

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

08.05.2022

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***Let Us Know:*** You can always email [FM-OHS@virginia.edu](mailto: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.

# DIVERSITY, EQUITY & INCLUSION

## Inclusive Excellence Update:

→ **Coffee & Pastry Delivery** was a great success, we hope you felt appreciated– check out the extra ‘thanks’ below sent to team members via our QR code!

→ **Didn't get a change to pass along the gratitude?**  
No worries, scan or click the QR Code at right and we'll be sure to share your thankfulness here and at our fall appreciation event (details coming soon!).

**To Alex Muirhead:** “Thank you for being a great counselor and a leader. Please continue to guide new employees and create career paths, as this is great motivation for younger employees to prosper and grow in their fields.” - Anonymous

**To John Marshall:** “Thank you for teaching me about all of the new advanced mechanical, electrical, and plumbing that I am not accustomed to seeing. I have appreciated all of your knowledge and your detailed teaching of how the systems work together.” -Anonymous

**To Betty Bowman and Bree Knick:** “Thank you for everything you do for us every day.” - Scott Guynes

**To Zeljko Bajs:** “Thank you for being a great boss while I was rotating in your zone. You run a great area and have a great crew and I hope to come back.” - Gabe Reedy

**To Geri Findley:** “Thank you for your continued support and love!”- Jessica Snow

**To Norman Hughes:** “He's the champion of positivity. And is the most upstanding individual I know at the University.” -Nicholas DeVito

**To Geri:** “Thank you for always being available to help me out and working with me to help me improve and grow as an employee of the university.” -Maggie

**To Tracy:** “Thank you so much for all you do and always ready with a smile and laughter.” - Maggie

**To Tiffany Morris:** “Thank you for being the kind of leader that I would like to emulate.” - Anonymous

*Thanks!*



Elevator Crew enjoying their coffee and pastries delivery!

*thank you!*

**More gratitude coming next week—stay tuned for more appreciation from our teams!**

## DIVERSITY, EQUITY & INCLUSION

### DEI Events & Resources:

#### English Classes Available for FM Employees

- Registration is open for fall and spring session English classes
  - Fall session begins the week of September 19th for 10 sessions
  - Spring session begins the week of February 13th for 10 sessions
- Complete the online form to register for both sessions and sign up for an intake session at Language Commons on Friday, August 19th.
  - Please register by August 15th.



**Register Here for English Classes:**  
**<https://at.virginia.edu/fwKQaV>**



**Multicultural Student Services (MSS) and the Division for Diversity, Equity, and Inclusion (DDEI) will be partnering this year to share a comprehensive calendar of events that will celebrate Latin American Heritage Month.**

- If you have an event planned, please let us know so that we can share widely. Please submit information on your event(s) using the form below by Monday, August 29, 2022.
- If you are considering an event where additional funding could be beneficial, please let us know and we will review your request. Faculty, staff, students, and community partners are all invited to submit requests for such events. Priority consideration with respect to funding will be given to proposals that are submitted by Monday, August 15, 2022. Notifications regarding awarded funding will go out by the beginning of September.
- **All event/programming information and specific promotional or co-sponsorship requests can be submitted here.**

# APPRENTICESHIP

## Onboarding Continues!

The newest class of apprentices have finished up their first week of orientation and will be released to their first set of zone rotations at the end of next week. **If you see these new skilled trades apprentices at work be sure to welcome them to UVA FM!**

**Thank you to trainers, supervisors, managers, and everyone offering onboarding support and helping prepare the next generation of skilled tradespeople!**



The new 2+2 Apprenticeship cohort.

*If you are interested in volunteering at work to instruct apprentices, email [FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu) with a quick note on what skills you are willing to share and why you're passionate about skilled trades education.*

See more staff news from FM's On Grounds: <https://www.fm.virginia.edu/employees/employeenews/index.html>



Walter Sabwa



Tripp Bailey



Jessie Gammon



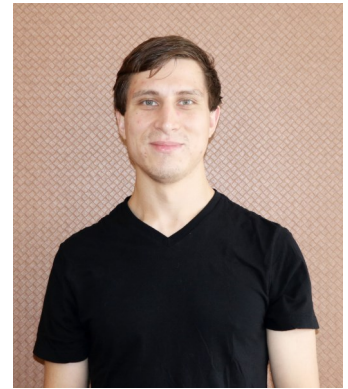
Evan Wagner



Damien Harris



Chelséa Lewis



Viktor Golovanev

## OCCUPATIONAL TRAINING

### Leadership Connection: Sharing the “Big Picture”

A noted professor and leadership author Warren G. Bennis once shared, “Leadership is about the ability to translate a vision into reality”. *Great!* So, how does that happen? How can we get there?

The challenge is from time to time, our team message may conflict with our department message, organizational values, or mission, resulting in confusion or misalignment. A leader’s role (in part) in the organization is to determine and share that message effectively with the team.

“Go there, do this.” - “Why?”

“Move this and do that.” - “Why?”

“Create this and reconfigure that.” - “Why?”

**Does this sound familiar?** Sharing the “big picture” with your teams and helping them understand why they are doing what they are doing, and how it relates to larger department and/or organizational goals. This can seem like a small act, but can have a huge impact on employees’ engagement and team productivity.

Learn more about how to develop goals that align your team and improve performance from *Fast*

*Company:* <https://at.virginia.edu/Z4dqKS>



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Development Specialist

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## 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 8/3/2022:

Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

- R0038888 Custodial Services Workers for Monday-Friday 11:00pm - 7:30am shift
- R0038515 Sustainable Information Technology (IT) (Student Wage)
- R0038674 Senior Plumber
- R0038651 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0038117 Electrician/Electrician Senior Assistant
- R0038683 Maintenance Inventory Specialist
- R0038663 Custodial Services Supervisor
- R0038599 HVAC Mechanic
- R0038594 Senior Trades Utility Worker
- R0038619 Assistant Manager for Zone Operations
- R0038593 HVAC Mechanic/HVAC Senior Assistant
- R0038303 Custodial Services Worker -SUNDAY - THURSDAY 5:00 AM - 1:30 PM
- R0038218 Construction Administration Manager/ Senior Construction Administration Manager
- R0038190 Supervisory Team Leader
- R0038423 Senior Administrative Coordinator, Facilities Management

**See more UVA FM Job Listings (pg. 9) >>>**

# OCCUPATIONAL HEALTH & SAFETY

## BEE AWARE: LIFE'S ESSENTIAL 8

The American Heart Association has recently updated their “Life’s Essential 8” - or eight things everyone should take extra care to maintain & improve their health. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems. The Essential 8 are divided into two areas: Health Behaviors and Health Factors.



### Health Behaviors

1. **Diet:** Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds, and cooking in non-tropical oils such as olive and canola.
2. **Physical Activity:** Adults should get 2 ½ hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes every day, including play and structured activities.
3. **Nicotine Exposure:** Use of inhaled nicotine delivery products (traditional cigarettes, e-cigarettes, vaping) is the leading cause of preventable death in the U.S.
4. **Sleep Duration:** Most adults need 7-9 hours of sleep each night. Children require more: 10-16 hours for ages 5 and younger, including naps; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18. Adequate sleep promotes healing, improves brain function and reduces the risk for chronic diseases.

### Health Factors

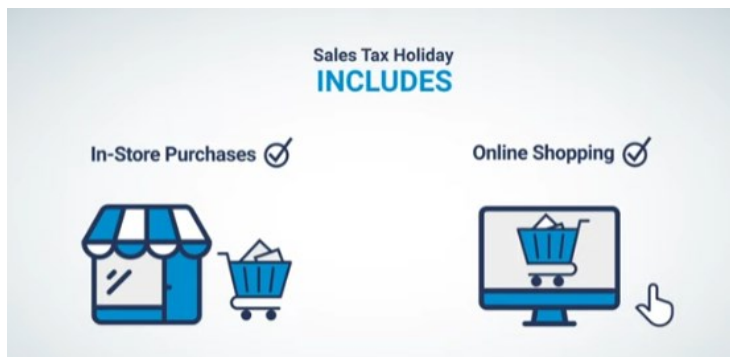
5. **Weight:** Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.
6. **Cholesterol:** High levels of non-HDL, or “bad,” cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.
7. **Blood Sugar:** Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. Monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.
8. **Blood Pressure:** Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal.

Learn more: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

## OCCUPATIONAL HEALTH & SAFETY

### GET EQUIPPED: SALES TAX HOLIDAY AUG. 5-7

This weekend is the Virginia Sales Tax Holiday: You can buy qualifying school supplies, clothing, footwear, hurricane & emergency preparedness items, and Energy Star™ and WaterSense™ products without paying sales tax.



### What items are eligible?

#### **School supplies, clothing, and footwear**

- Qualified school supplies - \$20 or less per item
- Qualified clothing and footwear - \$100 or less per item

#### **Hurricane and emergency preparedness products**

- Portable generators - \$1,000 or less per item
- Gas-powered chainsaws - \$350 or less per item
- Chainsaw accessories - \$60 or less per item
- Other specified hurricane preparedness items - \$60 or less per item

#### **Energy Star™ and WaterSense™ products**

- Qualifying Energy Star™ or WaterSense™ products purchased for noncommercial home or personal use - \$2,500 or less per item

Learn more: <https://www.tax.virginia.gov/virginia-sales-tax-holiday>

School starting is just around the corner and we are already more than a month into hurricane season!

Check out [Ready.gov/kit](https://www.ready.gov/kit) to see what supplies should go in your emergency kit and make a plan to invest in preparedness this weekend.

## OCCUPATIONAL TRAINING

### UVA FM Job Postings, Continued from Occupational Training

- R0038325 Custodial Services Worker - Monday - Friday, 6am-2:30pm shift
- R0036614 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0038332 Custodial Services Worker for Monday-Friday 3:00pm - 11:30pm shift
- R0038263 Computer Help Desk Tech (Student Wage)
- R0035200 Quality Control Inspector
- R0034425 Trades Utility Senior Worker
- R0034384 Plumber
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0038102 Senior Trades Utility Worker
- R0037973 Occupational Health and Safety Technician or Safety Specialist
- R0037791 Custodial Services Worker for Monday-Friday 3:00pm - 11:30pm shift
- R0038049 Custodial Services Worker for Monday-Friday 5:00am - 1:30pm shift
- R0037792 Custodial Services Worker - 6am-2:30pm shift
- R0038001 Special Projects Team Supervisor
- R0037877 Landscape & Grounds Worker
- R0038011 Assistant Multimedia Designer (Student Wage)
- R0038015 Assistant Web Developer (Student Wage)
- R0038013 Communications Assistant (Student Wage)
- R0037356 HVAC Mechanic or Senior Mechanic
- R0030474 Custodial Services Workers for Monday-Friday 4:00pm - 12:30am shift
- R0035437 Sign Shop Worker
- R0037659 Pipefitter/Steamfitter
- R0037334 Electrician Senior, Central Grounds
- R0037336 Senior HVAC Mechanic, Central Grounds Zone, Alternating Shift
- R0037534 Project Coordinators
- R0036931 HVAC Mechanic
- R0036990 Boiler Operator
- R0037339 Carpentry Supervisor
- R0035630 Geospatial Space Technician
- R0033904 Electrician - CCR
- R0037116 Custodial Services Worker - M - F 5:00 AM - 1:30 PM
- R0030560 Carpenter Senior
- R0036157 Historic Mason - CC&R
- R0037019 Electrician, Night Shift, 6:00pm - 6:00am
- R0036927 Carpenter
- R0036800 Zone Maintenance Coordinator
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0033013 Electrical Engineer/Engineering Associate
- R0033696 Occupational Programs Coordinator
- R0035626 Geospatial Space Analyst
- R0035775 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0035445 Custodial Services Worker
- R0032538 Zone Maintenance Supervisor, McCormick Zone
- R0033637 Pipefitter/Steamfitter Senior
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030791 Instrumentation & Controls Technician
- R0032487 Fire Systems Technician
- R0034404 Plumber
- R0033786 Plumber
- R0033071 Electrician - CCR
- R0034508 Electrician
- R0035363 Recycling Worker
- R0030544 Carpenter - Construction & Renovation Services
- R0030397 Plumber Assistant
- R0025247 Environmental Remediation Tech
- R0026545 Sheet Metal Technician - CC&R
- R0035104 Electrical Engineering Technician or Associate
- R0031374 HVAC Mechanic
- R0032868 Custodial Services Worker - HSPP 5:00pm-1:30am
- R0027779 Arborist
- R0027977 IT Desk Support (Student Wage)



## COVID-19 RESOURCES

### Helpful Links

- Community COVID-19 Guidance & Resources: [COVID.gov](https://www.covid.gov)
- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- What's "Close Contact"? And What's Next? <https://at.virginia.edu/ZTR6cO>
- OHS COVID-19 Resources: <https://www.fm.virginia.edu/depts/ohs/covid-resources.html>
- Visualize FM COVID-19 Case Rates (accessible only by FM employees): <https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html>
- Find medication for a COVID-19 positive: <https://covid-19-test-to-treat locator-dhhs.hub.arcgis.com/>
- Weekly Updates from the Blue Ridge Health Department: <https://www.vdh.virginia.gov/blue-ridge/newsletters/>

### Reminders:

- **Long COVID:** If you tested positive and recovered, but have been experiencing new or recurring symptoms for more than a couple weeks since your initial COVID-19 infection, talk to your doctor. This is a sign of "[long COVID](#)". This occurs in about 1 in 5 COVID-19 cases.
- **FREE At-Home Tests:** If you have health insurance through UVA 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. [Log into your Aetna account to learn more.](#)

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**UVA Employee Health offers walk-in testing for UVA employees only at their 400 Brandon Avenue location, Monday-Friday, 8 AM to Noon & 1 PM to 4 PM. Call 434-924-2013 for guidance and testing information.**

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### What to do: Positive At-Home Test

- [Report your positive test to BRHD](#). (Optional)
- **Notify your supervisor.** (*Not optional!*) Supervisors then complete [an FM report](#).
- [UVA employees who receive a positive at-home test are required to notify Employee Health](#). Based on your situation, Employee Health will provide quarantine and return-to-work guidance.
- **Notify your close contacts.** That is, anyone who has been within 6 feet for 15 minutes or more in the 2 days before you had symptoms OR received a positive result if no symptoms.





# 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.

**August 5: Umuganura Day**

*Rwandan festival related to harvest and culture.*

**August 6: Cycle to Work Day**

**August 7: National Sisters Day**

**August 8: National Mochi Day**

**August 9: Annual Perseid Meteor  
Shower Peak Night**

**August 10: Update Your Bio Day**

**August 11: Mountain Day**

**August 12: International Youth Day**