

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

04.09.2021

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***and as always,
Reasons to Celebrate!***

COVID-19 VACCINE ELIGIBILITY EXPANDS

Last week, the Blue Ridge Health District (BRHD) entered Phase 1C of the commonwealth's vaccine distribution plan, which means that **University faculty, staff, student employees, and contractors are now eligible**, and BRHD will enter Phase 2 on Monday, April 12.

Read more: <https://news.virginia.edu/content/vaccine-invitations-coming-faculty-staff-and-student-employees>

OCCUPATIONAL TRAINING

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

More from FM Diversity, Equity & Inclusion >>>



University of Virginia Memorial to Enslaved Laborers Dedication Events

April 9 - 10, 2021 • All Virtual



Inaugural Descendants Day
Friday, April 9
6 PM

descendantsuva.org/events



MEL Dedication Ceremony
Saturday, April 10
11 AM

virginia.edu/live



Take 6 Concert
Saturday, April 10
7 PM

virginia.edu/live

For more information, visit majorevents.virginia.edu/mel

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

#WeAreNotAVirus: Asian American History Video Series

View our videos below on Chinese Exclusion, the Justice for Vincent Chin Movement, the history of Filipinx healthcare workers, Wong Kim Ark & birthright citizenship, the Civil Rights Movement and the need for cross-racial solidarity, and APA Heritage Month! You can also watch them on Youtube in a single playlist [here](#).

Watch: Asian American Video Series

In light of the COVID-19 pandemic and the resurgence of xenophobia, hatred, and racism, Immigrant History Initiative has launched a new initiative to educate the public about Asian American history: #WeAreNotAVirus. We will continue to develop resources to help communities fight against hate. **Learn more and access the Video Series:** <https://at.virginia.edu/Py91zL>

Get an Appointment for the Covid Vaccine!

If you need help scheduling an appointment for the vaccine, please visit one of the locations below. Laptops are available for you to use to schedule a vaccine appointment and FM DEI Specialist Emily Douglas (em4hg@virginia.edu, 434-906-5810) is present to assist and answer any questions.

Wilsdorf Hall Room 200:

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

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

Newcomb Hall Room 389:

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

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

Skipwith Lower-Level Conference Room 010:

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.

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION (CONTINUED)

Learning Opportunity: Giving and Receiving Feedback

April 13, 2021

10:00 AM - 12:00 PM

Register in Workday: <https://at.virginia.edu/XuuYZ7>

Discuss the common barriers in giving positive and constructive feedback to others. Analyze a feedback framework that can be utilized to deliver highly effective feedback.

You will learn how to:

- Discuss positive and constructive feedback
- Practice giving and receiving positive and constructive feedback
- Identify common challenges to giving and receiving positive and constructive feedback

Helping you to:

- Build a culture of engagement and continuous improvement.
- Become more confident and comfortable in delivering feedback to your colleagues, team members, and leaders.

APPRENTICESHIP

Rotations: April 12, 2021

Apprentice rotations will occur on April 12, 2021. Rotating through different areas at UVA allows an apprentice to learn new skills and broaden their scope, increasing familiarity with UVA and Medical Center Grounds.



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>

OCCUPATIONAL HEALTH & SAFETY

Practice Safe Lifting & Materials Handling

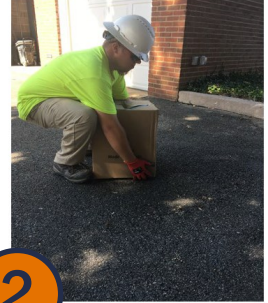
The steps:

Bernie says!

1. Stand close to the object with your feet spread shoulder width apart. One foot should be slightly in front of the other for balance.
2. Squat, bending at the knees (not your waist). Tuck your chin while keeping your back as vertical as possible.
3. Grasp opposite corners and **test weight**. Get a firm grip before beginning to lift.
4. Begin straightening your legs, lifting slowly. **PIVOT!** Never twist your body during this step.
5. Once the lift is complete, **keep the object as close to the body as possible**. If the load's center of gravity moves away from your body, there is a dramatic increase in stress to the lumbar region of back.



1



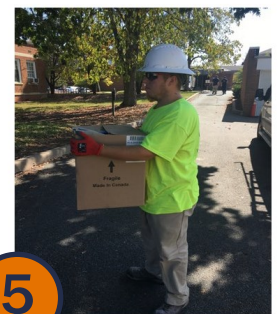
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3



4



5

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 final 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



Learn More
about Vaccination in Virginia



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

Pre-Registration

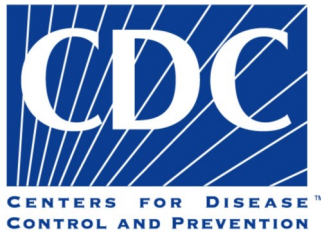
Talk to someone
(877) VAX-IN-VA
(877) 829-4682



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/39vLLgi>



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. All US adults will be eligible by **April 19.**

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.

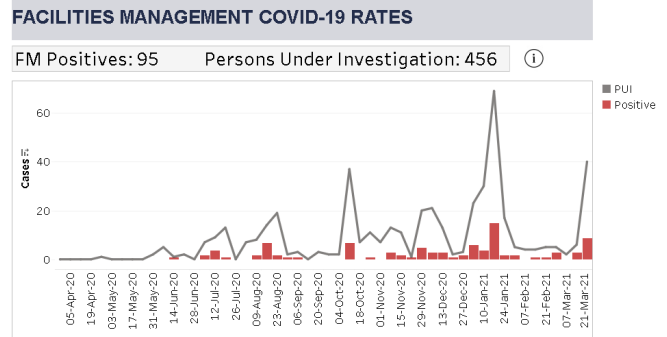


Questions?

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 use of 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 to 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

Some FM groups are requiring weekly testing of employees to prevent the asymptomatic spread of the virus that causes COVID-19. If you are not part of these groups or would like additional testing:

If you have 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 symptoms you can be tested by appointment at the UVA Asymptomatic Testing Clinic: 434-243-9534.



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 9: National Unicorn Day



April 10: National Siblings Day

April 11: National Barber Shop Quartet Day

April 12: National Grilled Cheese Day

April 13: National Peach Cobbler Day

April 14: National Gardening Day



April 15: National Laundry Day

April 16: National Eggs Benedict Day