The Occupational Programs Weekly Wrap Up
UVA Facilities Management
01.14.2022

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Let Us Know: You can always email FM-OHS@virginia.edu if you have suggestions or story ideas.
Now there's a new way to get in touch — “Let us know” by answering a few quick questions: https://at.virginia.edu/j9Tpn
**OCCUPATIONAL HEALTH & SAFETY**

**Important Message & Precautions for OHS Training Sessions**

UVA FM-OHS is considering the implications of the recent spike in COVID cases and how it impacts our community, Facilities Management, and OHS training. Training that is critical to keeping our employees safe cannot be delayed; and there are some tasks for which employees are required by Federal and State laws to have up-to-date training. OHS is conducting in-person training with additional precautions to prevent the spread of illness. **We appreciate your collaboration in balancing our critical needs for employee health and safety.**

<table>
<thead>
<tr>
<th>Precautions &amp; Requirements for OHS Training Sessions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Masks MUST always be worn properly at all times. OHS trainers will have additional masks at training classes to offer employees. Anyone not wearing a mask or continuing to wear a mask improperly will be asked to leave and your supervisor will be notified. <strong>Mask requirements:</strong></td>
</tr>
<tr>
<td>→ A KN95 face mask OR</td>
</tr>
<tr>
<td>→ A medical grade, three-ply face mask OR</td>
</tr>
<tr>
<td>→ You MUST wear a medical grade, three-ply face mask over your cloth face covering (double-mask).</td>
</tr>
<tr>
<td>• All face coverings MUST be tight-fitting and completely cover your nose AND mouth.</td>
</tr>
<tr>
<td>• Physical distancing will be in place with either reduced class sizes or larger rooms to allow safe spacing between attendees. Most OHS trainings have moved to Zehmer Hall to accommodate our trainings, additional space &amp; physical distancing. If you feel a room needs an adjustment to its set-up, please ask.</td>
</tr>
<tr>
<td>• Be responsible for your health prior to and when attending class and be considerate of other employees.</td>
</tr>
<tr>
<td>• If you have been exposed to a COVID+ case, are awaiting test results, or are experiencing any symptoms of illness, please respond to <strong><a href="mailto:fm-ohs@virginia.edu">fm-ohs@virginia.edu</a></strong> and ask to be rescheduled.</td>
</tr>
<tr>
<td>• During COVID, employees are responsible for maintaining their training requirements and attending assigned sessions to properly perform job responsibilities.</td>
</tr>
</tbody>
</table>

This approach and these precautions are in line with current UVA, CDC, and local public health officials’ policies and guidelines. **The COVID-19 pandemic has created a rapidly changing environment. OHS will reassess policies for in-person training as needed. The OHS team will evaluate individual cases of expired or overdue training; and in some cases, employees may not be able to perform tasks until the training requirement has been met.**

Contact **fm-ohs@virginia.edu** or call 434-297-6379 if you have any questions.

Thank you for your patience, understanding, and collaboration as we navigate the current environment.
**OCCUPATIONAL HEALTH & SAFETY**

How do we measure safety?

Some would say that the absence of reported injuries and incidents is the most effective way to gauge how safe we are working. However, if we look only at the number of injuries reported, how do we know if that is due to safe actions or simple luck? And more importantly, are we unintentionally creating a work environment that discourages reporting of incidents?

Incident tracking is what we call a “lagging indicator” of safety trends. While this data can be helpful for determining areas for improvement, **it should not be the only means by which we measure our safety culture.** The numbers do not tell the full story.

An environment in which employees feel empowered to speak up about safety hazards, near misses, and injuries (even those that do not require medical care) is one in which a process of continual improvement and collaboration can thrive.

There are lessons to be learned from these types of communications and one of the positive things that can come from an unexpected event or injury. Incidents in which people, processes or systems “failed” can also be analyzed to see what was done right in addition to what needs improvement.

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In this spirit, FM-OHS would like to acknowledge and thank the following teams and individuals who embraced this approach of learning from unplanned events or injuries with the goal of keeping themselves and their coworkers safe:

- **Bree Knick** and **Samantha Manning** for responding to an injury promptly using first aid training and having a safety stand down to address the causes and corrections.

- **Travis Sly** for reporting a first aid incident.

- **All of the employees who reported weather-related incidents** so that corrective actions can be taken to better prepare for future snow and ice.

- **Kenny Bower and his team** who made adjustments to planning for the second snow/ice event.

Thank you for doing your part to keep one another safe!

If there is someone in your group that has gone above and beyond for workplace health and safety, email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) or nominate them as Safety Champion: [https://at.virginia.edu/QhHZoK](https://at.virginia.edu/QhHZoK)
**OCCUPATIONAL HEALTH & SAFETY**

**SAFETY SHOE TRUCK**

The shoe truck will be on Grounds next on Wednesday, January 19 (adjusted for the Martin Luther King, Jr. holiday) and January 25, 2022. The voucher system is currently offline as we adjust for the new year of safety shoes. If you receive an email from the safety shoe portal stating your voucher has been processed, you can pick up shoes at the Red Wing store on Pantops or at the next shoe truck using your UVA ID.

If you need safety shoes, submit a request: https://at.virginia.edu/FMShoeRequest

**REMINDERS**

OSHA.gov posts and emails workplace safety reminders daily. Visit https://www.osha.gov/winter-weather/hazards#stranded to learn more about this one.

Visit OSHA.gov to see more workplace safety reminders of the day.

Keep the vehicle's exhaust pipe clear of snow

**WORK SAFELY!**

FM Occupational Health and Safety is here to support you and a safe working environment. If you have any questions or concerns related to health and safety at work, speak with your supervisor, Safety Committee representative, someone from OHS, or submit a near miss report.

**FREE FITNESS OFFERINGS FROM HOOS WELL**

UVA Intramurals and Hoos Well have partnered to offer employees FREE fitness classes—from running to weightlifting to yoga to pickleball, there’s something everyone can enjoy!

See the classes: https://at.virginia.edu/pWoL0R
OCCUPATIONAL HEALTH & SAFETY

Bernie says!

PRACTICE SNOW SAFETY AT UVA FM

Walk on designated walkways as much as possible.

- Don’t take shortcuts over snow piles or areas where snow and ice removal is not feasible.
- Look ahead when you walk. A sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Don’t text or read while walking.

Walk safely on snow or ice.

- Take short steps or shuffle for stability.
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip, and shoulder. Avoid using outstretched arms to brace yourself.
- Bend your back and head forward to avoid hitting your head against the ground.

Best Practices to Avoid Injury While Shoveling Snow

- Inspect winter tools prior to use (ex: shovel and bucket handles)
- If you have to shovel, take time to warm up or properly stretch prior to starting.
- Do not overexert yourself.
- Use proper work posture when shoveling. Avoid actions such as rounding your back or twisting when lifting.
- Always lift with your legs and not with your back.
- When possible, push the snow out of the way to limit lifting and throwing the snow.

Pushing the snow is less hazardous than lifting and throwing snow.

Report Incidents & Near Misses: https://at.virginia.edu/pipfQr
OCCUPATIONAL TRAINING

Training Opportunities

Annual Information Security Awareness Training (ISAT) Due
The annual Information Security Awareness Training (ISAT) from UVA Information Security was due in December 2021. If you are unsure if you have completed the training, please check the “Required Trainings” section in Workday Learning: https://www.myworkday.com/uva/learning

Workday Learning – Leadership Tips, Tactics and Advice
Lead with intention using the leadership tips, tactics, and advice in this audio-only course. Lisa Earle McLeod and Elizabeth Lotardo explain how to develop a leadership mindset, thrive in crucial leadership moments and challenges, and build a winning team. Discover how to master the leadership opportunities you have at every turn: to set direction, build a strong team, and make a lasting impact on your entire organization. By the end of this course, you'll learn how to manage your mindset and behaviors to be a leader others will want to follow.

Take this training: https://at.virginia.edu/4uN1Ho

Workday Learning – Impromptu Speaking
We are often called on unexpectedly in professional and social situations to deliver an impromptu speech. These moments offer us opportunities to sell an idea, influence a colleague, and make an unforgettable impression. Instead of hoping you do well, take this short course and have some techniques and ideas in your back pocket. Learn why impromptu speaking is so critical to your career, how to use key structural elements to craft a strong impromptu statement, and what to do when you have no time to prepare.

Take this training: https://at.virginia.edu/RZbcT9

View or Apply for UVA FM Job Postings

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

FM Job Listings as of 1/12/2022:

- R0031897 HVAC Assistant Mechanic
- R0031541 Custodial Services Supervisor, Housing
- R0032007 Landscape & Grounds Worker
- R0028303 Senior HVAC Mechanic, Central Grounds Zone, Evening Shift
- R0031883 Carpenter Senior
- R0030791 Instrumentation & Controls Technician
- R0031374 HVAC Mechanic
- R0031625 IT Help Desk Specialist (Staff Wage)
- R0031242 Historic Masonry Supervisor

See more UVA FM Job Listings >>>
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**OCCUPATIONAL TRAINING**

**UVA FM Job Postings, Continued from previous page**

- R0026856    Senior Welder for Utility Systems
- R0031215    Buildings Superintendent
- R0031155    Instrumentation & Controls Technician
- R0031291    Systems Control Center Operator
- R0031380    Trades Utility Senior Worker
- R0029244    Carpenter Senior
- R0028140    Recycling Supervisor
- R0026545    Sheet Metal Technician - CC&R
- R0030991    Custodial Services Worker
- R0030609    Elevator Assistant Mechanic
- R0030564    General Services Supervisor
- R0029165    HVAC Mechanic, West Grounds
- R0024783    HVAC Mechanic
- R0025441    Plumber
- R0030790    Recycling Worker
- R0030719    Sign Shop Worker
- R0030982    Utilities Supervisor
- R0030524    Boiler Operator
- R0030544    Carpenter - Construction & Renovation Services
- R0030560    Carpenter Senior
- R0030280    Chiller Plant Zone Supervisor
- R0030513    Custodial Services Worker, Evening Shift
- R0030474    Custodial Services Worker
- R0030510    Custodial Services Worker
- R0030467    Electrical Assistant
- R0030468    Electrician Senior
- R0030487    Fire Systems Assistant Technician
- R0029754    General Services Technician
- R0030397    Plumber Assistant
- R0024318    Custodial Services Supervisor, Evening Shift
- R0026830    Geospatial Space Analyst
- R0026820    Instrumentation & Controls Technician
- R0029999    Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0030369    Maintenance Zone Manager
- R0030315    Utilities Manager
- R0028077    Custodial Services Worker
- R0030008    Fire and Safety Equipment Inspector
- R0028772    Instrumentation Engineering Technician
- R0025875    Landscape Plant Health Specialist
- R0029177    Mason Plasterer
- R0025551    Roofer
- R0022915    Trades Utility Senior Worker
- R0027779    Arborist
- R0026402    Electrician
- R0029022    Electrician
- R0025247    Environmental Remediation Tech
- R0026550    Mason - CC&R
- R0025318    Recycling Program Coordinator
- R0025264    Senior HVAC Mechanic - 7AM-5:30PM, M - Th
- R0029135    Trades Utilities Senior Worker, Housing Facilities
- R0027440    Electrician - CCR
- R0027977    IT Desk Support (Student Wage)
- R0025382    Plumber Assistant
- R0025318    Plumber
The UVA MLK Celebration officially kicks off next week, visit the updated list of UVA MLK Celebration events here - [https://mlk.virginia.edu/events](https://mlk.virginia.edu/events)

**Join the UVA MLK Celebration Community**

**Read and Panel Discussion, "Why We Can't Wait," by Rev. Martin Luther King Jr.**

Why We Can’t Wait,” the title of Rev. Martin Luther King Jr.’s third book, will serve as the theme of the University of Virginia’s 2022 Community MLK Celebration.

“Dr. King’s message in ‘Why We Can’t Wait’ rings just as true today as it did in 1964,” Kevin McDonald, UVA’s vice president for diversity, equity, inclusion and community partnerships, wrote in an email. “As we enter another year of a pandemic that continues to profoundly impact the world and exacerbate the stark disparities in our society, it’s important to remember that we can’t sit idly by. In fact, there’s no better time than the present to be actively engaged in transformational efforts.”


**FREE books are available at the following locations while supplies last:**

- JMRL Central
- JMRL Northside (low on books)
- JMRL Crozet (out of books)
- Jeffrey School African American Heritage Center
- New Dominion Bookshop
- Yancey Community Center
- JMRL Gordon
- UVA Multicultural Student Center (out of books)

There are two e-book copies and several physical copies available to be checked out from the UVA Library.

**There will be a virtual panel discussion via Zoom on Thursday, January 20, from 6-7pm.**

**Register to join the discussion:** [https://at.virginia.edu/hHLuZB](https://at.virginia.edu/hHLuZB)

**UVA & Affordable Housing**

UVA has announced the selection of three potential sites for affordable housing development. This work falls under the auspices of the President’s Council on UVA-Community Partnerships.

Within the announcement, there are opportunities for community members to share their thoughts about the sites via a survey and a comment wall.

**Read more about the Affordable Housing Initiative on the President’s Council site:** [https://prescouncil.president.virginia.edu/affordable-housing](https://prescouncil.president.virginia.edu/affordable-housing)
The all-volunteer tool library launch team has been hard at work preparing for launch in Spring 2022.

The **NEW Cville Tool Library** will be a collective and collaborative space for empowering our community with tools.

Sharing tools with our neighbors not only saves money, but encourages learning new skills, living more sustainably, and building stronger communities.

**How it works:**
- Borrow tools like you would borrow books from the library
- No need to buy or store tools you’ll use once
- Learn how to use tools

**How can you get involved? Glad you asked!**
- Tool donations are being accepted, and our wish list will be posted on our website soon
- Volunteers will be needed to staff our tool desk, maintain tools, and more
- Become a member!

**We are welcoming new members beginning in January 2022!**

Funds raised through membership fees go exclusively toward the purchase of new tools for our inventory.

When you join the Cville Tool Library as an early adopter, you become an integral part of its foundation.

*More members = more tools to lend!*

Curious about how it’ll work?  
Want to meet the tool library team?  
Interested in volunteering?  
Have tools to donate?  
Come check us out at our Open House

**Open House**
**Sunday, January 23, 2022**  
1 to 4 pm  
Cville Tool Library  
1740 Broadway Street  
Charlottesville, VA 2290

In case of inclement weather changes will be posted on our website and Facebook page

www.cvilletoollibrary.com  
cvilletoollibrary@gmail.com
The Apprenticeship Program team is working on a streamlined form that will be available through the Apprenticeship website to assist the process of communicating rotation requests – more information to follow.

For future rotations, the Apprenticeship Program highly encourages supervisors, managers and apprentices to communicate any future rotation requests or concerns with the team as soon as possible once the new process becomes available. **Please do not submit them now.** This will better allow us to plan your upcoming rotations.

### COVID-19, Allergy, Cold and Flu Symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>COVID-19</th>
<th>Allergies</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches, muscle aches or severe muscle pain</td>
<td>✔</td>
<td>✗</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Chills</td>
<td>✔</td>
<td>✗</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Cough or pressure in chest</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness, confusion, difficulty waking up</td>
<td>✔</td>
<td>✗</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Fatigue</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td>✔</td>
<td>✗</td>
<td>Rare</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>✔</td>
<td>✔</td>
<td>Rare</td>
<td></td>
</tr>
<tr>
<td>Itchy or watery eyes</td>
<td>✗</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>New loss of taste or smell</td>
<td>✔</td>
<td>✗</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Pain or pressure in the belly</td>
<td>✗</td>
<td>✗</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td>Less common</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Seizures</td>
<td>✗</td>
<td>✔</td>
<td></td>
<td></td>
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<tr>
<td>Severe weakness</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td>Less common</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Sneezing</td>
<td>✗</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Trouble breathing or shortness of breath</td>
<td>✔</td>
<td>Less common</td>
<td>✗</td>
<td>✔</td>
</tr>
<tr>
<td>Vomiting or diarrhea</td>
<td>✔</td>
<td>✗</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>

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
- Blue Ridge Health District: https://at.virginia.edu/MU5Rl9

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 >>

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.

IMPORTANT DEADLINES FOR COVID-19 BOOSTERS AT UVA:

If you have completed your initial COVID-19 vaccine series:

<table>
<thead>
<tr>
<th>If you completed your initial vaccine series:</th>
<th>Your booster shot documentation must be submitted by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between January 1 and July 31, 2021</td>
<td>January 14, 2022</td>
</tr>
<tr>
<td>During August 2021</td>
<td>February 28, 2022</td>
</tr>
<tr>
<td>During September 2021</td>
<td>March 31, 2022</td>
</tr>
<tr>
<td>During October 2021</td>
<td>April 30, 2022</td>
</tr>
</tbody>
</table>

Booster shot documentation must be uploaded to your Workday profile. Instructions on how to do this are posted to Workday announcements.

Learn more about the UVA Booster requirement: https://hr.virginia.edu/covid-19/uva-covid-19-booster-requirement

UVA COVID-19 BOOSTER REQUIREMENT

After careful consideration of current and projected public health conditions, including the progression of the new omicron variant, University leaders, with the advice of public health experts, are requiring faculty, staff, students and UVA Health team members to get COVID-19 booster shots by January 14, 2022. Those who are not eligible to receive their booster by January 14, 2022 must submit proof of their booster no later than 30 days following their first day of eligibility. Documentation should be uploaded to your Workday profile by the deadline.

More information on the UVA booster requirement: https://coronavirus.virginia.edu/updates/uva-vaccine-booster-requirement-information

Find a booster online at https://www.vaccines.gov/ or by calling the BRHD hotline at 434-972-6261.

Find out more about types of vaccines & doses: https://www.vdh.virginia.gov/covid-19-vaccine/
COVID-19 RESOURCES
COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 1/1/2022, unvaccinated individuals developed COVID-19 at a rate 4.3 times higher than fully vaccinated and 2.2 times higher than partially vaccinated individuals.

Source: Virginia Dept. of Health
https://at.virginia.edu/4u6myh

WHY DOES IT SEEM SO MANY VACCINATED PEOPLE ARE GETTING COVID-19 LATELY?

A couple of factors are at play related to the emergence and spread of the omicron variant of the virus that causes COVID-19:

- Omicron is very easily spread and is more likely to infect people, even if it doesn’t make them very sick.
- Omicron’s surge coincided with the holiday travel season in many places.

COVID-19 vaccines are designed to prevent severe illness, not necessarily fully block infection. The vaccines are still doing their job on that front, particularly for people who’ve gotten boosters.

Two doses of the Pfizer-BioNTech or Moderna vaccines or one dose of the Johnson & Johnson vaccine offer strong protection against serious illness. Boosters 5 months after your Pfizer or Moderna vaccines or 2 months after your Johnson & Johnson vaccine rev up levels of the antibodies to help fend off infection.

Source: https://at.virginia.edu/Tz6P53
Reasons to celebrate are all around us!

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

January 14: Organize Your Home Day
January 15: National Hat Day
January 16: World Snow Day
January 17: Martin Luther King, Jr. Day
January 18: National Winnie the Pooh Day
January 19: National Popcorn Day
January 20: Take A Walk Outdoors Day
January 21: National Squirrel Appreciation Day