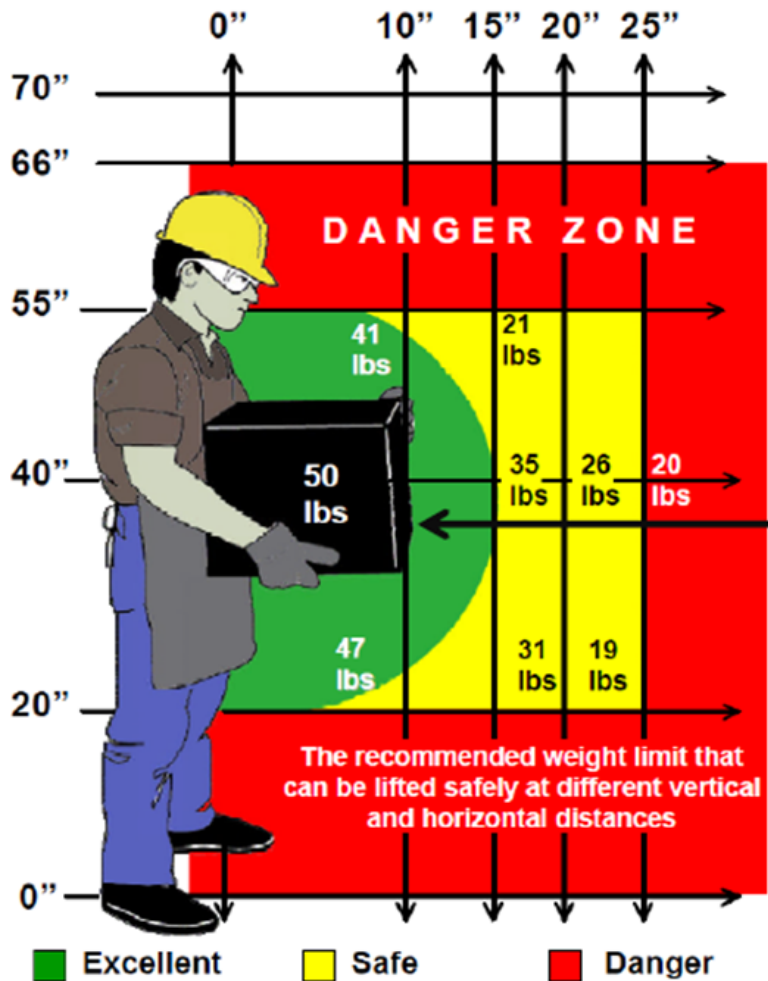
As a reminder: No sign-up is required to attend these registration events. Each event will feature four physically distanced computer stations set up for employees to access the Virginia Department of Health vaccine registration site. Emily Douglas, FM DEI Specialist will be present to answer any questions, assist with tech issues and offer translation services. Any private health information you submit via the registration will remain protected. If all computer stations are occupied, we ask that you remain outside of the room at a 6' distance from others until a station becomes available. All participants are required to wear a mask. Computer cleaning wipes and surface wipes will be available for each participant to sanitize the area when they have finished registration.

Everyone is encouraged to register by going to <https://vaccinate.virginia.gov/> or by calling 877-829-4682.

OCCUPATIONAL HEALTH & SAFETY

Practice Safe Lifting

KNOW THE “DANGER ZONES”:



Bernie says!



Remember to:

- Know the **object's weight**
- **Use lift assists** when possible
- **Plan your lift and lift path**
- **Team lift** heavy and/or awkward loads
- **Keep object in the “safe” zone**
- **Lift with your legs** (not back)
- **PIVOT** feet to avoid twisting that can cause muscle strain

Do NOT work in the red or Danger Zone without help and do so only for a limited amount of time.

*If you have questions about lifting or workplace ergonomics,
email FM-OHS@virginia.edu.*

The vaccine is here!



This is an important 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.

If you haven't made an appointment or started your vaccine through UVA, register at vaccinate.virginia.gov or call 877-829-4682



**VACCINATE
VIRGINIA**

Learn More
about Vaccination in Virginia



Sign up

for free COVID-19 vaccine
& check your pre-registration status.

Pre-Registration

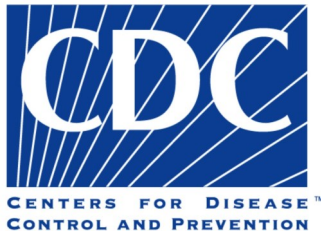
Talk to someone
(877) VAX-IN-VA
(877) 829-4682



NEW: Employees can use PHEL to receive their COVID-19 Vaccine.

UVA's Public Health Emergency Leave (PHEL) is now approved for use if employees have to take time away from work to receive a COVID-19 vaccine (either dose). PHEL can be accessed under Occasional Time Off in the Work-day time off/absence request area. If time is needed to be entered in AiM, time can be charged to admin.

About the Vaccine & More Resources:



FAQs, accurate information, and about the national vaccination program from the CDC:

<http://bit.ly/39vLLgJ>



Virginia Department of Health's Vaccination Response page:

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



Employees who are receiving 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 take advantage of the COVID-19 vaccine once it is made available to you. The state is currently in **phases 1b & 1c** of the vaccination process. It is expected the vaccine will become more widely available to everyone by late spring of this year.

WHAT TO DO:

BEFORE

your vaccine appointment:

- Wait at least **two weeks** between getting any other vaccination and getting a COVID-19 vaccine
- **Do not take anti-inflammatories** (ibuprofen, Tylenol) **before** your vaccine.
- **Dress in layers**—The vaccine goes in your upper arm. Wear a jacket that is easily removed over a sleeveless shirt or a shirt/sweater with a sleeve loose enough to roll up.
- **Bring an ID** with your name & date of birth
- **Don't arrive more than 10 minutes early.**

DURING

your vaccine appointment:

- At your first dose, you will receive a **vaccine card** with the name of the vaccine manufacturer, the vaccine lot number, the date and the location. **Do not lose this.**
- **Stay on site for about 15 minutes after your vaccine dose** in case of any anaphylactic reaction (extremely rare).
- **Download the [v-safe app](#)** to track any side effects and report them to the CDC's Vaccine Adverse Event Reporting System.

After

your vaccine appointment:

You can take an anti-inflammatory to counteract any soreness or fever.

Source: <http://bit.ly/3qha2Nh>

COVID-19 Vaccines

Beginning March 5, 2021, the Blue Ridge Health District will offer three vaccines to protect against COVID-19. VDH does not recommend one brand of vaccine over another. Each has been proven to protect against serious illness, hospitalization, and death from COVID-19.

Remember: choose whichever vaccine you have access to first!

	JOHNSON & JOHNSON	PFIZER	MODERNA
TYPE OF VACCINE	Adenovirus Vector	mRNA	mRNA
HOW IT WORKS	Uses a type of virus that can't replicate, but carries information to cells about how to produce the coronavirus spike protein to cells, training the immune system to fight the virus.	Creates a protein that teaches the immune system to recognize the virus and fight against it.	Creates a protein that teaches the immune system to recognize the virus and fight against it.
EFFECTIVENESS	72% overall efficacy 14 days after only dose and 86% efficacy against severe disease, 100% effective at preventing hospitalization	95% overall efficacy 14 days after 2nd dose, and 100% effective at preventing hospitalization	94% overall efficacy 14 days after 2nd dose and 100% effective at preventing hospitalization
RECOMMENDED FOR	18 and older.	16 and older.	18 and older.
DOSES NEEDED	One shot.	Two shots, 21 days apart.	Two shots, 28 days apart.
COMMON SIDE EFFECTS	Fatigue, fever, headache, injection site pain, generally resolving within a day or two. Milder side effects than the Pfizer and Moderna vaccines. According to Johnson & Johnson No one suffered an allergic reaction in clinical trials.	Chills, headache, pain, tiredness, and/or redness and swelling at the injection site, generally resolving within a day or two. On rare occasions, mRNA can trigger an allergic reaction.	Chills, headache, pain, tiredness, and/or redness and swelling at the injection site, generally resolving within a day or two. On rare occasions, mRNA can trigger an allergic reaction.

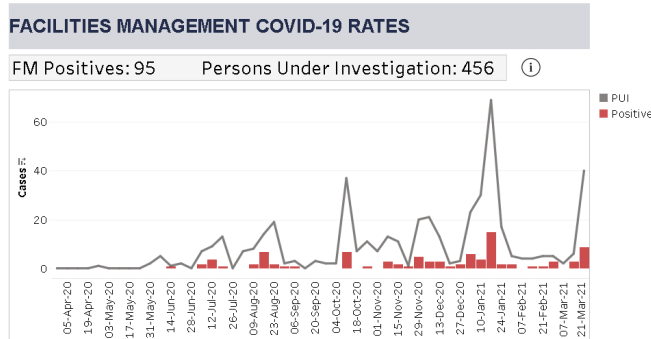


Questions?

434-972-6261
BlueRidgeHD.org

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 potentially exposed will be required to quarantine for up to 10 days and seek testing at the UVA Asymptomatic Testing Clinic. This is to prevent possible asymptomatic spread of the virus that causes COVID-19. Employees will be released to return to work by the UVA Case Management Team or the Virginia Department of Health.

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 call Employee Health for testing and/or guidance at 434-924-2013.

If you are not experiencing symptoms:

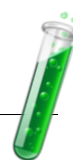
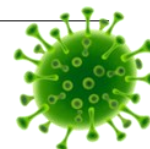
- **Let's Get Checked at-home kit:**

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

- **Saliva testing at several on-Grounds locations:**

<https://besafe.virginia.edu/testing-sites-and-hours>

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.



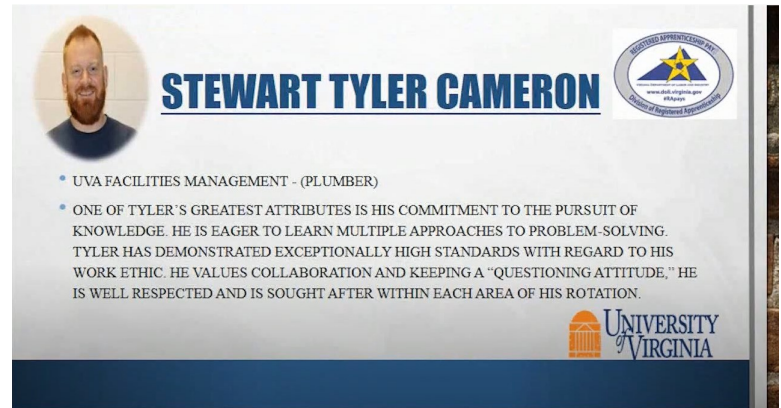
APPRENTICESHIP

Tyler Cameron Recognized Virtually as a Virginia Outstanding Apprentice

View the **Third Annual Outstanding Apprentice Awards Ceremony** – safely delivered in virtual format.

View the full presentation here:

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



Special Thanks: Ben Melugin

Ben attended the Virginia Career Works Employers of the Week Career Fair on March 25th to talk with individuals in our area interested in becoming an apprentice. Thank you to all of our apprentices and on-the-job trainers that work hard every day and promote the skilled trades!



Join Our Email List!

Interested in what's going on in Apprenticeship? Do you have friends and family interested in becoming an apprentice? **Join our mailing list:** <http://eepurl.com/gj80ib> Feel free to share with anyone interested in becoming an apprentice or creating their own program.

OHS TRAINING

Are you up to date on your safety training? FM Occupational Health and Safety has pivoted to offer many subjects over Zoom and continue to offer hands-on training following all COVID-19 prevention protocols in person.

Email FM-OHS@virginia.edu to request a class for your employees.

See your group's training records: <https://at.virginia.edu/38cjhs1>

*This Tableau report is accessible by anyone with Tableau access: FM management and management staff.
Class info is added 5-7 days after a training is completed.*

This link can also be found on the **OHS Training** page: <http://bit.ly/FMOHSTraining>



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 2: National Peanut Butter & Jelly Day

April 3: National Find A Rainbow Day 

April 4: Easter 



April 5: National Deep Dish Pizza Day

April 6: National Tartan Day



April 7: National No Housework Day

April 8: National Empanada Day 



April 9: National Name Yourself Day