

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

09.02.2022

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<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.



## **PRACTICE SAFE PICNICS!**

Did you know that around **1 in 6** Americans will get sick from food poisoning this year? Food poisoning sends **128,000** Americans to the hospital each year and can also cause **long-term health problems**. To make sure the food you serve is safe, the FDA recommends using the following four steps when preparing food:

- ◆ **Clean** → wash hands, utensils, and surfaces often
- ◆ **Separate** → don't cross contaminate
- ◆ **Cook** → to the right temperature
- ◆ **Chill** → refrigerate and freeze food properly

To learn more about safe food preparation and handling, visit the Health and Human Services food safety website:

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

## OCCUPATIONAL TRAINING

### Leadership Connection: Leader as Follower

Often, when I consider leadership, I am taken back to my experiences as a soldier. Over my time in the military, I have seen many leadership styles: Some great, some not so great. One consideration that I firmly believe is true is that **good leaders lead by example**. They exhibit examples of followership and hold themselves not over their teams, but among them.

#### Contact:

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Senior Training &  
Development Specialist  
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P 434-962-1020

### **What is followership? What is good followership? And how does it make you a better leader?**

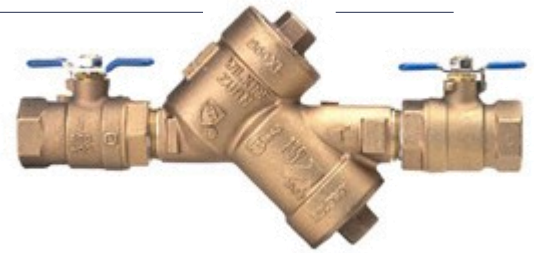
According to author Bryan King, a good follower **understands what it takes to get a job done**, and is **willing to jump in when there is need**. A good follower possesses the qualities of **work ethic, honesty, integrity, and loyalty**, all qualities of a good leader. They also **lead by example** and **set the tone** for their team. Leaders who grasp the concepts of followership also share **humility and understand that we all work toward a similar goal**. These examples all sound pretty good to me, what do you think?

Learn more at “A good leader is a...good follower”:

<https://www.linkedin.com/pulse/good-leader-agood-follower-brian-king/>

### 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.



### 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 >>>**

# Find Your Voice



## Build confidence for your next speech or presentation!

Toastmasters provides a fun, safe, and supportive environment for you to practice public speaking. Along the way, you'll build a better you!

### Participating in Toastmasters will allow you to:

- Improve your public speaking and communication
- Gain confidence when speaking in front of others
- Sharpen your leadership skills
- Enjoy a competitive advantage in your workplace

### Take charge of your future and join our club today.

#### Hoos Speaking

Wednesdays, noon-1 p.m.  
Skipwith Hall, Room 112 (online option is available)

#### Demonstration meeting:

Wednesday, Sept. 14, noon-1 p.m.  
Weekly meetings will follow

Email Narges at [ns4xq@virginia.edu](mailto:ns4xq@virginia.edu) to attend the demonstration



Facilities Management

# OCCUPATIONAL HEALTH & SAFETY



## RESPIRATORY PROTECTION WEEK

Coming Soon...  
SEPTEMBER 6–9, 2022



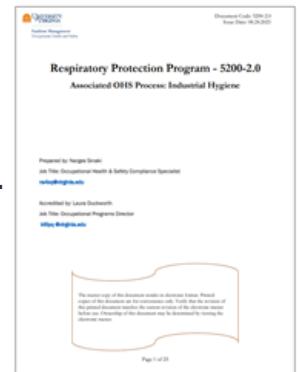
When **effective engineering controls** are not feasible, or while they are being instituted, appropriate respirators must be used. The Occupational Safety and Health Administration (OSHA) has established a standard, **29 CFR1910.134 Respiratory Protection** for regulating the use of respiratory –protective equipment.

FM-OHS has implemented the **FM Respiratory Protection Program** to comply with the OSHA standard and to eliminate or minimize UVA FM employee exposure to hazardous airborne contaminants while performing work assignments.

See the FM Respiratory Protection Program: <https://at.virginia.edu/Ntupzv>

### FM Groups in the FM Respiratory Program

- CR&S Masonry
- CR&S Plasterer
- CR&S Cabinet Shop
- CR&S Carpentry
- Capital Construction Academic
- E&U Heat Plants
- E&U Chiller Plants
- Central Grounds Zone Carpentry
- Fire/Life Safety Academic/Health System
- SW McCormick Custodial
- Newcomb Custodial MGMT
- OHS
- HSPP Renovations Masonry
- HSPP Renovations Carpentry
- HSPP Zone 1 South HVAC
- HSPP Zone 1 South Plumbing
- HSPP Zone 1 South Electrical
- HSPP Zone 1 South Floor Support
- HSPP Zone 1 Access Control
- HSPP Zone 1 North Mechanical
- HSPP Zone 2 HVAC
- HSPP Zone 2 Mechanical
- HSPP Leadership



**Talk to your supervisor and verify your respirator use status:**

⇒ If you need to enter the FM Respiratory Protection Program, complete the **Respirator Use Information Form**: <https://at.virginia.edu/S05oEo>

⇒ If you need to exit the FM Respiratory Protection Program, complete the **Respiratory Protection Program Exit Form**: <https://at.virginia.edu/Ln19kP>

If you have questions, please email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)

# OCCUPATIONAL HEALTH & SAFETY

## BEE AWARE: CHECK IN FOR MENTAL HEALTH



UVA offers several ways to assist with well-being through the Faculty & Employee Assistance Program, or FEAP, which is available to all UVA employees. From counseling services to help with depression, substance misuse, trauma recovery, to even financial concerns, legal services, and work-life balance. All counseling services are confidential, and some of these can even be provided virtually with no commute or office visit necessary. This is a FREE benefit! Check out the website to learn more and see if there is a service for you.

Access FEAP's Services: <https://uvafeap.com/counseling-services>

### Did you know?

78% of people will respond with "I'm fine" even if they are experiencing a mental health problem. Use the "Ask Twice" Rule!

### Unsure how to approach a coworker/friend about mental health?

#### Try these tips!

#### Make an Observation:

- "You seem a little more tired today, everything alright?"
- Approach by talking about surrounding factors first.

#### Share Your Experience:

- Normalizes the subject
- Creates a safe space

#### Walk and talk!

Taking a walk with someone is a great way to ease tension and help someone feel more comfortable sharing their experiences.

#### For Difficult Situations, Address Them Directly:

Example: "I know it's difficult to lose a parent but I'm here for you if you wanna talk."

This leaves the conversation open ended for them to talk when they are ready.

#### Learn more about Seasonal Affective Disorder:

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>



## CONSTRUCTION SUICIDE PREVENTION WEEK

Sept. 5-9, 2022

**Seasonal Affective Disorder**  
From the NATIONAL INSTITUTE OF MENTAL HEALTH

**What is seasonal affective disorder?**  
Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel "blues" when the days get shorter in the fall and winter (also called "winter blues") and begin to feel better in the spring, with longer daylight hours.  
In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from seasonal affective disorder (SAD), a type of depression.  
In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer. This is known as winter-pattern SAD or winter depression. Some people may experience depressive episodes during the spring and summer months; this is called summer-pattern SAD or summer depression and is less common.

**What are the signs and symptoms of SAD?**  
SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. Therefore, the signs and symptoms of SAD include those associated with major depression, and some specific symptoms that differ for winter-pattern and summer-pattern SAD. Not every person with SAD will experience all of the symptoms listed below.  
Symptoms of major depression may include:  
• Feeling depressed most of the day, nearly every day  
• Losing interest in activities you once enjoyed  
• Experiencing changes in appetite or weight  
• Having problems with sleep  
• Feeling sluggish or agitated  
• Having low energy  
• Feeling hopeless or worthless  
• Having difficulty concentrating  
• Having frequent thoughts of death or suicide  
For winter-pattern SAD, additional specific symptoms may include:  
• Oversleeping (hypersomnia)  
• Craving, particularly with craving for carbohydrates  
• Weight gain  
• Social withdrawal (feeling like "hibernating")  
Specific symptoms for summer-pattern SAD may include:  
• Trouble sleeping (insomnia)  
• Poor appetite, leading to weight loss  
• Restlessness and agitation  
• Anxiety  
• Episodes of violent behavior

**Get Immediate Help**  
If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY (4889). You also can text the Crisis Text Line (HELLO to 7474) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>.

## OCCUPATIONAL HEALTH & SAFETY

### SEPTEMBER SAFETY CHAMPION: MARK POLK

Mark Polk, a welder in the UVA Facilities Management Energy & Utilities group, was nominated by his FM colleagues and selected by the FM-OHS team as the September 2022 Facilities Management Safety Champion for his close attention to potential hazards and active participation in workplace safety. As part of his job duties, Mark has been assigned preventive maintenance on fire hydrants around Grounds. This task involves assessing and removing old paint from the hydrants and then repainting them to include a cap color that indicates how much flow can be taken from the hydrant. Due to Mark's recent [Lead in Construction Training](#), he knew to request [sampling](#) of the existing paint before he began the removal process. Of the three paint samples taken from different hydrants in different areas, it was determined that any hydrants installed prior to the 1990s were painted with lead-based paint. The E&U team assisting in the hydrant PM process is now equipped to mitigate this hazard before moving forward with the project. This, in addition to Mark's service on the [E&U Safety Committee](#), is a great example of taking "safety is everyone's job" seriously. **Shout out to Mark for his attention to safety details and to the E&U Team for celebrating his safety improvements!**



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

## ACTIVE ATTACKER PREVENTION, RESPONSE, AND NOTIFICATION TRAINING

October 11, noon until 1 pm at Newcomb Hall South Meeting Room  
Presented by UVA Office of Emergency Management

**REGISTER NOW!**

Although incidents involving an active attacker at universities and medical centers are rare, the impact on the individuals and communities affected cannot be overstated. In this 60-minute training, the Department of Safety & Security will discuss what University Threat Assessment, Emergency Management, and the Police Department are doing to prevent and, if needed, respond to and notify the UVA community of an active attacker event. Participants will learn about Emergency Notifications, how to report concerning behavior, and easy-to-remember options for people who are faced with a violent situation. This training is free and open to all students, employees, faculty, and staff of the Academic Division and UVA Health.

For more information, contact Rachel Slotter, Office of Emergency Management  
at [ras5zm@virginia.edu](mailto:ras5zm@virginia.edu).

Register for the training: <https://at.virginia.edu/Z4SBic>

## DIVERSITY, EQUITY & INCLUSION

### Inclusive Excellence Update:

→ **The Annual Appreciation Lunch is back!**

Please make plans with your team to attend—

→ **Wednesday, October 5th 11am-2pm**

→ Great food options from Wahoo BBQ including pulled pork BBQ, veggie burgers, vegan & vegetarian sides.

→ Lawn games, corn hole and music provided by Boozer Boards!

→ **The event location is new this year** to provide a cooler space for us all to enjoy.

→ The team is working to provide parking options—updates will be provided as we determine what's available.

→ If you or your team would like shuttle transportation or to use an FM Fleet van, please [email Mike Duffy](#) to reserve.



## Appreciation Continues...

Saying 'thanks' goes a long way. Think about the last time someone shared what a great job you did or even just said 'thanks' - it feels pretty good!

→ We can appreciate our colleagues all year by saying 'thanks' and sharing it here so they can really feel the gratitude.

→ [Click here to say 'thanks' to someone in FM](#), or scan the QR code to the right. We'll share your kind words anonymously or with your name—you choose!



## DIVERSITY, EQUITY & INCLUSION

### Employee Resource Groups: LGBT Committee & Fall Fair!



- Join UVA in welcoming new and returning LGBT faculty and staff!
  - Monday, September 12th, 4-6pm
  - Please **RSVP** to help the event planners prepare catering
  - [RSVP Here](#)



- Come learn about the *many* Employee Resource Groups (ERGs) at UVA—
  - Friday, September 9th, 11am-1pm
  - Newcomb Hall Ballroom
  - There will be snacks, swag, and ways to get involved with each of these organizations/groups. Join us as we kick off the academic year, celebrating the diverse UVA community!
  - Scan the QR codes on the [following page](#) to learn about UVA ERGs or visit the [UVA DEI website](#) to learn more about what groups we have to support our employees.
  - [ERG Fall Fair Event Website](#)

**See the event flyer on the following page >>**


**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!**




# Employee Resource Group Fall Fair

Join us to learn about affinity groups available at UVA.

*Sponsored by the Division for Diversity, Equity, and Inclusion*

September 9, 2022 

11:00 AM - 1:00 PM 

Newcomb Hall Ballroom 

Asian, Pacific Islander, Desi  
American Committee



Black Faculty and Staff Employee  
Resource Group



Disability Advocacy &  
Action Committee



Latinx Employee  
Resource Group



LGBT Committee



Military Veterans Employee  
Resource Group



Native and Indigenous  
Relations Community



Organization of Employees  
from Africa



Virginia Network for Women  
- UVA Chapter



Women's Leadership Council



## OCCUPATIONAL TRAINING

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

- R0039951 Carpenter Senior
- R0039931 Finance Associate
- R0036003 Senior Sourcing Specialist
- R0039053 Quality Assurance Inspector
- 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
- R0038674 Senior Plumber
- R0038651 Custodial Services Workers for Monday -Friday 4:00pm - 12:30am shift
- R0038117 Electrician/Electrician Senior Assistant
- R0038683 Maintenance Inventory Specialist
- 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
- 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
- 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
- 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
- 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
- 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.

**September 2: College Colors Day**

**September 3: National Doodle Day**

**September 4: National Waffle Week**


**September 5: Labor Day**

**September 6: Fight Procrastination Day**

**September 7: National Acorn Squash  
Day**

**September 8: "Are You Okay?" Day**


**September 9: Emergency Services Day**



**Stay Safe and Healthy This Summer**

**Get the monkeypox information you need to know**

Call 877-829-4682 or visit our webpage to learn about monkeypox prevention, testing, and treatment  
<https://www.vdh.virginia.gov/monkeypox/>



If you are interested in getting a monkeypox vaccine, please fill out the state-wide [interest form](https://at.virginia.edu/JqOnGO) from the Virginia Department of Health:  
<https://at.virginia.edu/JqOnGO>

All form responses are confidential.

## 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.
- **Testing Locator:** 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.](#) Your last chance to order free tests at [COVID.gov](#) is TODAY (Sept. 2)!

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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.

