

The Occupational Programs Weekly Wrap Up

UVA Facilities Management

09.30.2022

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

WELLNESS RESOURCES

- UVA FM COVID-19 Reporting Updates
- NEW COVID-19 Booster Vaccines
- UVA FM Flu Vaccine Clinic: October 25
- Monkeypox Update
- National Preparedness Month: Build Your Disaster Toolkit



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.

APPRENTICESHIP

RECAP: CLUBFEST, SEPTEMBER 25

On September 25, UVA FM DEI and Apprenticeship representatives attended the Boys and Girls Clubs of Central Virginia's Clubfest—a family outing featuring the UVA Marching Band and other local resources. Increased community outreach has been identified as a key part to connecting with our community.

Special thanks to Tom Castellanos, Apprenticeship Instructor and Emily Douglas, DEI Specialist for attending on behalf of UVA FM.



If you are interested in volunteering for a community outreach event or to be an apprenticeship instructor, email FM-Apprenticeship@virginia.edu

OCCUPATIONAL HEALTH & SAFETY

RECAP: SLIP SIMULATOR TRAINING

On September 22, FM hosted the first in a planned series of Slip Simulator trainings that combine new technology with coaching to effectively reduce slips, trips and falls on the same level.

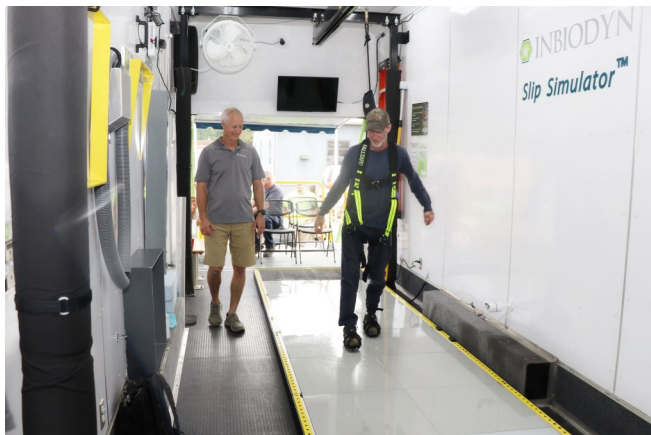
The training places individuals on a **safe, controlled training simulator** (photos below) that allows them to experience what it feels like to walk on a surface more slippery than ice. They then learn techniques to improve stability and reduce their risk of falling.

See published research on the efficacy of this training: <https://www.inbiodyn.com/slip-simulator/>

The FM Landscape and Recycling departments were the first groups to experience this training. Not only did employees learn proper slippery surface walking techniques firsthand, they had a lot of fun along the way, which is always helpful when remembering.

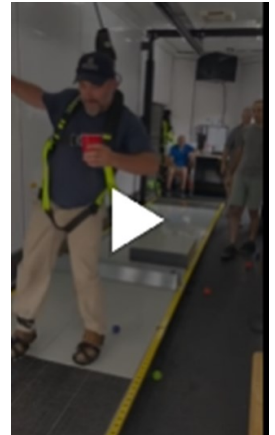
The team did a fantastic job of being engaged, curious, and attentive. Attendance was almost 100%, with only 9 employees not present due to scheduled time off or shift work.

Thank you to all who took part & made this a valuable training event!



See videos of the training in action featuring your FM colleagues !

<https://at.virginia.edu/te1FJp>



OCCUPATIONAL HEALTH & SAFETY

MENTAL HEALTH: UNDERSTANDING GAD

Do you often find yourself worrying about everyday issues for no obvious reason? Are you always excessively worried about things such as health, money, family, or work? If so, you may have a type of anxiety disorder called generalized anxiety disorder (GAD). People living with GAD experience frequent anxiety for months, if not years. The U.S. Preventative Services Task Force is now advising physicians to screen for anxiety for all adults under the age of 65.

What are the signs and symptoms of generalized anxiety disorder? People with GAD may:

- **Worry excessively** about everyday things
- **Have trouble controlling their worries or feelings of nervousness**
- **Know that they worry much more than they should**
- **Feel restless and have trouble relaxing**
- **Have a hard time concentrating**
- **Startle easily**
- **Have trouble falling asleep or staying asleep**
- **Tire easily or feel tired all the time**
- **Have headaches, muscle aches, stomachaches, or unexplained pains**
- **Have a hard time swallowing**
- **Tremble or twitch**
- **Feel irritable or “on edge”**
- **Sweat a lot, feel lightheaded, or feel out of breath**
- **Have to go to the bathroom frequently**

If you are experiencing chronic symptoms, please consult a medial professional, like your doctor or [UVA FEAP](#) for an assessment and recommendations..

Healthy Habits that can make a significant difference when paired with the tools your doctor may prescribe like medication or therapy:

- Reduce caffeine intake
- Get enough sleep each night
- Exercise regularly
- [Practice mindfulness](#)
- Reduce alcohol consumption

NOMINATE A SAFETY CHAMPION OR A SAFETY STAR



Each month, UVA FM recognizes a Safety Champion that contributes to the FM Culture of Safety. Any UVA FM employee can be an FM Safety Champion, from entry-level to management.

Although all of our Safety Champions have contributed something different to UVA FM or UVA as a whole, **Safety Champions in general lead by example, speak up for safety and start conversations about safety, and are willing to learn and promote new ideas to keep themselves and their colleagues safe.**

Safety Stars also contribute to the culture of safety, but in smaller ways that may not affect the whole organization.

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

OCCUPATIONAL HEALTH & SAFETY

SEASONAL FLEET SAFETY REMINDERS


Keep Your Work Vehicle in Top Shape to Remain Safe

Use your Headlights & Strobes

- Daylight hours are getting shorter and staying visible is important.
- **Strobe lights should always be on** while driving Kubotas and other motorized utility vehicles (MUVs).



Take Inventory—Do you have:

- **A First Aid Kit?** Is it up to date? Contact the FM Materials Warehouse to refill/refresh.
- **A Fire Extinguisher?** Does it have a recent inspection? Contact the Fire & Life Safety team to update the inspection.
- **An Ice Scraper?** Drop by the FM Fleet office to pick one up.
- **Functional windshield wipers?** Drop by the Fleet office to have them replaced, if needed.
- **Low Tire Pressure light on?**  Contact your supervisor and bring the vehicle to the fleet office to have your tire pressure checked. *Tire pressure can decrease about 1 PSI (pounds per square inch) for every 10° the temperature drops.*
- **Slow Crank on startup?** Contact your supervisor and the fleet office to have the battery checked.

Idling/Warm Up Reminders: *Virginia prohibits public service and commercial vehicles from idling for more than 3 minutes while parked in commercial or residential urban areas.* Exceptions include when the vehicle's propulsion engine is providing auxiliary power for purposes other than heating and air conditioning. Additionally, VA puts a 10-minute cap on idling for diesel-powered vehicles that revert to idling to reduce issues with restarting. For further details, refer to Virginia Administrative Code (Title 9, Agency 5, Chapter 40, Section 5670 C). **Kubotas require a warm-up procedure different than that of other vehicles — Kubota UTV Warm Up Recommendations:**

Recommendations:

- ◆ **Above 32° F**, a warm-up time of up to **5 minutes** may be required.
- ◆ **Between 14° and 32° F**, a warm-up time of up to **10 minutes** may be required.
- ◆ **Below 14° F**, a warm-up period of up to **15 minutes** may be required.

Questions? Email FM-Fleet@virginia.edu

OCCUPATIONAL TRAINING

Training Highlight: Backflow Prevention, October 2022

UVA FM Occupational Training are happy to offer the 40-hour and 16-hour vocational credit course needed to apply for the “Backflow Preventer Device Tester Tradesman” designation.

Dates: October 17-21, 7:30-4:00

Cost: \$750/40-hour and \$500/16-hour

Email fm-training@virginia.edu for additional information.

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.

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

FM Job Listings as of 9/28/2022:

- R0040355 Plumber/Steamfitter Assistant
- R0039957 HVAC Mechanic
- R0035363 Recycling Worker
- R0040609 Senior Trades Utility Worker
- R0038326 Custodial Services Worker - TUESDAY - SATURDAY 5:00 AM - 1:30 PM
- R0040529 Custodial Services Supervisor - M-F, 5:00am-1:30pm
- R0039931 Finance Associate
- R0032487 Fire Systems Technician
- R0039192 Custodial Services Manager
- R0038599 HVAC Mechanic
- R0040339 Operator/Pipe Layer or Senior Operator/Pipe Layer
- R0040008 Custodial Services Day Supervisor, Day Shift, North Grounds Zone
- R0040084 Landscape Turf Supervisor
- R0037336 Senior HVAC Mechanic, Central Grounds Zone, Alternating Shift
- R0036157 Historic Mason - CC&R
- R0039947 Recycling Supervisor
- R0036003 Senior Sourcing Specialist
- R0039053 Quality Assurance Inspector
- R0039614 Help Desk Assistant
- R0035445 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0033696 Occupational Programs Coordinator
- R0033904 Electrician - CCR
- R0034384 Plumber
- R0039025 Senior HVAC Assistant
- R0034727 Mason - CC&R
- R0032242 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0038102 Senior Trades Utility Worker
- R0038117 Electrician/Electrician Senior Assistant

See More UVA FM Job Listings >>>

DIVERSITY, EQUITY & INCLUSION

Inclusive Excellence Update:



Where can I park for the Appreciation Lunch?

- Any guest to the event can park in either E1 lot off of Pratt Drive or across Alderman Drive—see map below
- Overflow parking is available in the Zehmer lot
- If you/your team needs transport assistance, please [email Mike Duffy](#) soon with your request
- If you have any questions about this event, please contact [Emily Douglas](#) (434) 906-5810



DIVERSITY, EQUITY & INCLUSION

DEI Resources & Events:



What is Latin American Heritage Month?

- Each year, Americans observe **National Hispanic Heritage Month** from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.
- The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988
- If The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18.

2022 Latinx Community Health Fair

- *Se brindarán múltiples servicios de salud, actividades educativas y servicios de información de recursos comunitarios.* / Multiple health services, educational activities, and community resources information services will be provided.
- Saturday, October 8, 10am - 3pm
- Church of the Incarnation, 1465 Incarnation Dr, Charlottesville, VA 22901



Sin Barreras provides Spanish-speakers and our immigrant community with:

- Social, legal, and health services
- Adult Education Programs—GED in Spanish!
- Located at 1425 Seminole Trail, Open Monday-Thursday 2pm-7:30pm, (434) 531-0104

DIVERSITY, EQUITY & INCLUSION



HOOS MAKING AN IMPACT COMPETITION

NOW ACCEPTING SUBMISSIONS

UVA staff have the opportunity to make a significant impact at UVA through a new annual competition, “Hoos Making an Impact,” by submitting innovative ideas that will help streamline or improve a process at UVA. This year’s theme is sustainability. The competition is hosted by the Staff Senate in partnership with the President's Office to cultivate staff success across UVA Grounds in alignment with the University’s 2030 Strategic Plan.

Why participate?

Besides making an important contribution to advancing sustainability at UVA, the winner(s) of the competition will

- Receive \$1,000 (if a team wins, the winnings will be divided equally between the team members) and have their ideas implemented at UVA;
- Have lunch with UVA leadership, including President Ryan, Chief Operating Officer J.J. Davis, Provost Ian Baucom, Vice President of Diversity Equity, Inclusion and Community Partnerships Kevin McDonald, Staff Senate Co-Chairs: Adam Griggs and Patrick Wood, and Unit Leader(s) of the winner(s)
- Be featured in UVA Today

Ideas and proposals can be submitted now through October 7th.

- During the competition enrollment period, staff can submit as many ideas as they would like.
- Any individual, team, or members of any department/school may submit an idea to be considered by the screening panel.

[LEARN MORE AND SUBMIT A PROPOSAL](#)

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



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 30: International
Translation Day**

October 1: Albuquerque Balloon Fiesta

October 2: Change A Light Day

October 3: National Kevin Day

October 4: Kindness to Animal Day

October 5: National Kale Day

**October 6: National Depression
Screening Day**

October 7: You Matter To Me Day

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



Facilities Management

Take charge of your future and join our club today.

Hoos Speaking
Weekly meetings on Wednesdays, noon–1 p.m. in person and online.

Email Narges Sinaki at ns4xq@virginia.edu to attend.

If you would like, please feel free to bring your lunch.

OCCUPATIONAL TRAINING

UVA FM Job Postings continued

- R0038303 Custodial Services Worker - SUNDAY - THURSDAY 5:00 AM - 1:30 PM
- R0038218 Construction Administration Manager/ Senior Construction Administration Manager
- 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
- 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
- R0037334 Electrician Senior, Central Grounds
- R0036931 HVAC Mechanic
- R0037339 Carpentry Supervisor
- R0035630 Geospatial Space Technician
- R0037116 Custodial Services Worker - M - F 5:00 AM - 1:30 PM
- R0030560 Carpenter Senior
- R0035502 Senior HVAC Mechanic, Night Shift, 6:00pm - 6:00am
- R0035775 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0035626 Geospatial Space Analyst
- R0030791 Instrumentation & Controls Technician
- R0033786 Plumber
- R0033071 Electrician - CCR
- R0034508 Electrician
- 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)

WELLNESS RESOURCES

COVID-19 Reporting Updates

Facilities Management employees working within UVA Health facilities (required to comply with [UVA Health's policy OCH-002](#)) must report their positive COVID-19 test results to Employee Health at 434-924-2013 or employeehealth@virginia.edu. This requirement no longer applies to employees working strictly within UVA Academic facilities.



Updated COVID-19 Boosters are now available that offer stronger protections against severe illness and death from Omicron sub-variants. Make your appointment: <https://vaccinate.virginia.gov/>

FM FLU VACCINE CLINIC

October 25, 7:00 to 11:00 AM

FM Alderman Lunchroom

Walk-ins only. No appointments.

Flu vaccines are offered at no charge to FM employees at this event. Two types of vaccines will be available: Flulaval and Flublok (recommended for people over 50).

If you went to a participating pharmacy and were charged for your flu vaccine, you can submit a [reimbursement to Aetna](#). Complete steps 1-25 in the reimbursement form, and attach your receipt and other supporting documentation.

Employees and spouses enrolled in the UVA Health Plan or UPG Anthem Plan can earn \$25 for receiving a flu vaccine. Complete the self-attest section in the [Hoos Well portal](#) in January 2023 to receive your reward.

Monkeypox Update

- As of 9/28/2022, there have been [481 cases](#) of monkeypox in Virginia, **21 hospitalizations, & 0 deaths**.
- **Anyone can potentially get and spread monkeypox, but the risk to the general public is considered low at this time.** Prevention tips: <https://www.vdh.virginia.gov/monkeypox/prevention/>
- **Vaccines are available for those exposed or at risk.** Fill out the statewide interest form from the Virginia Department of Health: <https://at.virginia.edu/JqOnGO>

National Preparedness Month

National Preparedness Month is observed each September to raise awareness around the importance of preparing for disasters and emergencies that could happen at any time. We encourage everyone to take some time to prepare themselves, their families, their homes, and ultimately our community.

- **Have a Plan:** <https://www.ready.gov/plan>
- **Build Your Kit:** <https://www.ready.gov/kit>
- **Stay Informed Locally:** <https://www.communityemergency.org>