

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

03.25.2022

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Farewell, but not Goodbye!

UVA FM-OHS is sad to announce that Bonnie Hockins, Occupational Safety Specialist, is leaving FM. However, we are elated to announce that she is not leaving our UVA community! Bonnie has accepted a position with UVA Environmental Health and Safety.



If you or your team has been working with Bonnie on a project, reach out to **FM-OHS@virginia.edu** or any **OHS team member** to be sure it keeps moving forward:

Shelomith Gonzales
shelomith@virginia.edu

Narges Sinaki
ns4xq@virginia.edu

Jamie Watkins
jhw2t@virginia.edu

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/j9Tpnj>

APPRENTICESHIP



Learning by Doing

APPRENTICE JOB APPLICATION IS LIVE UNTIL APRIL 27

This year, a single application is posted for all apprenticeship tracks and is open to all levels of experience. Applications will only be accepted online. Join us at the [Job Fair on April 12](#) to learn more.

As part of the application, the following documents and information are required:

- ◆ Cover letter
- ◆ Resumé
- ◆ **References:** Name, phone numbers, and/or email addresses of three non-family former colleagues and/or supervisors who can attest to your skills and qualifications. Recent students may use a teacher or professor they have worked with closely.
- ◆ **Letter of recommendation** from someone other than a family member. Additional letters of recommendation are optional.

Current UVA Employees can search for and apply to jobs using your existing [Workday account](#). All others, apply here: <https://at.virginia.edu/gc32bS>

FM Apprenticeship Job Fair

April 12, Alumni Hall
9:30 AM to 11:30 AM
Open to the public

Download the flyer:

<https://at.virginia.edu/7C45dv>

**UVA FACILITIES MANAGEMENT
APPRENTICESHIP PROGRAM
JOB FAIR**

Featuring the UVA FM Apprenticeship Program and other local businesses with trades apprenticeships

- ELECTRICAL
- CARPENTRY
- PLUMBING
- MASONRY
- HVAC

April 12, 9:30 a.m. – 11:30 a.m., UVA Alumni Hall
211 Emmet St. S, Charlottesville, VA 22903

Applications open March 18 – April 27

LEARN MORE: <https://apprenticeship.fm.virginia.edu>

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update: Meeting with UVA HR

- The Access + Success team will meet with HR Recruitment and HR Business Partners to understand the current hiring and promotion practices as well as gaps or barriers experienced and how the team can best serve to improve the process for current and incoming employees.
 - A Pan-SVPO Access + Success team will attend this meeting including representatives from FM (Sonya Swiderski, Marcus Klaton, and Shawn Anderson), Business Operations, OUBO, Office of the SVP, Office of the Architect, Real Estate and Leasing and State Government Relations.
- The Climate + Intergroup Relations team will meet at HSPP on 4/1 with FM User Experience and Engagement Manager Jennifer Watson to go over feasibility of appreciation ideas for employees.

Employee Resource Groups

FM Diversity Committee —

- Was created to continue the efforts and foster greater respect and understanding of diversity within the organization.
- Anyone is invited to attend a meeting. DEI updates and events are shared and discussion is led around a previously shared article. Last month the committee discussed the New York Times article, [“Is It Funny for the Jews?”](#).
- If you'd like to learn more about the Diversity Committee or attend a meeting please reach out to committee chair Rollie Zumbrunn at (434) 297-7601 or rz9t@virginia.edu



Events

- **Holsinger Portrait Project** is on display at the Northside Library located at 705 West Rio Road, Monday through Thursday from 10 a.m. to 9 p.m. and on Fridays and Saturdays from 10 a.m. to 5 p.m. [Click here to learn more.](#)
- **Tours of Women's History at UVA** - [Visit the UVA Women's History website](#) to learn about tours and other events.
- **English 1-1 Classes** are available through [UVA CAELC](#) if you or an employee are interested, please email [Emily Douglas](mailto:Emily.Douglas) or call (434) 906-5810.



To learn more about these events or share any DEI updates, please contact Emily Douglas at em4hg@virginia.edu or FM-DEI@virginia.edu—thank you!

OCCUPATIONAL TRAINING

Training Opportunities & Requirements

High Quality Workplace Conversations – The Power of Choice

(Sponsored by UVA Organizational Excellence)

Do you want to increase your ability to have high quality conversations in the workplace? Do you often find yourself having conversations that seem to be lacking in collaboration, innovation, and creativity? If so, please join an interactive workshop to learn about how the science of collective intelligence and positivity can be applied to increase the quality of our workplace conversations for better organizational outcomes.



Ed Hess, Professor Emeritus, Darden School of Business (To learn more about Ed, visit [his bio](#))
Mary Brackett, Senior Associate, Office of Organizational Excellence

When: April 6, 2022, 10:30 a.m. to 12:00 p.m.

Where: Harrison Library-Small Auditorium / In-Person

Register:

<https://organizacionalexcellence.virginia.edu/high-quality-workplace-conversations-power-choice>

State-Mandated Training Requirement

All Academic Division employees are reminded to complete the brief, state-mandated training in Workday entitled “DEI and Cultural Competence” by March 31.

Access the course in Workday: <https://at.virginia.edu/06N0UR>

2022 Hoos Building Bridges Award

Nominations open on March 21 for this year’s Hoos Building Bridges Award. This award recognizes University staff or team members who demonstrate leadership and build thoughtful collaborations and relationships across schools, units, and/or departments that advance our work as an institution. Currently employed, salaried, and non-probationary University staff, classified staff, UPG staff, UVA Health team members, and Contingent Workers (UVA Foundation, Aramark, Morrisons) are eligible for consideration. Faculty are ineligible for this award.

Visit the Rewards & Recognition webpage for more information and to view the nomination form: <https://hr.virginia.edu/career-development/recognition-0>

Reminder: Performance Management Deadlines

- **March 18:** CY21 Employee acknowledgements were due
- **March 31:** CY22 Goal setting due for the Traditional Appraisal

For resources and job aids, please visit the [Performance Management](#) webpage.

Questions? Email AskHR@virginia.edu with the subject line "Performance Management Help."

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>

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.

FM Job Listings as of 3/23/2022:

Questions on job listings should be directed to AskHR@virginia.edu

- R0034241 Trades Utilities Worker
- R0034384 Plumber
- R0031374 HVAC Mechanic
- R0034252 Architect Associate
- R0032788 HVAC Assistant Mechanic
- R0025318 Recycling Program Coordinator
- R0034152 Apprenticeship Program Manager
- R0034204 Skilled Trades Apprentice
- R0033904 Electrician - CCR
- R0030524 Boiler Operator
- R0034127 Training Development Specialist/
Senior Specialist
- R0024783 HVAC Mechanic/HVAC Senior As-
sistant
- R0029754 General Services Technician
- R0033696 Occupational Programs Coordina-
tor
- R0026402 Electrician
- R0033786 Plumber
- R0033823 Utilities Supervisor
- R0033013 Electrical Engineer
- R0028077 Custodial Services Worker
- R0031108 Recycling Worker
- R0032007 Landscape & Grounds Worker
- R0028140 Recycling Supervisor
- R0033575 Senior HVAC Mechanic
- R0033619 Fleet Service Analyst
- R0033175 Station Facilities Superintendent
- R0033637 Pipefitter/Steamfitter Senior
- R0033616 Pipefitter/Steamfitter
- R0030397 Plumber Assistant
- R0026856 Senior Welder for Utility Systems
- R0032158 Operator/Pipe Layer or Senior Op-
erator/Pipe Layer
- R0032242 Licensed Tradespeople (HVAC,
Electrical or Plumbing), Weekday Evening Shift
Monday - Friday 3:30pm to 11:30pm
- R0033178 Electronic Door Mechanic
- R0032728 Operator Assistant - Heat Plant
- R0030474 Custodial Services Workers for
Shifts Monday-Friday: 3:00pm - 11:30pm;
4:00pm - 12:30am; and 5:00am - 1:30pm
- R0033029 Painter
- R0032873 Custodial Services Worker - M - F
5:00 AM - 1:30 PM
- R0032868 Custodial Services Worker - HSPP
5:00pm-1:30am
- R0032871 Custodial Services Worker - 10am
-6:30pm shift and 5am-1:30pm shift
- R0032977 Sheet Metal Assistant Technician
- CC&R
- R0032538 Zone Maintenance Supervisor,
McCormick Zone
- R0032442 Information Technology Specialist

See more UVA FM Job Listings >>>

OCCUPATIONAL TRAINING

UVA FM Job Postings, Continued from previous page

- R0032487 Fire Systems Technician
- R0032149 Facilities Planner
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030560 Carpenter Senior
- R0032122 Construction Administration Manager
- R0030791 Instrumentation & Controls Technician
- R0026545 Sheet Metal Technician - CC&R
- R0031380 Trades Utility Senior Worker
- R0030564 General Services Supervisor
- R0030544 Carpenter - Construction & Renovation Services
- R0030513 Custodial Services Worker, Evening Shift
- R0030315 Utilities Manager
- R0025875 Landscape Plant Health Specialist
- R0027779 Arborist
- R0025247 Environmental Remediation Tech
- R0027977 IT Desk Support (Student Wage)

Free virtual tutoring!



Children of UVA Staff are eligible for **free virtual tutoring** in **k-12 subjects** from volunteer student tutors.



Choose **when** and **how often** you'd like your children to be tutored.



Browse available tutors online to find the best fit.

Get started! <https://at.virginia.edu/freeuvatutoring>



OCCUPATIONAL HEALTH & SAFETY

JONATHAN RACEY: APRIL 2022 SAFETY CHAMPION

Jonathan Racey, a UVA Facilities Management landscape & grounds worker, was nominated by an FM colleague and selected by the Occupational Health and Safety Team as the April 2022 Safety Champion for his efforts to have UVA FM's dump trucks outfitted with backup cameras. The purpose of these backup cameras is to decrease the driver blind spots that occur around large vehicles and to help drivers to make safer decisions. These backup cameras additionally serve many uses year-round to the Landscape team operating dump trucks: During snow removal, FM dump truck beds are outfitted salt and sand spreaders, which drivers cannot see using rearview mirrors. Backup cameras allow the driver to monitor the spread of salt and sand, as well as more clearly see any hazards or pedestrians that may be behind the truck. Also, every autumn, the FM Landscape team is responsible for leaf collection and removal across Grounds. With a backup camera on the leaf collection truck, drivers can see the employee operating the leaf vacuum, improving jobsite awareness and communication. Jonathan noticed this need for FM dump truck operators and spoke up with a solution, possibly preventing an incident. Safety is every employee's job, and with the support of leadership, FM continues to work towards its goal of being the safest workplace in higher education.



See past Safety Champions & nominate a Safety Champion: <https://at.virginia.edu/ouoP6p>

Face Coverings Update

[In an email that went out on March 18](#), UVA leadership reminded employees that University masking requirements were lifted, with a few exceptions, on March 21.

The exceptions to this change include:

- **Classrooms**, where students and faculty are often required to be in close proximity for extended periods of time,
- **UVA Health facilities** in accordance with their policies, and
- **University Transit**.



Individuals with [certain medical conditions](#), who are immunocompromised, have immunocompromised household members, and/or are simply more comfortable wearing a mask are encouraged to continue practicing all COVID-19 precautions (masking, handwashing, etc.) as this disease remains in our community. FM-OHS will continue to have masks available at trainings for those who would like to wear them.

Three-ply, fabric, & KN95 masks are available for your team through [the online form](#).

OCCUPATIONAL HEALTH & SAFETY

POISONING PREVENTION WEEK

March 20-26, 2022, is National Poisoning Prevention Week! Poisoning can affect anyone of any age. Use the Home Safe Home: Poisoning Prevention Checklist to help keep your family safe: <https://at.virginia.edu/IV59pu>

You can also visit the American Association of Poison Control Centers: <https://aapcc.org/nppw-2022/>

FACTS AT A GLANCE:

- Someone in the U.S. calls poison control about **every 11 seconds**.
- According to the U.S. Centers for Disease Control and Prevention, **more people die from poisoning than from car accidents**.
- A 2012 study by the Lewin Group showed that **U.S. poison centers save more than \$1.8 billion every year** in medical costs and lost workplace productivity.

POISONING MYTHS & FACTS:

MYTH	FACT
Poison control is just for people who care for young children.	Poison centers do get a lot of calls about young children. But most of the serious poison exposures happen to adults, not kids.
Child-proof containers will keep children safe from the contents.	There's no such thing as a "child-proof" container. Child-resistant safety caps do work, but not 100% of the time. Use them, but also keep all dangerous products up high, out of the sight and reach of children.
All poisoning cases should be treated in a hospital.	Most of the time, experts at Poison Control will tell you exactly what to do to treat your poisoning at home. We save lives AND money. Call us first: 1-800-222-1222. This number works anywhere in the U.S. and its territories.

Home Safe Home:
Poisoning Prevention Checklist

- Medicines, cleaning products, pesticides, alcohol, nicotine products, and all household chemicals are kept up high, out of the sight and reach of children.
- All of the above are stored in their original containers, not in dishes or containers used for food and drink.
- Cleaning products are never mixed together. This could make a poisoning gas.
- My family always follows instructions when taking or giving medicine. (Remember: more is not better!)
- My home has carbon monoxide alarms on every level, and batteries are replaced yearly.
- All expired, unwanted, or leftover medicines have been safely discarded. (Visit www.fda.gov for instructions)

Scan this code to save the PoisonHelp hotline into your smartphone. Call right away if someone swallows, touches, or breathes something harmful, or overdoses on any substance.
1-800-222-1222. Fast. Free. Confidential.

The American Association of Poison Control Centers | www.aapcc.org



COVID-19 RESOURCES

Helpful Links

- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- UVA Policy SEC-045-COVID-19 Health & Safety Requirement: <https://uvapolicy.virginia.edu/policy/SEC-045>
- OHS COVID-19 Resources: <https://www.fm.virginia.edu/depts/ohs/covid-resources.html>
- FM COVID-19 Communications: <https://www.fm.virginia.edu/employees/intranet/covid.html>
- KN95 mask information and resources: <https://at.virginia.edu/ajCNgF>
- FM face cover & mask request form: <https://at.virginia.edu/UVAFMMatReq>
- VDH Isolation and Quarantine Calculator: <https://www.vdh.virginia.gov/coronavirus/isolation-quarantine/>

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

VACCINE!

Make your plan today.

Schedule your free vaccine using the resources below:

- [Vaccines.gov](https://www.vaccines.gov)

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.

What is “Long COVID”?

Some people who have caught COVID-19 experience conditions or symptoms that last weeks or months after they appear to be fully recovered. These can be a range of new, returning, or ongoing health problems. Even people who did not have symptoms (also called asymptomatic infections) can experience this in the days or weeks after they were infected can have conditions as a result of their COVID-19 infection.

These are called “post-COVID conditions” and may also be known as long COVID, long-haul COVID, post-acute COVID-19, long-term effects of COVID, or chronic COVID. CDC and experts around the world are working to learn more about short- and long-term health effects associated with COVID-19, who gets them, and why.

Vaccination greatly reduces the risk of post-COVID conditions by preventing COVID-19 in the first place. See the infection rates in Virginia by vaccination status: <https://at.virginia.edu/93sNcu>

Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

COVID-19 RESOURCES

Virginia Department of Health Resources

Free N95 Masks

It has been proven that all masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly. Properly fitting respirators like an N95 mask provide the highest level of protection. Wearing a highly protective mask or respirator may be most important in certain high risk situations, or for people at increased risk for severe disease.

Last week, the CDC launched a new resource to help you find free N95s. To find free N95s near you, [visit the online search tool](#) or call 1-800-232-0233 (TTY 1-888-720-7489). You can also visit the CDC website to [learn how to use an N95 properly](#). Blue Ridge Health District will continue to provide free N95s at all [Mobi sites](#), as well.

If your job duties require you to wear an N95, you must be fit tested & trained prior to use. Email FM-OHS@virginia.edu to find out more about fit testing.

Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 2 sets total of 4 free at-home tests from <https://www.covidtests.gov/>

Get free at-home COVID-19 tests

Insurance Reimbursement for At-Home Tests

If you have health insurance through an employer or Marketplace, your insurance will pay you back for **8 at-home tests each month for each person** on your plan when purchased through a participating retailer. The test will either be free directly at the point of sale, if your health plan provides for direct coverage, or by reimbursement if you are charged for your test. Be sure to keep your receipt if you need to submit a claim to your insurance company for reimbursement. If your plan has set up a network of preferred providers at which you can obtain a test with no out-of-pocket expense, you can still obtain tests from other retailers outside that network. Insurance companies are required to reimburse you at a rate of up to \$12 per individual test (or the cost of the test, if less than \$12).

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.

[Order Free At-Home Tests](#)

Need help placing an order for your at-home tests? Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

If you are a member of the UVA Aetna Health Plan, you can learn more about reimbursements here: <https://health.aetna.com/sites/covid19-otc-home-test-commercialA.html> or log in to your [Aetna account](#) & select “Get Test Kits & Reimbursements” on the homepage.

Self-tests give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. These tests are useful if you think you've been exposed, are having symptoms, or simply would like to test for peace of mind before visiting another household.

COVID-19 RESOURCES

The Latest: COVID-19 Isolation and Quarantine Guidelines

Even though COVID-19 case rates are lower than we have seen in the last few months, people are still testing positive and being exposed to the virus every day. To help keep infection rates as low as possible, it is important to know what to do if you test positive or are exposed to someone who has COVID-19.

According to the CDC, if exposed to a positive COVID-19 case:

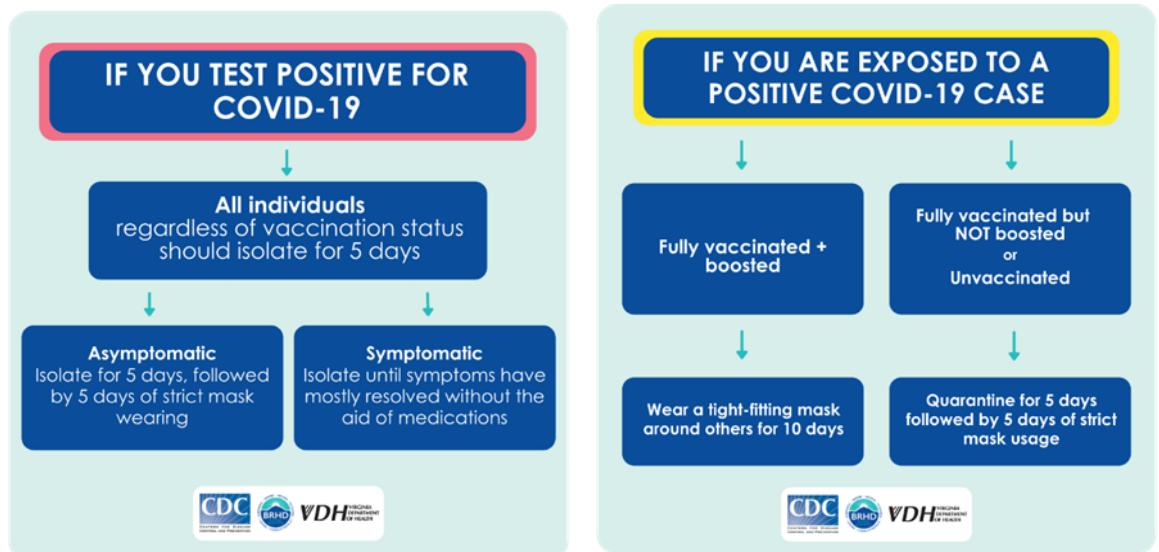
- Fully vaccinated and boosted individuals should commit to a **10-day period of strict mask usage** around others.
- Unvaccinated and un-boosted individuals should **quarantine for 5 days, followed by another 5 days of strict mask usage.**
- All individuals, regardless of vaccination status, are recommended to **get tested 5 days after the initial exposure.** If at any point the individual starts experiencing symptoms, they should seek testing and return home immediately until a negative test confirms symptoms are not COVID-19 related.

For anyone who tests positive for COVID-19, regardless of vaccination status:

- All individuals, regardless of vaccination status, should **isolate for 5 days.**
- Asymptomatic individuals or those individuals with mild symptoms that resolve within 5 days may **end isolation on day 5, followed by another 5-day period of strict mask usage.**
- Symptomatic individuals, including those with fever or any other symptoms that have not resolved by day 5, should **remain in isolation until symptoms have improved and/or the fever breaks without the help of fever-reducing medication.**

Read more about quarantine and isolation guidelines on the CDC's website:

<https://at.virginia.edu/qv7uxy>





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.

March 25: National Physicians Week

March 26: Wear A Hat Day

March 27: Pretzel Sunday

March 28: Respect Your Cat Day

**March 29: National Mom and Pop
Business Owners Day**

**March 30: National Virtual Vacation
Day**

March 31: National Farm Workers Day

April 1: Fun at Work Day