

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

06.25.2021

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- We are nearly there! Keep stopping the spread!
- FREE COVID-19 Testing Resources for FM Employees
- About the Different Vaccines Available in the US
- Local Walk-In Vaccine Clinics

YOU ARE THE KEY TO DEFEATING COVID-19!

CRITICAL REMINDERS FOR FM EMPLOYEES:

All UVA FM employees MUST:

- Cover coughs & sneezes.
- Wash hands
- Sanitize surfaces & tools frequently.
- Keep a face cover handy. Face covers are still required:
 - ◆ For unvaccinated employees
 - ◆ In FM vehicles with a passenger
 - ◆ In UVA Health facilities
 - ◆ At saliva testing facilities
 - ◆ When engaged with K-12 students
 - ◆ When using public transportation (UTS)
 - ◆ In the FM Shoe Truck

FM leadership is discussing the future of work and what it will look like in a post-COVID-19 world. You will be hearing more updates soon from your leadership.

Unvaccinated FM employees who support UVA Health will be required to undergo weekly COVID-19 prevalence testing starting July 12.

Vaccinated team members who did not schedule their vaccinations through UVA should provide proof of vaccination [via Workday](#) by July 12.

Schedule your vaccine now (page 2) >>

IT'S EASIER THAN EVER TO GET YOUR COVID-19 VACCINE!



Make your plan today.

Schedule your free vaccine using any of the resources below:

- [Vaccines.gov](https://www.vaccines.gov)
- Blue Ridge Health District:
<https://at.virginia.edu/MU5RI9>
- UVA Health: <https://at.virginia.edu/C0og39>

OR

[Plan to visit a walk-in clinic \(page 11\).](#)

Remember to use your [PHEL](#) for any time away from work.

[Learn more about the available vaccines in the US >>](#)

Learn more about the newer Delta variant from [UVAToday](#): <https://at.virginia.edu/uXMqNf>

Need Help?

Call 877-829-4682

to help you find available vaccination clinics near you, answer questions about vaccination and other COVID-19 topics, and more.

Open Monday-Saturday,
from 8 a.m. to 6 p.m.

APPRENTICESHIP

SECOND-ROUND INTERVIEWS START MONDAY!

Phone interviews have been completed and second round interviews will be starting Monday, June 28 with a diverse panel of FM employees on the interview committee. The program had more than 120 applicants from a variety of backgrounds. Selection of candidates and onboarding is expected to begin in August.



PLUMBING APPRENTICE RYAN MCCARTHY & DEI

SPECIALIST EMILY DOUGLAS TO JOIN CONSTRUCTION DIVE PANEL

Ryan and Emily will be joining a [Construction Dive](#) webinar on July 13 to discuss the labor shortage issue among various trades and the problems that lie in attracting new talent, including women and minorities.

They will be joined by other professionals from across the construction industry for a holistic view of the issues and how each sector is tackling them.

After it's recorded, this webinar will be promoted to the *Construction Dive* audience.



Emily Douglas



Ryan McCarthy

DIVERSITY, EQUITY & INCLUSION

The FM Inclusive Excellence Plan is Now Posted

The FM Inclusive Excellence plan is now available on the FM DEI website alongside the IE Survey results. Thank you for taking the survey with us in March that has led to this plan and now it's implementation - we are excited to get started!

Dimensions of the IE Framework



See the survey results and plan: <https://diversity.fm.virginia.edu/inclusive-excellence.html>

The Dirty South: Contemporary Art, Material Culture, and the Sonic Impulse.

AT THE MUSEUM
The Dirty South: Contemporary
Art, Material Culture, and the
Sonic Impulse
MAY 22, 2021 - SEPTEMBER 6, 2021

[Get Tickets](#)



Commonwealth of Virginia employees, preschool and K-12 teachers (public and private), as well as active-duty military personnel and their immediate families can receive free admission to the groundbreaking exhibition *The Dirty South: Contemporary Art, Material Culture, and the Sonic Impulse*. The exhibit is on view at the Virginia Museum of Fine Arts (VMFA) in Richmond now through September 6, 2021.

State employees may bring their ID badge to the Visitor Services desk for walk-in tickets, or reserve tickets in advance by calling 804-340-1405 and providing their state employee email.

Learn more about the exhibit: <https://at.virginia.edu/4hbhbU>

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION

UVA's Division for Diversity, Equity, and Inclusion Welcomes Sly Mata

The Division for Diversity, Equity, and Inclusion is excited to welcome a new member to our growing team of professionals focused on equity, belonging, and community partnerships. **Silvester "Sly" Mata** will be joining the UVA Community as our **Director of Diversity Education**. Sly is an accomplished higher education professional with over ten years of experience. Sly has previously held roles at Arizona State University, Texas A&M University, Cornell, and most recently as the Assistant Director of Diversity & Inclusion in the College of Business at Ohio University. Sly has specialized in capability building to impact and sustain organizational cultures supporting historically underrepresented student populations in the academe. Sly is committed to data driven strategies and contributing to public leadership that engages a historical lens critiquing and analyzing higher education contexts and broader socio-cultural conditions. Sly will begin work with our Division July 6 and will be integral to our development of a sustained curriculum for faculty, staff, and students contributing to inclusive excellence in the spaces we create for learning, scholarship, and collaboration. **Please join us in welcoming Sly and his family to our community.**



Juneteenth Is A Federal Holiday Now, But What That Means for Workers Varies

Now that a federal holiday has established, many companies that have so far declined to observe the holiday may change course.



Read or listen to the full article: <https://at.virginia.edu/tx4xR7>

OCCUPATIONAL TRAINING

Workday Training: Organization Communication

Organizations are complex; so are the communications within them. In this course, communication instructor and coach Brenda Bailey-Hughes helps you evaluate your organization's communication strategy, focusing on seven key questions to ask yourself before every major project and change initiative. Along the way, Brenda shows how these key questions apply to four real-world scenarios at organizations of different sizes, locations, and functions. By the end of the course, you'll have the skills you need to improve the internal and external communication strategies at your company.

Join via Workday: <https://at.virginia.edu/Arllu1>

Current FM Job Openings

Opportunities within UVA FM as of June 24, 2021:

- R0025758 Power and Light Supervisor
- R0022915 Trades Utility Senior Worker
- R0025584 Assistant Director for Construction Services
- R0025441 Plumber
- R0025447 Carpenter Supervisor
- R0025468 Senior Plumber
- R0025318 Recycling Center Coordinator
- R0025457 Maintenance Supervisor for Housing
- R0025551 Roofer
- R0025263 Licensed Trades Supervisor
- R0025264 Senior HVAC Mechanic (Day or Night Shift)
- R0025387 Carpenter - Construction & Renovation Services
- R0025382 Plumber
- R0025260 Maintenance Electrician
- R0025087 Fire Systems Assistant Technician
- R0025407 Systems Control Center Operator
- R0025312 Landscape Turf Supervisor
- R0025261 HVAC Assistant Mechanic
- R0025238 Custodial Services Supervisor, North Grounds Zone
- R0023447 HVAC Shift Mechanic, Central Grounds Zone
- R0025247 Environmental Remediation Tech
- R0025262 Recycling Worker
- R0024978 Landscape & Grounds Worker
- R0025075 Assistant Director for Engineering and HS Renovations
- R0025028 HVAC Senior Assistant
- R0024632 BAS Project Coordinator
- R0024438 Trades Utilities Senior Worker
- R0024783 HVAC Mechanic
- R0024757 Instrumentation & Controls Technician
- R0024403 Electrical Engineer
- R0024455 Custodial Services Worker
- R0024087 Executive Assistant to the AVP/CFO
- R0024318 Custodial Services Supervisor, Evening Shift
- R0024368 Computer Help Desk Tech (Student Wage)
- R0022628 Assistant Director for Regulatory Compliance
- R0024090 Energy and Sustainability Engineer
- R0022674 HVAC Mechanic
- R0022940 Plumber
- R0019932 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0020254 Space Project Manager

View or Apply for These Positions Current UVA Employees

Search for and apply to jobs using your existing [Workday account](#):

- Access Workday via Netbadge login: <https://at.virginia.edu/UVAWorkday>
- Enter and select “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](#):
<https://at.virginia.edu/jgLuzS>

External Applicants

(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

OCCUPATIONAL HEALTH & SAFETY

LIGHTNING SAFETY TIPS

Worldwide, there are an estimated 16 million thunderstorms each year, and at any given moment, there are roughly 2,000 thunderstorms in progress. There are about 100,000 thunderstorms each year in the U.S. alone.

About 10% of these reach severe levels. They are most likely in the spring and summer months and during the afternoon and evening hours, but they can occur year-round and at any time.*



Do:

- ⇒ **Be aware:** If the forecast calls for thunderstorms, make sure adequate safe shelter is readily available. Have a plan in place before the thunderstorm arrives. Remember: Lightning strikes before the rain starts.
- ⇒ **Go indoors:** Remember the phrase, “When thunder roars, go indoors.” Find a safe, enclosed shelter when you hear thunder.
- ⇒ **If you are caught outside with no safe shelter nearby, the following actions may reduce your risk:**
 - * Immediately get off elevated areas such as hills, mountain ridges, or peaks.
 - * If signs of approaching thunderstorms occur, take proper planning and safe practices in advance, e.g. close vehicles’ doors and windows before leaving them.
 - * Never lie flat on the ground. Crouch down in a ball-like position with your head tucked and hands over your ears so that you are down low with minimal contact with the ground.
 - * Never shelter under an isolated tree.
 - * Never use a cliff or rocky overhang for shelter.
 - * Immediately get out of and away from ponds, lakes, and other bodies of water.
 - * Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.).

Don't:

- ⇒ **Don't stay in open vehicles, structures, and spaces:** During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts. Be sure to avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. Stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.
- ⇒ **Don't stay near tall structures:** Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

Remember:

- NO PLACE outside is safe when thunderstorms are in the area!
- If you hear thunder, lightning is close enough to strike you!

[See the OSHA Fact Sheet on Lightning Safety >>](#)

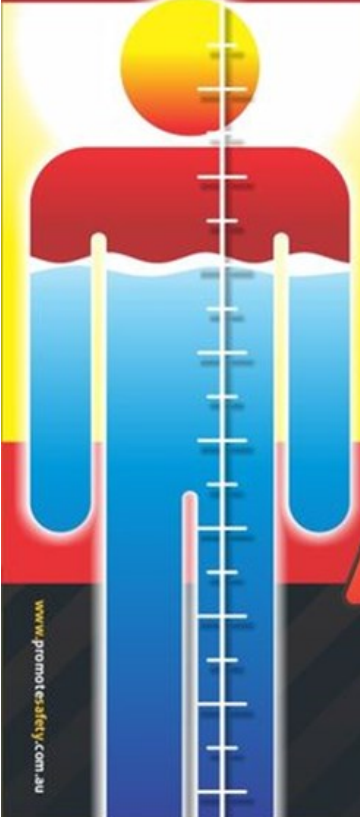
* Source: <https://www.nssl.noaa.gov/education/svrwx101/thunderstorms/>

Bernie says!



WHETHER WORKING INSIDE OR OUTSIDE
WHEN IT'S HOT
Water
is not
optional

THIRST is the first sign your water reserves need a top up.



If not treated immediately it can quickly escalate to Heat Illness

Symptoms of Heat Illness may include:

- muscle cramps • dizziness
- weakness • headache • nausea
- shortness of breath • irritability
- reduced attention span
- rapid but weak pulse
- skin that is pale, cool and clammy.

If Heat Illness is suspected, sit in a cool, shaded place and slowly drink cool water.

If symptoms do not reduce quickly, seek IMMEDIATE medical assistance.

If not treated Heat Illness can quickly escalate to Heat Stroke and death

To Avoid Heat Illness & Heat Stroke
Keep Well Hydrated with Pure Water
and Take Regular Cool Down Breaks

www.promoteafes.com.au

OCCUPATIONAL HEALTH & SAFETY

THE LATEST FROM OCCUPATIONAL HEALTH & SAFETY TRAINING

UVA FM-OHS is continuing to train FM employees and others in person as needed. At in person classes, it is the expectation that **all employees who are not fully vaccinated (2 weeks after their final shot) will wear a face cover and will practice physical distancing to prevent the possibility of spreading illness.**

Thank you for your willingness and understanding as we all adjust to the new normal. These guidelines may be updated as vaccination rates increase and case numbers fall.

RED WING SHOE TRUCK

The Red Wing Shoe Truck is returning to Grounds on July 6!

UPDATES to the Shoe Truck Process:

- **FM employees can visit the shoe truck by appointment ONLY.** Once your shoe voucher request is complete, you will receive an email from FM OHS Shoe Request <fmweb@virginia.edu> with the link to make an appointment.
- **Only one FM employee at a time** is allowed on the truck.
- **Face covers are required at all times** on the shoe truck and must cover your nose and mouth, regardless of vaccination status.

Routine Reminders:

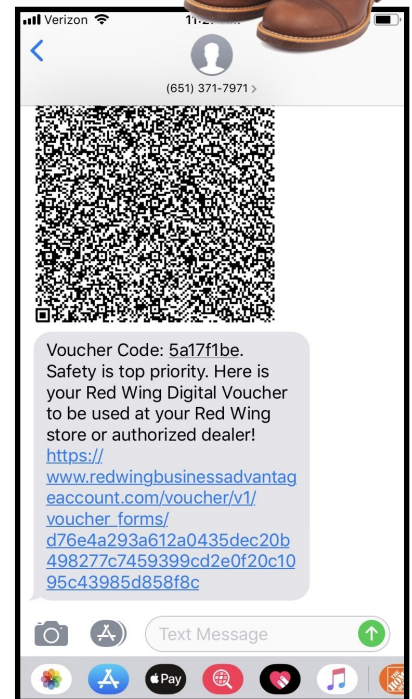
- **Employees needing safety shoes** need to submit a request via the online portal: <https://at.virginia.edu/FMShoeRequest>
- **If your shoe order is taking more than 10 days**, email FM-OHS@virginia.edu to follow up.
- **Vouchers** will be released weekly via email and text (if available).

View the latest updates to the shoe program: <http://bit.ly/FM-PPE>

FINDING FULL DUMPSTERS ON GROUNDS? REPORT IT!

Call 434-982-5050 and leave a voicemail to report dumpsters that are at or near capacity.

Dorm areas have reduced or eliminated trash service due to students leaving. UVA FM can have someone service the area before it becomes a dangerous overflow issue.



OCCUPATIONAL HEALTH & SAFETY

COVID-19: WE ARE NEARLY THERE!

What does this mean for you?

- Keep doing what you're doing — Wash your hands, keep your distance, don't report to work if you're sick, and wear your face cover if you are unvaccinated. (Vaccinated individuals are also still required to wear a face cover in some settings.) This is stopping the virus spread and keeping the cases dropping!
- Schedule your vaccine using any of the resources below:
 - [Vaccines.gov](https://www.vaccines.gov)
 - Blue Ridge Health District: <https://register.vams.cdc.gov/?jurisdiction=BR>
 - UVA Health: <https://myshot.healthsystem.virginia.edu/mychart/openscheduling?specialty=9&hidespecialtysection=1>
- Help your family members and friends get vaccinated using the links above. Vaccines are **FREE** and help protect you from the coronavirus. *The Pfizer vaccine has now been approved for individuals 12 and older.*
- UVA may continue restrictions for somewhat longer to ensure community cases remain low.

FREE COVID-19 TESTING RESOURCES FOR UVA FM EMPLOYEES

UVA will begin to require prevalence testing later this summer for employees who have not been vaccinated in order to prevent the asymptomatic spread of the virus that causes COVID-19. Some FM departments are already requiring this. *If you have already had COVID-19, you are exempt from testing for **90 days** after you have recovered.*

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 the Student Activities Building, **by appointment ONLY:**
 - Make an appointment: <https://time2test.sites.virginia.edu/>
(log in with Netbadge.)
 - See sites & hours: <https://besafe.virginia.edu/testing-sites-and-hours>

If you think you have been exposed, but aren't having symptoms, reach out to Employee Health for testing and/or guidance at 434-924-2013.

COVID-19 VACCINES available for use in the United States

- There are **three COVID-19 vaccines** currently available for use in the United States. All three vaccines will greatly reduce your chances of getting COVID-19 and will ensure that if you do get the virus, you will have only mild symptoms or none at all.
- The **best vaccine for you is the one you can get first.**
- We are still learning how well the vaccines prevent the spread of COVID-19 and how long protection from the vaccine lasts. After you are vaccinated, it is important that you continue to wear a mask, watch your distance and wash your hands often until we can get more people vaccinated.



Vaccine Manufacturer	Pfizer-BioNTech	Moderna	Johnson & Johnson (Janssen)
How it works	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Delivers genetic material (mRNA) that tells the body how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.	Uses a virus (adenovirus) that can't replicate or harm the body to carry information to cells about how to produce the coronavirus spike protein. The immune system reacts to the spike protein and builds a defense against it.
Who can get this vaccine?¹	People 16 years of age and older	People 18 years of age and older	People 18 years of age and older
How many doses are needed?	Two doses , ideally 21 days apart	Two doses , ideally 28 days apart	One dose
When do I get my second dose?	21 days after the first dose The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid. ²	28 days after the first dose The second dose can be given up to 4 days earlier than the recommended date or up to 42 days after the first dose and still be considered valid. ²	Not applicable
When will I be fully protected?	14 days after your second dose	14 days after your second dose	14 days after you get the vaccine
Common side effects after vaccine	Injection site reactions: pain, redness of the skin and swelling General side effects: tiredness, headache, muscle pain, chills, joint pain, fever, nausea, swollen lymph nodes	Injection site reactions: pain, tenderness and swelling of the lymph nodes in the same arm of the injection, swelling, and redness General side effects: fatigue, headache, muscle pain, joint pain, chills, nausea and vomiting, and fever	Injection site reactions: pain, redness of the skin and swelling General side effects: headache, feeling very tired, muscle aches, nausea, and fever
What to do if I don't feel well?	<p>Remember to sign up for v-safe, where you can use your smartphone to tell CDC about any side effects after getting a COVID-19 vaccine.</p> <p>To reduce pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area and use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids, dress lightly and rest. If you have persistent pain or other discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.</p> <p>In most cases, discomfort from fever or arm pain or swelling where you got the shot will not last more than a few days after a COVID-19 vaccine dose. Contact your doctor or healthcare provider if the redness or tenderness where you got the shot increases after 24 hours or if your side effects are worrying you or do not seem to be going away after a few days.</p>		



**VACCINATE
VIRGINIA**

Learn more at [Vaccinate.Virginia.gov](https://www.vaccinate.virginia.gov) or call 1-877-VAX-IN-VA.

Footnotes:

1. Persons with a history of severe allergic reaction (e.g., anaphylaxis) or immediate allergic reaction to a previous dose of COVID-19 vaccine or who have a known (diagnosed) allergy to a component of a vaccine, should not get the vaccine. Talk to your healthcare provider to discuss your options.
2. If the second dose of a two-dose vaccine is administered outside of this timeframe, consult with your healthcare provider.



VDH VIRGINIA
DEPARTMENT
OF HEALTH

COVID-19 VACCINE WALK-IN AVAILABILITY

June 2021



Weekly Walk-ins

JCPenney in Charlottesville (J&J, Moderna, Pfizer)

- 1639 Rio Rd E | 434.972.6261
- Mon. | 5:00PM-7:00PM
- Tues-Thur | 9:30AM-3:30PM



Walmart in Charlottesville (J&J, Pfizer)

- 975 Hilton Heights Rd | 434.973.1412
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-1:30PM, 2PM-7PM
- Mon/Wed/Thur/Fri/Sat | 9AM-1:30PM, 2PM-7PM



Walmart in Ruckersville (J&J, Pfizer)

- 135 Stoneridge Dr N | 434.990.6013
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-1:30PM, 2PM-7PM
- Mon/Wed/Thur/Fri/Sat | 9AM-1:30PM, 2PM-7PM

Walmart in Zion Crossroads (Moderna, J&J, Pfizer)

- 164 Camp Creek Pkwy | 540.832.1259
- Sun. | 10AM-1:30PM, 2PM-6PM
- Tues. | 6AM-7PM
- Mon./Wed./Thur./Fri. | 9AM-7PM
- Sat. | 9AM-1:30PM, 2PM-7PM



Sam's Club in Charlottesville (Moderna)

- 970 Hilton Heights Rd | 434.978.2122
- Mon.-Fri. | 9AM-1:30PM, 2PM-7PM
- Sat. | 9AM-1:30PM, 2PM-6PM

Parkway Pharmacy in Crozet (J&J)

- 5771 The Square | 434.823.6337
- Mon./Tues./Thur./Fri. | 9AM-6PM



Your Scottsville Pharmacy (J&J, Moderna)

- 295B E Main St | 434.286.6009
- Mon.-Fri. | 10AM-5PM
- Sat. | CALL FOR AVAILABILITY

CALL
BEFORE
VISITING

Top Notch Family Pharmacy in Charlottesville (J&J)

- 943 Preston Ave | 434.995.5595
- Mon./Fri. | 12PM-5:30PM

SPECIAL EVENTS

6/3 WILLIAM MONROE HIGH SCHOOL
Pfizer
254 Monroe Dr
10AM-12PM

6/5 LOUISA NEW METAL GYM
Johnson & Johnson
1015 Davis Hwy
10AM-11AM

6/16 LOUISA NEW METAL GYM
Pfizer
1015 Davis Hwy
10AM-2:30PM

6/17 NELSON COMMUNITY CENTER
Moderna, Pfizer
8445 Thomas Nelson Hwy
10AM-2PM

6/19 WILLIAM MONROE HIGH SCHOOL
J&J, Pfizer, Moderna
254 Monroe Dr
10AM-12PM

6/26 MINERAL BAPTIST CHURCH
Johnson & Johnson
51 Louisa Ave
10AM-11AM

Questions about these events? Call our COVID-19 hotline.

434.972.6261

blueridgecovid.org



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.



June 25: International Day of the Seafarer

June 26: Midsummer Day 



June 27: National Sunglasses Day

June 28: National Tapioca Day

June 29: National Camera Day 



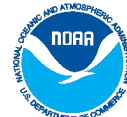
June 30: International Asteroid Day

July 1: Canada Day 



July 2: World UFO Day

FactSheet



Lightning Safety When Working Outdoors

Lightning strikes can severely injure or kill workers whose jobs involve working outdoors. Lightning is often overlooked as an occupational hazard, but employers need awareness about lightning hazards to ensure their workers' safety. This fact sheet provides employers and workers at outdoor worksites with lightning safety recommendations from the Occupational Safety and Health Administration (OSHA) and the National Oceanic and Atmospheric Administration (NOAA).

Introduction

Lightning is a dangerous natural force. Annually in the United States, cloud-to-ground lightning occurs 20 to 25 million times and over 300 people are struck by lightning. During the past 30 years, about 50 people, on average, have been killed by lightning strikes every year, and many more suffer permanent disabilities.

Precautions should be taken to prevent worker exposure to lightning. Employers should recognize lightning as an occupational hazard. Supervisors and workers at outdoor worksites should take lightning safety seriously.

Workers whose jobs involve working outdoors in open spaces, on or near tall objects, or near explosives or conductive materials (e.g., metal) have significant exposure to lightning risks. Worker activities at higher risk for lightning hazards include:

- Logging
- Explosives handling or storage
- Heavy equipment operation
- Roofing
- Construction (e.g., scaffolding)
- Building maintenance
- Power utility field repair
- Steel erection/telecommunications
- Farming and field labor
- Plumbing and pipe fitting
- Lawn services/landscaping
- Airport ground personnel operations
- Pool and beach lifeguarding



Photo: NOAA

Figure 1: Lightning strikes tall tree.

Reducing Lightning Hazards When Working Outdoors

Employers, supervisors, and workers should understand lightning risks, characteristics, and precautions to minimize workplace hazards. Lightning is unpredictable and can strike outside the heaviest rainfall areas or even up to 10 miles from any rainfall.

Many lightning victims are caught outside during a storm because they did not act promptly to get to a safe place, **or they go back outside too soon after a storm has passed**. If signs of approaching thunderstorms occur, workers should not begin any task they cannot quickly stop. Proper planning and safe practices can easily increase lightning safety when working outdoors.

When thunder roars, go indoors!

If you hear thunder, even a distant rumble, get to a safe place immediately.

Thunderstorms always include lightning. Any thunder you hear is caused by lightning!

NOAA advises that nowhere outside is safe when thunderstorms are in your area.

OSHA and NOAA recommend that employers and supervisors follow these lightning safety best practices for workers whose jobs involve working outdoors:

Check NOAA Weather Reports: Prior to beginning any outdoor work, employers and supervisors should check NOAA weather reports ([weather.gov](https://www.weather.gov)) and radio forecasts for all weather hazards. OSHA recommends that employers consider rescheduling jobs to avoid workers being caught outside in hazardous weather conditions. When working outdoors, supervisors and workers should continuously monitor weather conditions. Watch for darkening clouds and increasing wind speeds, which can indicate developing thunderstorms. Pay close attention to local television, radio, and Internet weather reports, forecasts, and emergency notifications regarding thunderstorm activity and severe weather.



Photo: NOAA

Figure 2: Lightning strikes a communications tower.

Seek Shelter in Buildings: Employers and supervisors should know and tell workers which buildings to go to after hearing thunder or seeing lightning. NOAA recommends seeking out fully enclosed buildings with electrical wiring and plumbing. Remain in the shelter for at least **30 minutes** after hearing the last sound of thunder.

Vehicles as Shelter: If safe building structures are not accessible, employers should guide workers to hard-topped metal vehicles with rolled up windows. Remain in the vehicle for at least **30 minutes** after hearing the last sound of thunder.

Phone Safety: After hearing thunder, do not use corded phones, except in an emergency. Cell phones and cordless phones may be used safely.

Emergency Action Plan

Employers should have a written Emergency Action Plan (EAP), as outlined in 29 CFR 1910.38 or [29 CFR 1926.35](https://www.federalregister.gov/doc/2010/03/29/25500-01). The EAP should include a written lightning safety protocol for outdoor workers. This lightning safety protocol should:

- Inform supervisors and workers to take action after hearing thunder, seeing lightning, or perceiving any other warning signs of approaching thunderstorms.
- Indicate how workers are notified about lightning safety warnings.
- Identify locations and requirements for safe shelters.
- Indicate response times necessary for all workers to reach safe shelters.
- Specify approaches for determining when to suspend outdoor work activities, and when to resume outdoor work activities.
- Account for the time required to evacuate customers and members of the public, and the time needed for workers to reach safety.

Employers should also post information about lightning safety at outdoor worksites. All employees should be trained on how to follow the EAP, including the lightning safety procedures.



Photo: NOAA

Figure 3: Cranes are especially vulnerable to lightning.

What is lightning?

Lightning is a giant spark of electricity in the atmosphere between clouds or between a cloud and the ground.

Lightning can occur:

- Between the cloud and the ground (cloud-to-ground lightning)
- Within and between thunderstorm clouds (intra- and inter-cloud lightning)

For more information, see:

www.nssl.noaa.gov/education/svrwx101/lightning/faq

Lightning Safety Training

Employers should adequately train all workers on lightning safety. Training should be provided for each outdoor worksite, so that supervisors and workers know in advance where a worksite's safe shelters are and the time it takes to reach them. Employers should train supervisors and workers to provide lightning safety warnings in sufficient time for everyone to reach a worksite's safe shelters and take other appropriate precautions.

Lightning Warning Systems

An employer's EAP may include lightning warning or detection systems, which can provide advance warning of lightning hazards. However, no systems can detect the "first strike," detect all lightning, or predict lightning strikes. NOAA recommends that employers first rely on NOAA weather reports, including NOAA Weather Radio All Hazards: www.nws.noaa.gov/nwr.



Figure 4: Preparedness reduces lightning risks.

(For NOAA toolkits for organizations and large venues see: www.lightningsafety.noaa.gov/toolkits.shtml)

Commercial lightning detection and notification services are available to monitor for lightning activity. These notification services can send alerts when lightning activity develops or moves to within a certain range of a work site. In addition, these commercial systems can provide mapped locations of lightning strikes from an approaching storm. However, these systems cannot predict the first lightning strike. Consequently, it is important to watch the sky for storms developing overhead or nearby and get to a safe place prior to the first lightning strike.

Portable and hand-held lightning detectors function by detecting the electromagnetic signal from a nearby lightning strike and then processing the signal to estimate the distance to the lightning strike. These devices typically do not detect all strikes, cannot predict the first strike, cannot provide the location of a strike, and are less accurate than the commercial detection and notification systems. In some cases, simply listening for thunder or watching the sky may be a better indication of a developing or nearby storm.

For situations which require advance notice of thunderstorms, NOAA recommends monitoring forecasts and radar observations from either commercial weather services or NOAA to stay informed of changing weather conditions.

If Caught Outside in a Thunderstorm

If you find yourself caught outside during a thunderstorm, there may be nothing you can do to prevent being struck by lightning. There simply is no safe place outside in a thunderstorm. This is why it is very important to get to a safe place at the first signs of a thunderstorm. If you are caught outside follow NOAA's recommendations to decrease the risk of being struck.

- Lightning is likely to strike the tallest objects in a given area—you should not be the tallest object.
- Avoid isolated tall trees, hilltops, utility poles, cell phone towers, cranes, large equipment, ladders, scaffolding, or rooftops.
- Avoid open areas, such as fields. Never lie flat on the ground.
- Retreat to dense areas of smaller trees that are surrounded by larger trees, or retreat to low-lying areas (e.g., valleys, ditches) but watch for flooding.
- Avoid water, and immediately get out of and away from bodies of water (e.g., pools, lakes).

Water does not attract lightning, but it is an excellent conductor of electricity. For boating safety see [NOAA PA 200252](#).

- Avoid wiring, plumbing, and fencing. Lightning can travel long distances through metal, which is an excellent conductor of electricity. Stay away from all metal objects, equipment, and surfaces that can conduct electricity.
- Do not shelter in sheds, pavilions, tents, or covered porches as they do not provide adequate protection from lightning.
- Seek fully-enclosed, substantial buildings with wiring and plumbing. In modern buildings, the *interior* wiring and plumbing will act as an earth ground. A building is a safe shelter as long as you are not in contact with anything that can conduct electricity (e.g., electrical equipment or cords, plumbing fixtures, corded phones). Do not lean against concrete walls or floors (which may have metal bars inside).

OSHA Standards

Under the General Duty Clause, [Section 5\(a\)\(1\)](#) of the *Occupational Safety and Health Act of 1970* (OSH Act), employers are required to provide their employees with a place of employment that “is free from recognizable hazards that are causing or likely to cause death or serious harm to employees.” The courts have interpreted OSHA’s general duty clause to mean that an employer has a legal obligation to provide a workplace free of conditions or activities that either the employer or industry recognizes as hazardous and that cause, or are likely to cause, death or serious physical harm to employees when there is a feasible method to abate the hazard. This includes lightning hazards that can cause death or serious bodily harm.

During storms or high winds, OSHA prohibits:

- work on or from scaffolds ([29 CFR 1926.451\(f\)\(12\)](#));
- crane hoists ([29 CFR 1926.1431\(k\)\(8\)](#)); and
- work on top of walls ([29 CFR 1926.854\(c\)](#)).

In these situations, scaffold work may continue only if a qualified person determines it is safe and personal fall protection or wind screens are provided. Crane hoists may continue only if a qualified person determines it is safe.

Helpful Resources

- NOAA Lightning Safety on the Job, www.lightningsafety.noaa.gov/job.shtml
- National Fire Protection Association (NFPA):
- *NFPA 780: Standard for the Installation of Lightning Protection Systems*, 2014 Edition, www.nfpa.org/codes-and-standards/document-information-pages?mode=code&code=780
- National Lightning Safety Institute, lightningsafety.com
- National Aeronautics and Space Administration (NASA), Global Hydrology Resource Center, Lightning and Atmospheric Electricity Research, thunder.msfc.nasa.gov
- Transportation Research Board of the National Academies, *Protecting Airport Personnel from Lightning Strikes*, onlinepubs.trb.org/onlinepubs/acrp/acrp_iop_004.pdf

Contact NOAA

For information on lightning safety, or to obtain data, educational and outreach materials, and posters, visit NOAA’s lightning safety website: www.lightningsafety.noaa.gov or the wrn program at noaa.gov/wrn. Contact NOAA at wrn.feedback@noaa.gov. Examples of data available from NOAA are provided below.

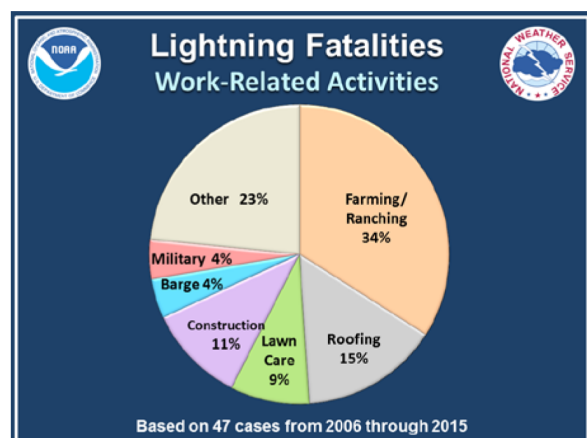


Figure 5: Work-related lightning fatalities

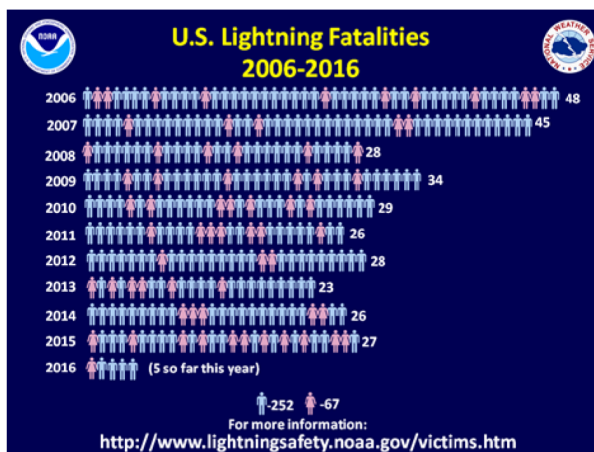


Figure 6: Annual lightning fatalities

Contact OSHA

For more information, to report an emergency, fatality, inpatient hospitalization, amputation, or loss of an eye, or to file a confidential complaint, or to request OSHA's free On-site Consultation Program services for small and medium-sized businesses, contact your nearest OSHA office, visit www.osha.gov, or call OSHA at 1-800-321-OSHA (6742), TTY 1-877-889-5627.

Workers' Rights

Workers have the right to:

- Working conditions that do not pose a risk of serious harm.
- Receive information and training (in a language and vocabulary the worker understands) about workplace hazards,

methods to prevent them, and the OSHA standards that apply to their workplace.

- Review records of work-related injuries and illnesses.
- File a complaint asking OSHA to inspect their workplace if they believe there is a serious hazard or that their employer is not following OSHA's rules. OSHA will keep all identities confidential.
- Exercise their rights under the law without retaliation, including reporting an injury or raising health and safety concerns with their employer or OSHA. If a worker has been retaliated against for using their rights, they must file a complaint with OSHA as soon as possible, but no later than 30 days.

For more information, see [OSHA's Workers page](#).



U.S. Department of Labor

