

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

08.26.2022

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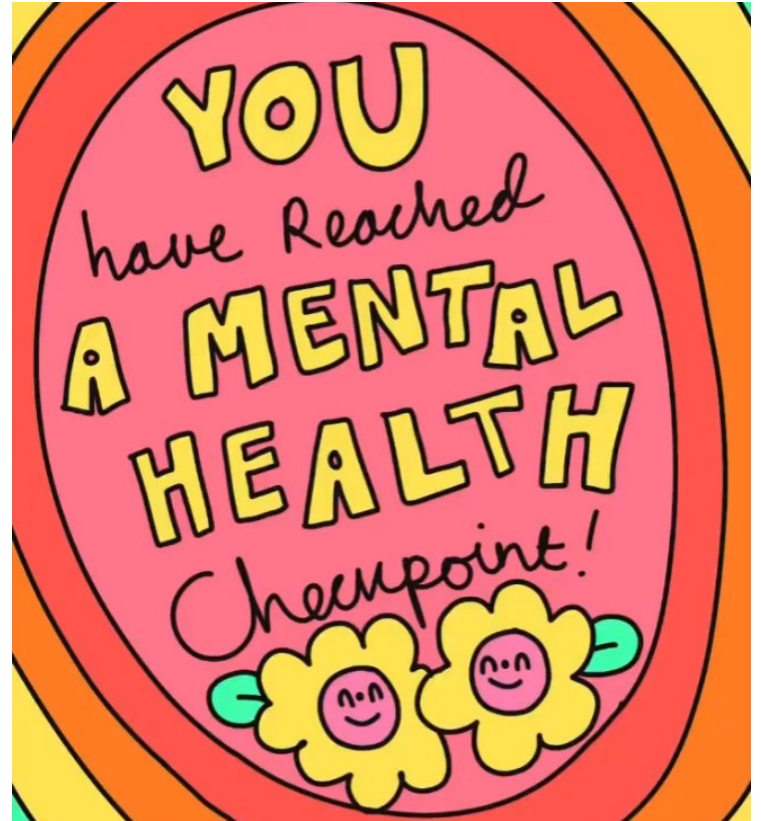
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- **Know you are appreciated.**
- **Drink some water.**
- **Take your vitamins.**
- **Eat something healthy.**
- **Breathe deep. Relax your muscles.**

**You got this!**

## **UVA FM COVID-19 RESOURCES**

<https://at.virginia.edu/FMC-19Resources>



***Don't forget:  
Reasons to Celebrate!***

***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.

## OCCUPATIONAL HEALTH & SAFETY

### BEE AWARE: DRIVE MINDFULLY TO AVOID INCIDENTS!

With students back on Grounds, NOW is the time to be extra-aware while operating vehicles.

- **Have an attitude of pedestrian responsibility:** While walking, you should always look at traffic signs and signals, be aware of your surroundings, watch for cars, and pay attention.
- **Avoid distractions. Especially cell phones!** *Reminder: It is illegal in Virginia to hold a cell phone while driving. You must never use a cell phone while driving a UVA vehicle.*
- **Look** before making turns.
- **Always give pedestrians the right of way.**
- **Follow speed limits.**
- **Always look before backing up** and use a spotter whenever you're able.
- **NEVER** assume a pedestrian sees you.

Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to report a safety concern or near miss.



## AUGUST SAFETY CHAMPIONS: MARK EVANS AND FORREST JOHNSON

UVA Facilities Management recognizes HVAC Installation and Repair Technician Senior Mark Evans and Senior Fire Systems Supervisor Forrest Johnson as August 2022 Safety Champions: Although Mark and Forrest work in different areas of FM, they collaborate to inspect fire dampers in the UVA main hospital building to be sure the mechanisms remain operable. During one of these recent inspections, they had to move a few ceiling tiles to access an area above the drop ceiling, where they encountered something completely unexpected: A cinderblock was positioned on top of a conduit, roughly 8 to 10 feet above the drop ceiling. Further investigation found that the block had been left behind after recent renovations to the area. If this block was never noticed and later fell, it would have crashed through the drop ceiling and may have seriously injured someone below. This unexpected find underscores the necessity of regular inspections as well as the importance of being aware of your surroundings — If Mark and Forrest focused only on fire dampers, they may have completely missed this hazard! Thanks, Forrest and Mark, for your attention to maintaining safe facilities!



**Nominate a Safety Champion or Safety Star:** <https://at.virginia.edu/myRbaj>

# OCCUPATIONAL HEALTH & SAFETY

## ALLERGY ALERT: WHY IT'S IMPORTANT TO CARRY YOUR EPIPEN EVERYWHERE

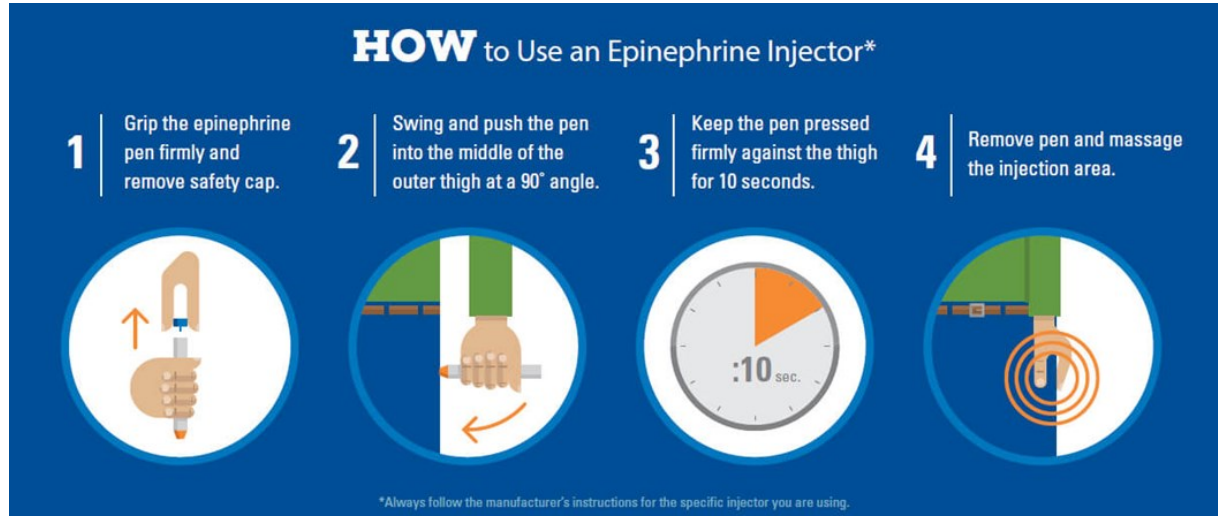
“EpiPen” is the brand-name for an type of epinephrine injection, a **vital medication for allergy sufferers experiencing anaphylaxis**: The quick, easy-to-use shot that could save lives. Other brand names include Auvi-Q and Adrenaclick. There are also generic or unbranded epinephrine auto-injectors.

If you have a life-threatening allergy, be sure you carry your EpiPen with you!

Your doctor can review when and how to use with you, as well as keep your prescription current.

Source:

<https://www.nationaljewish.org/conditions/health-information/health-infographics/epinephrine-injection>



## MENTAL HEALTH CHECK IN

### What is “Mental Health”?

- Emotional, psychological, and social wellbeing
- Affects how we think, feel, and act
- Helps determine how we handle stress, relate to others, and make healthy choices
- Changes over time and is impacted by many factors, including:
  - genetics
  - life events
  - environmental stressors
  - poor physical health
  - change in routine

**Take action:** Create living conditions and environments that support mental health and a healthy lifestyle.

- **Recognize the signs** if someone is struggling.
- **Support others** – Let them know you are there to listen and find help if needed.
- **Talk about it** – Connect with someone you trust and share your concerns.
- **Get Help** – Reach out to your doctor, family, coworkers and friends.

**Don't know where to start? Contact UVA Faculty and Employee Assistance Program (FEAP):**

<https://uvafeap.com/contact-us>

*FEAP offers assessment, brief counseling, referral, and follow-up at no cost to the employee.*





## OCCUPATIONAL TRAINING

### NEW! Training Offerings Coming Fall 2022

**Backflow Prevention Training:** If you are interested and haven't already notified the Occupational Training team email [fm-training@virginia.edu](mailto:fm-training@virginia.edu) for additional information and to be added to the class list.



### UVA EDGE

*Earn college credits and advance in your career.*



**UVA Edge** is a part-time, online program for working adults. Students earn 20 undergraduate credits while building career and digital skills. It is covered by the UVA education benefit for eligible employees and is ideal for students without college experience or those with less than 30 credits.

**Learn more online** at <https://edge.virginia.edu/uva-employees> and join a free virtual information session at <https://apply.scps.virginia.edu/portal/UVAEdgeWebinars>.

Contact [edge@virginia.edu](mailto:edge@virginia.edu) with any questions.

### Leadership Connection: Leaders as Caretakers

As first years arrive on grounds, this is a perfect moment to reflect on your team, and consider your successes and challenges. This is also an opportunity to recommit to our core personal values. In addition, it's also an opportunity to recommit to yourself. In a recent article for Fast Company, startup founder Kathryn Finney shares that committing to self-care will ensure stronger teams and better leadership. Some notable considerations include:

- **Keep to your core values:** By writing down, considering your core values, and by honestly living them, you will have the opportunity to live truthfully and lessen the chance of second-guessing yourself.
- **Be open to learning:** It's important to take time to read, absorb, and process new information so that you can make the best decisions for your team.
- **Take joy in your work, so that you're a joy to be around:** People want to work with people they enjoy being around. Whether that's people who share knowledge and teach/learn new things or just people that are joyful. Being joyful attracts quality.

Consider these ideas at "Great leadership starts with a great team": <https://at.virginia.edu/FmMYbG>

#### Contact:

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Senior Training &  
Development Specialist  
[pne4yf@virginia.edu](mailto:pne4yf@virginia.edu)  
P 434-962-1020

### View & 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](mailto:AskHR@virginia.edu)

**See UVA FM Job Listings >>>**

## DIVERSITY, EQUITY & INCLUSION

### Inclusive Excellence Update:

- The FM Inclusive Excellence Teams are **ACTIVE**, here are a few exciting updates—
  - Working on a ‘Promotion Toolkit’ to provide a transparent, consistent and equitable promotion process.
  - Focusing on Appreciation—Coffee & Pastry Delivery and now, Fall Appreciation Event—see details below!!
  - Learning about the UVA Orientation and FM Onboarding processes
  - And two more teams to kickoff this year!!
  - Want to get involved? Contact Emily Douglas at 434-906-05810 or [em4hg@virginia.edu](mailto:em4hg@virginia.edu)



thank you!



**Speaking of Appreciation—the gratitude across FM continues!** Scan or click the QR code above at anytime to say ‘thanks’ to any team member and we’ll share it here—anonymous or not.

Saying ‘thanks’ is a great way to uplift morale, extend value to a colleague, and exemplify the appreciation you’d like to see at FM.

**Who would you thank?**

**To Tiffany Morris:** “Tiffany, I want to thank you and your staff for always inviting me to your staff appreciation events. and for making me feel like a part of your team.” - Thanks, Jimmy Arbogast

**To Kathy Roy:** “Thank you for All the support and assistance with OP training classes. Also, thank you for always taking a few minutes to ask about me and my family.” - Bobby Putrino

**To Sonya Swiderski:** “Thank you for taking your time to answer my calls and those of my teams with our questions about the FST. We know you’re going above and beyond and we really appreciate you, thank you.” - Anonymous

# DIVERSITY, EQUITY & INCLUSION

## Upcoming Events



### Save the Date!

You're invited to our FM Employee Appreciation Lunch

This year, at the ROTC Lawn on Alderman Rd between Leake Dr and McCormick Rd

If you would like to share any dietary needs, [please let us know by clicking here.](#)

If you would like to reserve FM Fleet Vans to transport your team, or for individual requests, please [email Mike Duffy](#) with your request.

**More details to come—check back here for weekly updates!**

### UVA Employee Resource Group Fall Fest

September 9, 11 AM to 1 PM, Newcomb Hall Ballroom

This event is open to all faculty and staff (Academic and Health), and in particular, hopes to welcome new faculty and staff! There will be snacks, swag, and ways to get involved. Join us as we kick off the academic year, celebrating the diverse UVA community!



#### **The following groups will be represented:**

- Latinx ERG
- Black Faculty/Staff ERG
- Native and Indigenous Relations Community
- Asian American Pacific Islander Group
- Military Veterans Group
- LGBTQ Committee
- Organization of Employees from Africa
- Disability Action & Advocacy Committee

See more: <https://dei.virginia.edu/uva-employee-resource-group-fall-fest>

**To learn more about these events or share any additional events/updates, please contact Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or [FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu)—thank you!**

## OCCUPATIONAL TRAINING

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

- R0039053 Quality Assurance Inspector Wage)
- R0039453 Senior Electrician
- R0035445 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0033696 Occupational Programs Coordinator
- R0033904 Electrician - CCR
- R0034384 Plumber
- R0039192 Custodial Services Manager
- R0039025 Senior HVAC Assistant
- R0039223 HVAC Supervisor
- R0032487 Fire Systems Technician
- R0034727 Mason - CC&R
- R0038477 IT Help Desk Specialist
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0038102 Senior Trades Utility Worker
- 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
- R0038663 Custodial Services Supervisor
- R0038599 HVAC Mechanic
- R0038619 Assistant Manager for Zone Operations
- R0038303 Custodial Services Worker -SUNDAY - THURSDAY 5:00 AM - 1:30 PM
- R0038218 Construction Administration Manager/Senior Construction Administration Manager
- R0038423 Senior Administrative Coordinator, Facilities Management
- R0038325 Custodial Services Worker - Monday - Friday, 6am-2:30pm shift
- R0036614 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0038263 Computer Help Desk Tech (Student Wage)
- R0034425 Trades Utility Senior Worker
- 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
- R0038015 Assistant Web Developer (Student Wage)
- R0038013 Communications Assistant (Student Wage)
- R0037356 HVAC Mechanic or Senior Mechanic
- 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
- 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
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0035626 Geospatial Space Analyst
- R0035775 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0033637 Pipefitter/Steamfitter Senior
- R0032413 Senior HVAC Mechanic - Health System Physical Plant
- R0030791 Instrumentation & Controls Technician
- 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
- R0031374 HVAC Mechanic
- R0032868 Custodial Services Worker - HSPP 5:00pm -1:30am
- R0027779 Arborist
- R0027977 IT Desk Support (Student Wage)



# 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 26: National Toilet Paper Day**

**August 27: August Moon Festival**

**August 28: Race Your Mouse Around the Icons Day**

**August 29: More Herbs, Less Salt Day**

**August 30: National Toasted Marshmallow Day**

**August 31: International Day for People of African Descent**

**September 1: National No Rhyme Nor Reason Day**

**September 2: National Day of Vietnam**



# COVID-19 RESOURCES

## Helpful Links

- Community COVID-19 Guidance & Resources: [COVID.gov](https://www.covid.gov)
- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- 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 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.



## Monkeypox: What to Know About Prevention

With cases of [monkeypox](#) being reported in several countries around the world, CDC is collaborating and consulting with other countries experiencing monkeypox. The threat of catching it is low, but here are the best ways to protect yourself:

1. **Avoid close, skin-to-skin contact** with people who have a rash that [looks like monkeypox](#). Do not touch the rash or scabs of a person with monkeypox.
2. **Avoid contact with objects and materials** that a person with monkeypox has used, including clothes, sheets, towels, eating utensils, or cups.
3. **Wash your hands often:** Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially before eating or touching your face and after you use the bathroom.

Source: <https://www.cdc.gov/poxvirus/monkeypox/prevention/protect-yourself.html>