

# The Occupational Programs Bi-Weekly Wrap Up

UVA Facilities Management

10.11.2024

## In this issue:

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

### YOU'RE INVITED! UVA FM EMPLOYEE APPRECIATION

# LUNCH

**WEDNESDAY, OCTOBER 16**  
**11 AM-2 PM**

CORNER OF LEAKE DR. & ALDERMAN RD. (ROTC LAWN)

catered by **WAHOO BBQ**

- All FM employees allotted **90 minutes minimum** to attend & enjoy
- Employees not on shift during event hours will have **hot food delivery**
- **Carpooling in FM vehicles encouraged**

**LOOK FORWARD TO** ♦ **BBQ** ♦ **dessert**  
♦ **drinks** ♦ **music** ♦ **lawn games**  
♦ **resource tables** ♦ **vehicle show**

*If you have questions, contact FM DEI*

Specialist Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu)  
or [FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu).



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

**FM Mission:** We serve and plan for our community today while assessing and adapting to the needs of tomorrow.

**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

- Did You Know? **NEW Location:**  
Mobile Audiometric Testing
- Tools for Your Toolbox: Hearing Loss & Wellbeing

## DIVERSITY, EQUITY & INCLUSION

- Join the SPARC of Hope 5k Run & Walk, October 19
- Become a Mental Health First Aider

## OCCUPATIONAL TRAINING

- Lunch & Learn: Goal Setting for Team Growth & Success, October 30
- Training Highlight: Introduction to Emotional Intelligence (In-Person), October 22
- Education Benefits: Redeem Before the End of the Year!
- Welcome, New Employees!
- RECAP: HVAC Trades Seminar
- View & Apply for FM Jobs

## APPRENTICESHIP

- Hiring Update - Carpentry Apprenticeships
- Inspire the Next Generation through Our Apprenticeship Program: Become an Instructor!

## OCCUPATIONAL HEALTH & SAFETY

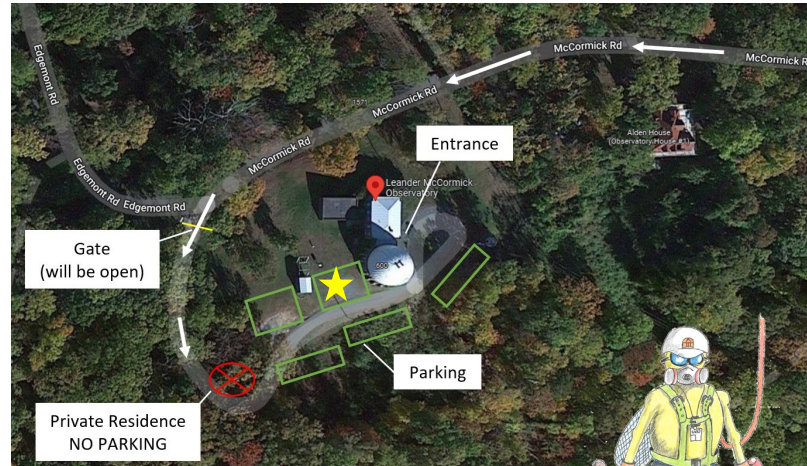
### Did You Know? NEW Location: Mobile Audiometric Testing

#### October is Protect Your Hearing Month!

Bernie the Bee is celebrating all month on social media. Check it out:

<https://www.instagram.com/berniethebeefm/>

One of the ways UVA FM helps to protect worker hearing is by conducting annual **audiometric testing** for employees within the UVA FM **Hearing Conservation Program** (HCP). Note the NEW location starting next week at the **Leander McCormick Observatory (600 McCormick Road)**.



Audiometric testing determines the quietest sound you can hear at various frequencies. Repeating the test annually can allow you to track changes in your hearing.

New employees enrolled in the Hearing Conservation Program also receive audiometric testing within 6 months of hiring. Employees not a part of the FM Hearing Conservation Program can speak to their doctor about a hearing test. Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you think you should be in the HCP.

### Tools for Your Toolbox: Hearing Loss & Wellbeing

The effects of noise-induced hearing loss (NIHL) is often underestimated or underappreciated, because it is a chronic illness and the affects don't appear until later in life.

Hearing loss can affect the mental, physical, and emotional wellbeing of an individual over time:

- **Isolation:** As hearing loss worsens, hearing and understanding others becomes increasingly difficult, which can lead to isolation.
- **Other Chronic Health Issues:** Hearing loss is associated with cognitive (mental) decline and heart problems, such as high blood pressure and heart disease.
- **Depression:** Hearing loss is also strongly associated with depression.
- **Missing Out:** Hearing loss can lead to loss of enjoyment, when all the sounds we want to hear (e.g., music, voice of loved one) become muted and lack quality.
- **Ringling in the ears (tinnitus):** This often occurs along with hearing loss and can disrupt sleep and concentration and is associated with both depression and anxiety.

Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you have questions about protecting your hearing.

### MAINTENANCE MATTERS



**Regularly inspect your hearing protection devices. Worn-out ear cushions can reduce effectiveness. Replace as needed!**

**Do you have questions about hearing protection?**  
Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu).

## DIVERSITY, EQUITY & INCLUSION

### Join Your Colleagues at the SPARC of Hope 5k Run/Walk



**SPARC OF HOPE**

**8:00 AM**  
**SATURDAY, OCTOBER 19**  
at East End Farm  
near Zion Crossroads

**5K RUN & WALK**

**Raffle prizes!**  
**Local resources!**  
**Family-friendly activities!**  
**Food & more!**

**Help shine a light on suicide prevention & encourage hope in our community!**



**Join our team!**  
**UVA TEAMS: STEPPING FORWARD TOGETHER**  
at [sparchope.org](https://sparchope.org)



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

## Mental Health First Aid Training

*Mental Health First Aid (MHFA) takes the fear and hesitation out of starting conversations about mental health and substance use problems.*

Mental Health First Aid training helps participants to identify mental health and substance use problems, and develop an action plan to safely and responsibly address these concerns with a friend, colleague, or loved one. MHFA training is available to help address both youth and adult mental health concerns



Hosted by Facilities Management **DEI** and **OHS** and facilitated by Region Ten, this 8-hour training is free and offered every quarter at FM.

Learn more: <https://regionten.org/blog/mentalhealthfirstaid/>

**Interested in joining the next class?**

Contact Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or (434) 906-5810.



## OCCUPATIONAL TRAINING

### LUNCH & LEARN: GOAL SETTING FOR TEAM GROWTH & SUCCESS



FEAT. JACOB HENDERSON,  
UVA HR SENIOR PERFORMANCE MANAGEMENT CONSULTANT

*Inspire excellence on your team by tapping  
into each person's unique talents to  
drive success and development.*

REGISTER &  
LEARN MORE:



**OCTOBER 30, 12 PM**

virtually via Teams or in-person\* in Skipwith 112

Questions? Email [FM-Training@virginia.edu](mailto:FM-Training@virginia.edu).

\* Don't forget to pack your lunch!

Register: <https://at.virginia.edu/9iqu4h>

### UVA TD Training Highlight

#### Introduction to Emotional Intelligence (In-Person)

Explore how emotions affect  
job performance and review  
the importance of self-  
awareness, self-management,  
social awareness, and relation-  
ship management.

October 22, 1:30-4 PM

Register: [https://  
at.virginia.edu/y4vlbp](https://at.virginia.edu/y4vlbp)



### Education Benefits:

#### Redeem Before the End of the Year!

- **The Professional Development Benefit** is available for use on job or career-growth offerings relevant to your current job. Up to **\$2,000** may be used for professional development, including classes, certification training, and conferences.
- **The Tuition Benefit** is applied to for-credit coursework toward a degree or academic certificate program. Up to the full **\$5,250** may be used for tuition toward a degree-seeking program.

#### How to apply & redeem:

1. **Discuss** with your supervisor.
2. **Submit an Education Benefit Request** in Workday:  
<https://at.virginia.edu/zpi4ds>.

**For additional information, email**  
[askHR@virginia.edu](mailto:askHR@virginia.edu) **or for general questions,**  
**contact the Occupational Training team:**  
[fm-training@virginia.edu](mailto:fm-training@virginia.edu).

### NEW EMPLOYEE ONBOARDING



#### Welcome to New FM Employees

(left to right)

**Back Row:** Casey Graham, Senior Welder, E&U Distribution; Ronald Melton, Custodian, N. Grounds Zone; Bert Boatwright, Boiler Operator Assistant, Heat Plant; Chris Woodson, Carpenter, Newcomb Zone; Mike Corrigan, Custodial Supervisor, Housing; Bryce Hall, Associate Construction Project Manager, C&RS

**Front Row:** Danielle Godfrey, Associate Construction Project Manager, C&RS; Johnny Thompson, Roof Specialist, Roofing; Corey Walker, Carpenter, Central Grounds Zone; Aaron Bridgeforth, Horticultural Specialist, Landscape; Judah Huff, Finance Associate, Finance

# APPRENTICESHIP

## Hiring Update—Carpentry Apprenticeships

Positions for carpentry apprenticeships were posted in August. Phone & in-person interviews are complete. New apprentices are expected to join UVA FM in early November!

These apprentices will be focusing on carpentry throughout the 4 years of their apprenticeship.

If you have questions, reach out to the [Apprenticeship Team](#):

[FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu)



## Inspire the Next Generation through the Apprenticeship Program:

### Become an Instructor!

*Are you a seasoned professional with a passion for your trade? Ready to take the next step in your career and make a lasting impact? Join us as an Apprenticeship Program Instructor!*

### Why This Role Rocks:

- ★ **Inspire the Future:** Shape the next generation of skilled workers by sharing your expertise and experience.
- ★ **Elevate Your Career:** This role offers incredible opportunities for your own professional growth and development.
- ★ **Lead with Confidence:** As a supervisor, you'll guide and mentor apprentices, helping them reach their full potential.

### What You Bring:

- **Supervisor experience** and a valid license in your trade
- **For Masons and Carpenters:** 4+ years of journey-level experience

### *Ready to lead, inspire, and grow?*

*Obtain your leadership's support and apply now to be a cornerstone of our apprenticeship program!*

To learn more, reach out to the [Apprenticeship Team](#):

[FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu)



Instructor & Newcomb Zone Supervisor Chip Martin working with apprentices and the HVAC simulator.



## RECAP: HVAC TRADES SEMINAR



Photo provided by Shelomith Gonzalez.

### Thank you!

On Thursday, September 26th, UVA FM Occupational Training hosted the annual HVAC Trades Seminar at UVA Alumni Hall, attended by 45 FM professionals that deal with HVAC equipment as part of their job. Vendors from Trane presented on new and emerging refrigerants and equipment transitions, and set up hands-on displays for variable refrigerant flow (VRF) and fan arrays. Thank you to everyone who contributed:

- Justin Callihan and Paul Stevens of UVA FM E&U and Scott Mahanes from UVA FM Automation Services provided an overview of UVA's energy systems, covering generation, distribution, metering, and balancing of hot and cold hydro-services.
- Erick Gomez from UVA Sustainability connected the panel discussion to current and future sustainability initiatives.
- Shelomith Gonzalez of UVA FM-OHS updated attendees on electrical safety efforts and encouraged participation in the Electrical Safety Focus Team.
- Danny Davis, UVA FM Apprenticeship Consultant, discussed the FM Apprenticeship Program, highlighting evaluations, annual contracts, and instructor development.
- Dan Shantler from UVA FM Systems Control briefed attendees on UVA's building automation systems and their relation to HVAC maintenance.
- Matte Anderson and Jeremy Rakes from Trane Technologies discussed changes in HVAC refrigerants, associated risks, and upcoming equipment transitions.

The event concluded with a Q&A session, followed by lunch and networking. Attendees were encouraged to sign up for future event planning and visit the hands-on displays by Trane and Mitsubishi.

If you would like to know more about Trades Seminars, email [FM-Training@virginia.edu](mailto:FM-Training@virginia.edu).



# 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.

**October 11: It's My Party Day**

**October 12: I Love Yarn Day**

**October 13: International Skeptics  
Day**

**October 14: Indigenous Peoples' Day**

**October 15: Handwashing Day**

**October 16: National Fossil Day**

**October 17: National Pasta Day**

**October 18: Ride To Work Day**

# OCCUPATIONAL PROGRAMS

## View & Apply for UVA FM Jobs



**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://jobs.virginia.edu/>

Not all listings are available to external applicants. Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

## FM JOB LISTINGS\*

- R0065602 Administrator Facilities Planning & Construction
- R0065938 Custodian- Multiple shifts available!
- R0065774 Drywall/Plasterer or Senior Drywall/Plasterer
- R0065840 Mechanical Engineer
- R0065843 Senior Mechanical Engineer
- R0065529 Senior Pipefitter
- R0065693 Landscaper
- R0062332 Custodian, Housing: M-F 8:00am-4:30pm
- R0063198 Custodian, Multiple Evening Shifts
- R0065645 Assistant Director, Solutions Development
- R0065644 Senior Electrician
- R0064064 Custodian, North Grounds
- R0064062 Senior Welder for Utility Systems
- R0065211 Instrumentation & Controls Technician
- R0065414 Communications Assistant (Student Wage)
- R0064653 Carpenter
- R0063297 Senior Trades Utility Technician, Housing
- R0061881 Energy and Sustainability Associate Engineer and Engineer
- R0064264 Environmental Graphic Designer
- R0063909 Facilities Services Representative
- R0063533 Electrician
- R0063546 Utility Locator/Damage Prevention Technician
- R0062310 Electrician
- R0062705 Construction Administration Managers/Senior Construction Administration Managers
- R0062706 Construction Project Manager/Senior Project Manager
- R0062629 Metering Technician
- R0061815 Recycling Worker
- R0062359 Heat Plant Supervisor
- R0061980 Licensed Tradespeople (HVAC, Electrical or Plumbing), Shift (Various) Part and Full Time Available
- R0060401 BAS Application Engineer
- R0059478 Access Control Technician or Senior Access Control Technician
- R0059793 Space Manager
- R0047982 Student Assistant, Geospatial Engineering Services (Student Wage)

\* As of 10/7/2024