

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

07.09.2021

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***and as always,
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Housekeeping is the key to preventing slips, trips and falls.

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HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

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| <ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) | <ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink |
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HEAT EXHAUSTION

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| <ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) | <ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour |
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HEAT CRAMPS

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| <ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms | <ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems |
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SUNBURN

- | | |
|---|---|
| <ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin | <ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters |
|---|---|

HEAT RASH

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| <ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) | <ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash |
|--|--|



08/01/21

OCCUPATIONAL HEALTH & SAFETY

NEW: SAFETY STANDARDS

UVA FM's Safety Standards are always posted [online](#). Periodically, OHS updates these standards to reflect current expectations. Please review the new **Safety and Health Management System Program**:

<https://at.virginia.edu/IMoUTH>

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**. Employees must follow [UVA Facilities Management COVID-19 On-Grounds Work Guidelines](#) at all times: <https://at.virginia.edu/CDfsqO>

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.

OHS TERMS: COMPETENT VS. QUALIFIED VS. CERTIFIED VS. AUTHORIZED

The term "competent person" can get confused with other terms used by OSHA, such as qualified, certified, or authorized persons. These terms are all too often used incorrectly when referring to OHS requirements. Having a good understanding of each is important.



Here is a quick summary of the definitions:*

- **Competent person**: "One who is capable of identifying existing and predictable hazards (by way of training and/or experience) in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them" [[Reference 29 CFR 1926.32\(f\)](#)].
Note: Some standards add additional specific requirements which must be met by the competent person (e.g. excavations, scaffolding, fall protection, etc.).
- **Qualified person**: A person who, by education or experience, has successfully demonstrated the ability to solve or resolve problems related to a particular work or subject matter. Examples of qualified individuals are journeymen electricians or journeymen plumbers.
- **Certified person**: An employee who has passed a certification exam from an accredited organization, such as a certified safety professional or certified industrial hygienist.
- **Authorized person**: A person assigned by an employer to perform specific duties or to be at a specific location(s) on a job site.

To see current trainings on offer, please go to

<https://www.fm.virginia.edu/depts/ohs/training.html>

If you have questions about training or would like to request a training,
please email FM-OHS@virginia.edu

All training participants are expected to comply with [UVA FM's On-Grounds Work Guidelines](#).

*Source: <https://www.safetyandhealthmagazine.com/articles/21125-osh-a-standards-and-the-competent-person>

OCCUPATIONAL HEALTH & SAFETY

RED WING SHOE TRUCK



The Red Wing Shoe Truck is returning to Grounds on July 20!

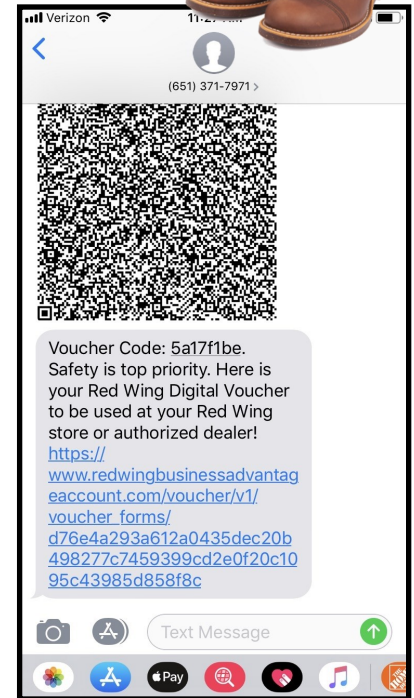
UPDATES to the Shoe Truck Process:

- 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: <https://at.virginia.edu/UVAFMPPE>



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 (PHEL) for the affected FM employees.

- [COVID-19 On Grounds Guidelines](#) are to be enforced by supervisors to keep the potential for exposure to any asymptomatic individual remains as low as possible. FM Occupational Programs is here to help educate employees and prevent the spread of COVID-19.
- Employees found to be potentially exposed at work will receive guidance from Employee Health or the health department to prevent possible spread of the virus that causes COVID-19.
- Allow your employees the time they need away from work to receive the COVID-19 vaccine. PHEL can be used for time away from work to receive the vaccine.

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.

COVID-19 RESOURCES

FACE COVERS: STILL WORTH IT



The [Virginia Department of Health issued a reminder](#) this week that encouraged Virginians to continue wearing face covers to help prevent the spread of COVID-19, as recommended by the Centers for Disease Control and Prevention (CDC) and allowed by law. While the [state law](#) does prohibit wearing a face cover for the purpose of concealing one's identity, **it does not prohibit wearing a face cover for the purpose of preventing the spread of COVID-19.** *This is true even though Virginia is no longer under a statewide declaration of emergency.*

The [CDC recommends](#) wearing a face cover in **indoor public places for anyone aged 2 or older who is not fully vaccinated** (2 weeks after your final dose), **and for anyone with a weakened immune system regardless of vaccination status.** People who are not fully vaccinated should continue to wear face covers in crowded settings, particularly in areas with high numbers of cases.

Face covers must be worn by anyone 5 years or older while indoors at a public or private K-12 school, according to the [Order of Public Health Emergency](#) issued by the State Health Commissioner and in effect through July 25, 2021. Federal law requires face covers on planes, buses (including school buses), trains, and other forms of public transportation. Even when not required, people who are fully vaccinated can continue to wear face covers whenever they would be more comfortable doing so.

Face covering requirements at UVA FM, per [Policy SEC-045](#) and [FM's On-Grounds Work Guidelines](#):

- **Unvaccinated** students, faculty, staff, contractors, and visitors must wear face covers in **shared common spaces indoors.**
- **Unvaccinated** students, faculty, staff, contractors, and visitors **must wear a face cover outdoors even when they can maintain a physical distance of at least six feet.**
- **Everyone** must wear a face cover when:
 - In FM vehicles with a passenger
 - In [UVA Health facilities](#)
 - At saliva testing facilities
 - Engaged with K-12 students
 - Using public transportation (UTS, other buses, taxis, rideshares, etc.)
 - In the Shoe Truck

Learn more about face covers from the CDC: <https://at.virginia.edu/ZF1CKg>



COVID-19 RESOURCES (CONT'D)

CHOOSING SAFE ACTIVITIES

- If you are fully vaccinated (2 weeks after your final dose), you can resume activities that you did before the pandemic.
- Fully vaccinated people can resume activities without wearing a face cover or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you haven't been vaccinated yet, [find a vaccine](#) (page 8).

Examples of Outdoor Activities & Their Level of Safety:

Unvaccinated People	Example Activities	Fully Vaccinated People
 Safest	Walk, run, wheelchair roll, or bike outdoors with members of your household	 Safest
 Safest	Attend a small, outdoor gathering with fully vaccinated family and friends	 Safest
 Safest	Attend a small, outdoor gathering with fully vaccinated and unvaccinated people, particularly in areas of substantial to high transmission	 Safest
 Less Safe	Dine at an outdoor restaurant with friends from multiple households	 Safest
 Least Safe	Attend a crowded, outdoor event, like a live performance, parade, or sports event	 Safest

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

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/COog39>

OR

Plan to visit a walk-in clinic: <https://at.virginia.edu/JhDgmD>

Remember to use your PHEL for any time away from work.

Learn more about the available vaccines in the US >>

Learn more about variants of COVID-19: <https://at.virginia.edu/xl3NZP>

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-Friday
from 8 a.m. to 6 p.m.

COVID-19 VACCINE FACTS

Why do I need the COVID-19 Vaccine?

FOR YOU

COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. The COVID-19 vaccine 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.

FOR YOUR LOVED ONES

If you get sick, you could spread the disease to friends, family, and others around you. COVID-19 vaccination can help by creating an immune system response without having to experience sickness - reducing your chances of getting others sick, too.

FOR YOUR COMMUNITY

Stopping a pandemic requires using all the tools we have available. The COVID-19 vaccine is one of these tools. COVID-19 vaccination will help protect those at increased risk for severe illness from COVID-19. As more and more people are vaccinated and protected, less people will be infected, thus limiting the spread of the virus through communities.



VDH VIRGINIA
DEPARTMENT OF HEALTH
To protect the health and promote the
well-being of all people in Virginia.



Questions
about COVID-19
vaccines?

434-972-6261

vdh.virginia.gov/coronavirus/vaccination

COVID-19 RESOURCES (CONT'D)

SUBMIT YOUR VACCINATION INFO VIA WORKDAY

If you did not receive your COVID-19 vaccine via UVA Health, you must submit your vaccination information via Workday by July 12.

Proof of Vaccination Procedure:

- **Look in Workday to see if you have an announcement** (on the upper left side) regarding proof of vaccination. *If you did not receive an announcement that means your vaccine data was automatically populated in Workday because you received your vaccine from UVA Health. No action is needed on your part.*
- If you did receive a notification, follow the directions to document your proof of vaccination.

If you don't have a notification AND you didn't get your vaccine through UVA, email askHR@virginia.edu for next steps.

See more from UVA HR: <https://hr.virginia.edu/proof-vaccination>

ACCESSING/REPLACING YOUR COVID-19 VACCINATION RECORD

If you have misplaced your vaccination card, you can request a copy of your record. If you received your vaccine through:

- **Virginia Department of Health** or through a local Virginia health district:
Go to <https://vaccinate.virginia.gov> and scroll down to click "Need a Copy of Your Vaccination Record?". Enter your information and submit your request.
 - **UVA Health:** <https://forms.uvahealth.com/vaxcard/>
 - **A local pharmacy or your primary care physician:** Contact the practice for your vaccine record. *Most providers participate with Virginia Immunization Information System (VIIS), so records will eventually be available at <https://www.vdh.virginia.gov/immunization/immunization-record-request-form/>*
-

COVID-19 VACCINATIONS & FM EMPLOYEES SUPPORTING UVA HEALTH

UVA Health expects all team members, including FM employees that support UVA Health, to be vaccinated for COVID-19. Team members who are unable to provide proof of vaccination will be required to undergo weekly mandatory prevalence testing starting **August 2**. Exceptions for the weekly prevalence testing will be granted for team members who:

- **Are fully vaccinated** (two weeks since final shot) with a vaccine listed on WHO's Emergency Use List (EUL)
- Have **tested positive for COVID-19** in the last 150 days
- Are **working remotely 100%** of the time indefinitely

View testing location information and self-schedule prevalence tests online using Time2Test:

<https://time2test.sites.virginia.edu/Appointment>

See UVA Medical Center Policy OCH-002: Occupational Health Screening and Maintenance:

<https://at.virginia.edu/mL8GdE>

COVID-19 RESOURCES

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://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 in August 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 **150 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.

DIVERSITY, EQUITY & INCLUSION

Living the Dream: Immigrants of the Charlottesville Food Community Share Their American Dream

Born in South Korea, Jen Naylor (pictured) came to the United States on October 21, 1976. With little opportunity for advancement in South Korea, her parents thought the journey across the world to the U.S. would give Naylor, 14, and her three younger siblings the best chance to reach their potential.



Learn more about stories of immigration and the Charlottesville food community:

<https://at.virginia.edu/fWsDF6>

If you're interested in learning more about immigration and Charlottesville reach out to International Neighbors (<https://internationalneighbors.org/>) or the International Rescue Committee (IRC) Charlottesville (<https://www.rescue.org/united-states/charlottesville-va>).

Writing Virginia's Constitution



A.E. Dick Howard (pictured with Virginia Governor Ralph Northam) was a confident young college professor, only 34, when he got the assignment of a lifetime: Oversee the writing of a new constitution for Virginia.

The document he helped create repudiated a Virginia constitution adopted in 1902 with the stated purpose of disenfranchising Black people, which it did with bureaucratic efficiency for decades. The new constitution went into effect on July 1, 1971, finally bringing the modern era to the state where American slavery originated.

Learn about the ways the Virginia constitution has shifted over time and what Professor Howard would have done differently: <https://at.virginia.edu/tfLGUp>

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!

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

More from FM Diversity, Equity & Inclusion >>>

DIVERSITY, EQUITY & INCLUSION (CONT'D)

High on the Hog: Charlottesville Native Surprises Community with Feature in Netflix Documentary

In late May, Netflix released a limited series entitled *High on the Hog*. The series explores African American culinary history and its influence on modern day food. As the docuseries gained popularity, Charlottesville area residents were surprised to see a familiar face: Niya Bates.

Bates, who worked at Monticello as the Director of African American History at the time of filming, was featured in the third episode entitled "Our Founding Fathers".



Read more: <https://at.virginia.edu/IOBmsw>

Watch the trailer for *High on the Hog*: <https://www.youtube.com/watch?v=7wsEdxt1lco>

APPRENTICESHIP

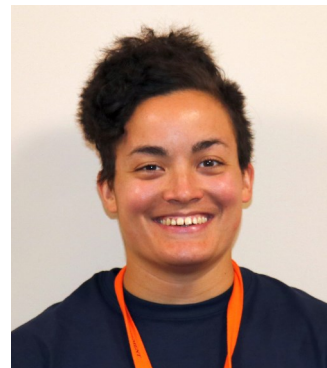
PLUMBING APPRENTICE RYAN MCCARTHY & DEI SPECIALIST EMILY DOUGLAS TO JOIN CONSTRUCTION DIVE PANEL

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.



Emily Douglas



Ryan McCarthy

Register: <https://at.virginia.edu/wtdJ3J>

SECOND-ROUND INTERVIEWS

Second round interviews are continuing this coming week for the incoming class of apprentices. These interviews are being conducted over Zoom with a stakeholders committee made up of six UVA FM employees who manage, train, supervise, or are former or current apprentices.



Current FM Job Openings

Opportunities within UVA FM as of July 8, 2021:

- R0026022 Senior Carpenter
- R0026239 Occupational Health and Safety (OHS) Manager
- R0026146 Electrician, Central Grounds
- R0024978 Landscape & Grounds Worker
- R0025990 HVAC Mechanic, Central Grounds
- R0026018 High Voltage Electrician
- R0025366 Senior Trades Utility Worker
- R0025941 Fleet Ambassador (Staff Wage)
- R0025857 HVAC Operations Engineering Technician
- R0025758 Power and Light Supervisor
- R0025365 Electrician Senior, Shift Worker
- R0025382 Plumber
- R0020254 Space Project Manager
- R0025389 Environmental Inspector
- R0022915 Trades Utility Senior Worker
- R0025584 Assistant Director for Construction Services
- R0025441 Plumber
- R0025447 Carpenter Supervisor
- R0025318 Recycling Program 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
- 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
- R0025075 Assistant Director for Engineering and HS Renovations
- R0024632 BAS Project Coordinator
- 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
- R0022674 HVAC Mechanic
- R0000028 Temporary Trades Pool

View or Apply for These Positions

Current UVA Employees

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

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



Reasons to celebrate are all around us!

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

July 9: Nunavut Day

July 10: National Kitten Day

July 11: Day of the Flemish Community

July 12: National Different Colored Eyes Day

July 13: Cow Appreciation Day

July 14: Bastille Day

July 15: National Give Something Away Day

July 16: National Cherry Day