The Occupational Programs Weekly Wrap Up

### UVA Facilities Management

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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/j9Tpnp



# Reminder: Face Coverings are still important!

Per <u>UVA's Policy SEC-045</u>, Facilities Management requires face covers to be worn at all times while indoors at UVA properties, unless alone in an office or vehicle. Due to the increased contagiousness of COVID-19, UVA strongly recommends wearing a medical grade three-ply mask instead of a single-layer fabric mask.

Three-ply, fabric, & KN95 masks are available for your team through the online form.

#### Learn more about face covers & how to use your KN95 >>

# REMINDER: FACE COVERINGS MUST BE WORN INDOORS ABOUT FACE COVERINGS

Per UVA's <u>Policy SEC-045</u>, Facilities Management requires face coverings to be worn at all times while indoors at UVA properties, unless alone in an office or vehicle. <u>The CDC recommends</u> face coverings in any setting where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, essential worksites) especially in areas of significant community-based transmission.

Face coverings <u>shall not have exhalation valves or vents</u>, which allow virus particles to escape, and shall not be made of material that makes it hard to breathe, such as vinyl. See more from VOSH's *Revised Virginia Standard For Infectious Disease Prevention Of COVID-19*: <u>https://at.virginia.edu/LyoTAm</u>

The purpose of face coverings is to reduce the release of potentially infectious particles into the air when someone speaks, coughs, or sneezes. Face coverings are not a substitute for physical distancing, washing hands, and staying home when ill.

Here are examples of the various types of face coverings that are being used to protect public health:



#### **N95 RESPIRATORS**

N95 masks are only to be used when required by your job and/or task. N95 users are required to go through special fit testing & training. Users are fit tested to their specific model of face covering.

If you are unsure if your job requires an N95 OR you need training, contact your supervisor or FM-OHS@virginia.edu.



#### <u>KN95</u>

KN95 filtering facepiece respirators are certified under China's standards and are not cleared by the FDA or NIOSH. With supply shortages of N95s, more KN95 masks are starting to appear in this country. KN95 is not a substitute for an N95, but can be used to prevent spread of the virus.



#### **DUST MASKS**

These look like N95s or KN95s but they may not have the proper certifications.

Dust masks are okay for voluntary use. They are typically sold in hardware stores for people who need protection from sawdust and other construction work. Dust masks are disposable.



#### **NEOPRENE FACE COVERS**

The material is thick and can prevent the spread of droplets from the mouth and nose, depending on mask design. Neoprene fabrics are washable and reusable. Masks should be washed before reuse.

Face covers with valves on them should be double layered with a paper or cloth face cover to prevent the spread of droplets.



# SURGICAL MASKS & CLOTH FACE COVERS

These masks do not filter out particles to the extent that N95 and KN95 masks do. They will contain droplets and spittle from the mouth and nose of the wearer, protecting those around the wearer.

"Double masking" or wearing two masks is recommended if you choose a cloth mask.



### **NECK GAITERS & BANDANAS**

Cotton or synthetic materials are used to make these. The material is often thin for improved breathability, which means a decreased ability to contain droplets. Neck gaiters are made of stretchy synthetic fabric which makes them comfortable to wear.

Neck gaiters and bandanas offer significantly reduced protection and are not considered an effective face cover at UVA FM.

# **KN95 Mask Information & Resources**

UVA Policy SEC-045: COVID-19 Health & Safety Requirements – Vaccination, Testing, Face Masks, Events and Gatherings, and Visitors <u>https://uvapolicy.virginia.edu/policy/SEC-045</u>

Face masks **are required for all people** (students, faculty, staff, contractors and visitors), both vaccinated and unvaccinated, who enter UVA properties:

- This includes University-owned or leased public spaces like academic or administrative buildings, libraries, labs, dining halls, IM/Rec facilities, all UVA Health properties, and public transportation.
- This does not include dorms or private housing (including common areas within those spaces), or those alone within individual offices.
- This policy will remain in effect indefinitely until federal, state, local and/or University directives deem a face covering is no longer necessary or recommended to help reduce the spread of COVID-19.

Appropriate use of face masks is critical in minimizing risks to others near you. COVID-19 can be spread to others even if no symptoms are being displayed. **A face mask should not be used as a substitute for social distancing.** 



### HOW TO PUT ON YOUR FACE MASK







- Wash hands or use hand sanitizer prior to handling the face mask.
- · Be sure the face mask fits over the nose and under the chin.
- Place straps around the ears.
- · AVOID TOUCHING THE FRONT OF THE FACE COVERING

### **HOW TO TAKE OFF YOUR FACE MASK**



- Do not touch your eyes, nose, or mouth when removing the face mask.
- When taking off the face mask, loop your finger into the strap and pull
- the strap away from the ear.
- Wash hands immediately after removing.

### **KN95 MASK INFORMATION**

#### ARE KN95 MASKS REQUIRED AT UVA?

KN95 masks are not required for faculty, staff and students in the Academic Division. New CDC guidance released on January 14, 2022, provides information on different types of masks and the varying levels of protection. It suggests that a KN95 mask may be considered in situations where greater protection is needed or desired, e.g., "when working at a job where you interact with large numbers of the public especially when everyone is not consistently wearing a mask." Please note that wearing KN95 masks at UVA is entirely voluntary.

#### SHOULD I WEAR A CLOTH MASK WITH MY KN95?

No, wearing a cloth mask in addition to your KN95 reduces its effectiveness.

#### HOW SHOULD I CARE FOR AND STORE MY KN95?

Please **DO NOT** attempt to wash your KN95. With proper care, your KN95 should be reusable for an extended period of time.

To keep your KN95 clean between uses, store your mask in a safe location that other people cannot access and where it will not get wet or be subject to direct sunlight or excessive heat. A dry paper bag works well for storing your KN95.

#### WHEN SHOULD I DISCARD MY KN95 MASK?

You should replace your KN95 mask when it:

- · Becomes soiled
- No longer covers the nose and mouth
- Has stretched out or damaged ties or straps
- · Cannot stay on the face
- $\cdot$  Has holes or tears in the fabric

#### HOW TO GET K95s FOR WORK:

FM staff can requests KN95, 3-ply procedural, and fabric masks by using the <u>request form</u> and emailing it to <u>fm-logistics@virginia.edu</u>

Form: <u>https://at.virginia.edu/UVAFMMatReq</u>

A KN95 may be disposed of in the normal trash.



#### CITATIONS

SEC-045: COVID-19 Health & Safety Requirements – Vaccination, Testing, Face Masks, Events and Gatherings, and Visitors. <u>https://uvapolicy.virginia.edu/policy/SEC-045</u>. January 19, 2022.

Types of Masks and Face Coverings | CDC. <u>https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html</u>. January 14, 2022.

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# DIVERSITY, EQUITY & INCLUSION Learning Series Event: Dr. Ashante Reese -Black Lives, White (Sugar) Empires

### February 5, 5:00 PM

The UVA Division of Diversity, Equity, and Inclusion will be sponsoring this webinar event with the College of Architecture. This event will bring scholar Dr. Ashante Reece to campus to present a talk titled: Black Lives, White (Sugar) Empires: Notes on Confinement and Care in the Wake of the Texas Prison System.



### More information & registration:

https://dei.virginia.edu/learning-series-event-dr-ashante-reese-black-lives-white-sugar-empires.



This project reveals the overlooked history of mid-twentieth century African Americans: the women who ran tourist homes because their husbands could not get jobs that paid well enough to support their families, the men who saw opportunity and opened motels based on the amount of traffic passing through their towns, and the businessman who financed those who offered beauty, entertainment, and style to middle class African Ameri-

cans. These unsung people were the backbone of the African American tourist industry.

#### Learn more: http://community.village.virginia.edu/greenbooks/

### Saving St. John School and the Rosenwald School Legacy

Webinar with Jody Lahendro and Rebecca Bowler Kinney, February 17, 3:00-4:00 PM

From 1912 to 1932, a collaboration between Booker T. Washington and Julius Rosenwald resulted in more than 5,300 schools constructed for rural African Americans in the South. St. John Rosenwald School was erected in 1923 in Cobham, northeast of Charlottesville and educated Black children until 1954. Rebecca Kinney, St. John School alumna and board president of a local nonprofit driving this effort, and Jody



Lahendro, recently retired UVA Historic Preservation Architect, will recount the movement by school alumni and the local community's determination to save St. John School. They will share the uplifting story of this 11-year effort to take the project to construction. **Register:** <u>https://at.virginia.edu/vSfkSU</u>

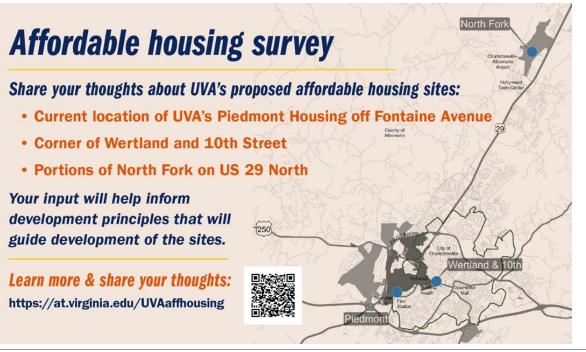
# DIVERSITY, EQUITY & INCLUSION "Affordable Housing is Sustainable Housing" Webinar

#### Monday, January 31 from 6:00-7:30pm on Zoom

Affordable housing has long been a challenge our community faces, and housing can't be truly affordable unless it is thoughtfully designed with sustainability principles in mind. Join the UVA Sustainability Civic Engagement Sub-committee (CES) and the Community Climate Collaborative (C3) for a virtual event in conjunction with the UVA Community MLK Celebration. Speakers from PHA, PEC, Cultivate Charlottesville, and LEAP will each share points of interconnection for just and equitable housing and climate solutions. We look forward to great conversation with our amazing panelists Dr. Melody Jackson (PHA), Claudette Grant (UVA Health), Peter Krebs (PEC), Richard Morris (Cultivate Charlottesville), and Chris Meyer (LEAP). Register: <a href="https://at.virginia.edu/yR72HK">https://at.virginia.edu/yR72HK</a>

# Share Your Thoughts on UVA's Proposed Sites for Affordable Housing

at https://at.virginia.edu/UVAaffhousing through Monday, January 31



# Pavilion X Exhibit Highlights Slavery History of Its Former Residents

Ian Solomon, dean of UVA's Frank Batten School of Leadership and Public Policy, who currently lives in Pavilion X with his family, is encouraging visitors and viewers to see a new exhibit installed in the cellar's hallway that brings to light some of the former residents and conditions of daily life of the enslaved workers, as well as the white professors for whom they labored without freedom. Although the exhibit is not yet open to the public, the panels of the exhibit can be <u>viewed online</u>.



View the exhibit online: https://juel.iath.virginia.edu/Pavilion-X-exhibition

Learn more:

https://news.virginia.edu/content/pavilion-x-exhibit-highlights-slavery-history-its-former-residents

UVA Facilities Management Occupational Programs | 434.297.6379 | FM-OHS@virginia.edu | https://www.fm.virginia.edu/depts/occupationalprograms/index.html

# OCCUPATIONAL HEALTH & SAFETY Important Reminder 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 the following precautions to prevent the spread of illness. We appreciate your collaboration in balancing our critical needs for employee health and safety.

### **Requirements for OHS Training Sessions:**

- 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.
- Mask requirements:
  - $\rightarrow$  A KN95 face mask OR
  - $\rightarrow$  A medical grade, three-ply face mask OR
  - → You MUST wear a medical grade, three-ply face mask <u>over</u> your cloth face covering (double-mask).
- All face coverings MUST be tight-fitting and completely cover your nose AND mouth.
- 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 & physical distancing. If you feel a room needs an adjustment to its set-up, please ask.
- Be responsible for your health prior to and when attending class and be considerate of other employees.
- If you have been exposed to a COVID+ case, are awaiting test results, or are experiencing any symptoms of illness, please respond to <u>fm-ohs@virginia.edu</u> and ask to be rescheduled.
- During COVID, employees are responsible for maintaining their training requirements and attending assigned sessions to properly perform job responsibilities.

This approach is in line with current UVA, CDC, and local public health officials' policies and guidelines. OHS will reassess policies for in-person training as needed. The 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 <u>fm-ohs@virginia.edu</u> or call 434-297-6379 if you have any questions. Thank you for your patience, understanding, and collaboration.

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# OCCUPATIONAL HEALTH & SAFETY SAFETY SHOE TRUCK

The shoe truck will be on Grounds next on Tuesday, February 1, 2022.

The voucher system is back up[ and running. If you receive an email from the safety shoe portal stating your voucher has been processed, you should receive a voucher shortly via email and text (if available).

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

If you have questions about PPE or safety shoes, email <u>FM-OHS@virginia.edu</u>.

# **Reminders**

OSHA.gov posts and emails workplace safety reminders daily.

Visit <u>https://www.osha.gov/winter-</u> weather/hazards#shovelingsnow to learn more about this one.

Visit <u>OSHA.gov</u> to see more workplace safety reminders of the day.



Warm up before shoveling snow and scoop small amounts at a time.

# 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, <u>Safety Committee representative</u>, <u>someone from</u> <u>OHS</u>, or submit a <u>near miss report</u>.

# 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: <u>https://at.virginia.edu/pWoLOR</u>



# The Occupational Programs Weekly Wrap Up | 01.28.2022 | Page 9 OCCUPATIONAL TRAINING 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

<u>External Applicants</u> (not currently employed by UVA) will be prompted to create a profile in Workday when applying: <u>https://uva.wd1.myworkdayjobs.com/UVAJobs</u> Not all listings are available to external applicants.

#### FM Job Listings as of 1/25/2022:

#### Questions on job listings should be directed to <u>AskHR@virginia.edu</u>

- R0029999 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift
- R0032158 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0032413 Senior HVAC Mechanic Health System Physical Plant
- R0030560 Carpenter Senior
- R0028303 Senior HVAC Mechanic, Central Grounds Zone, Evening Shift
- R0030524 Boiler Operator
- R0032122 Construction Administration
   Manager
- R0031883 Carpenter Senior
- R0031541 Custodial Services Supervisor, Housing
- R0031897 HVAC Assistant Mechanic
- R0032007 Landscape & Grounds Worker
- R0031374 HVAC Mechanic
- R0030791 Instrumentation & Controls Technician
- R0031242 Historic Masonry Supervisor
- R0031625 IT Help Desk Specialist (Staff Wage)
- R0026856 Senior Welder for Utility Systems
- R0029244 Carpenter Senior
- R0031155 Instrumentation & Controls Technician

- R0028140 Recycling Supervisor
- R0026545 Sheet Metal Technician CC&R
- R0031291 Systems Control Center Operator
- R0031380 Trades Utility Senior Worker
- R0030280 Chiller Plant Zone Supervisor
- 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
- R0030544 Carpenter Construction & Renovation Services
- R0024318 Custodial Services Supervisor, Evening Shift
- R0030513 Custodial Services Worker, Evening Shift
- R0030474 Custodial Services Worker
- R0030510 Custodial Services Worker
- R0030567 Electrical Assistant
- R0030468 Electrician Senior
- R0030487 Fire Systems Assistant Technician

### See more UVA FM Job Listings >>>

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

- R0029754 General Services Technician
- R0026830 Geospatial Space Analyst
- R0026820 Instrumentation & Controls Tech- 

  R0026402 Electrician nician
- R0030369 Maintenance Zone Manager
- R0030397 Plumber Assistant
- R0030315 Utilities Manager
- R0028077 Custodial Services Worker
- R0025875 Landscape Plant Health Specialist
- R0029177 Mason Plasterer

- R0022915 Trades Utility Senior Worker •
- R0027779 Arborist
- R0029022 Electrician •
- R0025247 Environmental Remediation Tech •
  - R0027977 IT Desk Support (Student Wage)
- R0026550 Mason CC&R
- R0025382 Plumber
- R0025318 Recycling Program Coordinator
- R0025264 Senior HVAC Mechanic 7AM-5:30PM, M - Th
- R0027440 Electrician CCR

### Free Tutoring for K-12 Children of UVA Staff



# **Training Opportunity**

### A Complex Problem-Solving Framework

Complex problem-solving is a core skill for the 21st Century, and the only way to keep up with rapid change. This session

will cover a five-step approach to creative problem solving developed in leading consulting firms. It employs a highly visual, logic-tree method that can be applied to almost any problem, from organizational decisions to individual career choices.

Presenter: Brendan Boler, Director of Career Services at the University Career Center and Assistant Professor at the Batten School of Leadership and Public Policy

### When: March 4, 2022, 11 a.m. to 12:15 p.m.

Where: TBD (planning to be in-person)

**Register:** <u>https://at.virginia.edu/L9PGEK</u>

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**UNIVERSITY** VIRGINIA

# Organizational Excellence

PARTNERING FOR EFFECTIVENESS AND EXCELLENCE

# The Occupational Programs Weekly Wrap Up | 01.28.2022 | Page 11 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:

- <u>Vaccines.gov</u>
- Blue Ridge Health District: <u>https://at.virginia.edu/MU5RI9</u>

OR

Plan to visit a walk-in clinic: <u>https://at.virginia.edu/JhDgmD</u> Remember to use your <u>PHEL</u> for any time away from work.

Severe weakness

Vomiting or diarrhea

Trouble breathing or shortness of breath

Sore throat

Sneezing

# 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.

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### Learn more about the

# UVA COVID-19 Vaccine & Booster Requirements

Per UVA Health System policy, OCH-002: Occupational **Health Screening and** Maintenance: UVA Health Tier 1 team members (employees whose jobrelated activities require them to be present in Health System Facilities at any time in a given calendar year) are required to get the basic COVID vaccination. Tier 1 employees are strongly encouraged but not required to get the booster. Tier 2 team members are strongly encouraged but not required to get either the basic vaccination or the booster.

> See OCH-002: https://at.virginia.edu/ zzt4uF

	$\checkmark$			
Symptom	COVID-19	Allergies	Cold	Flu
Body aches, muscle aches or severe muscle pain	<ul> <li>Image: A second s</li></ul>	x	×	1
Chills	1	x	Uncommon	1
Cough or pressure in chest	×	×	1	1
Dizziness, confusion, difficulty waking up	1	x	x	1
Fatigue	×	×	×	1
Fever	×	X	Rare	1
Headache	<ul> <li>Image: A second s</li></ul>	1	Rare	1
Itchy or watery eyes	x	1	×	x
New loss of taste or smell	<ul> <li>Image: A second s</li></ul>	x	x	x
Pain or pressure in the belly	x	x	x	1
Runny or stuffy nose	Less common	1	1	1
Seizures	×	x	X	<ul> <li>Image: A second s</li></ul>

Source: https://brighamhealthhub.org/are-you-sick-with-covid-19-the-flu-or-a-cold/

Less common

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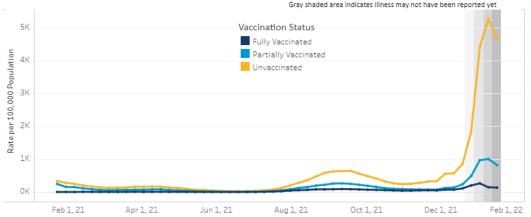
### COVID-19, Allergy, Cold and Flu Symptoms

BRIGHAM HEALTH BRIGHAM AND WOMEN'S HOSPITAL

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# **COVID-19 RESOURCES** COVID-19 Case Rates in Virginia by Vaccination Status

Between 1/17/2021 & 1/15/2022, unvaccinated individuals developed COVID-19 at a rate 4.5 times higher than fully vaccinated and 2.1 times higher than partially vaccinated individuals.



**Breakthrough infections:** As of 1/15/2022, **5,826,303 Virginians** have been fully vaccinated against

**COVID-19.** Of these people, **2.1%** have developed COVID-19, **0.060%** have been hospitalized, and **0.018%** have died.

Even when a vaccine is highly effective, a small percentage of people who are fully vaccinated will still get COVID-19 if they are exposed to the virus.

- → Because no vaccine is 100% effective, it is expected to see some fully vaccinated people get infected.
- → In most cases, these people do not have symptoms or have only mild symptoms. These infections might also be shorter in duration.
- $\rightarrow$  Breakthrough cases occur for all vaccine-preventable conditions.

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

