

OCCUPATIONAL HEALTH & SAFETY TRAINING UPDATE

2019 TRAINING DATES POSTED!

View on the OHS website at <http://bit.ly/FMOHSTraining>.

If there's a training you're interested in that's not posted, please complete the OHS Training Request Form: <https://at.virginia.edu/2EePKxW>

COMING SOON!

Work Zone Training Basic (8 Hour) on April 23rd and Work Zone Intermediate (16 Hour) on April 24th and 25th. (Attendance on both days of Intermediate is required.) Both are VDOT certified! Here are the differences:

- Basic/8-Hour: Learn how to properly install work zones to perform daily maintenance or short-term operations. Emphasis is placed on the basics of work zone traffic control, focusing on work zone devices, and how to effectively install and maintain them.
- Intermediate/16-Hour: Learn how to properly install work zones for construction and maintenance projects for long-term operations (greater than three consecutive days). Emphasis is placed on comprehensive training, standards, guidelines, installations and removal procedures, inspection, liability, documentation, and supervisory skills.

The basic and intermediate trainings replace the 2-Hour Flagger training that was previously offered.

OHS will be reaching out to anyone who had the 2-hour flagger training and/or who is due to be scheduled. Be on the lookout!

New First Aid/CPR/AED class time: 7:30am – 2:30pm. This will allow OHS to continue to deliver a detailed and informative class based on your needs and class engagement.

Thank you for being committed to our offerings and helping us make them better!

To Register for Training:

Your supervisor must email FM-OHS@virginia.edu.

Be sure to include the following:

- Class(es) requested
- Employee first & last name
- Computing ID (ex: mst3k)
- Preferred date, if desired
- What are your typical working hours?

If any shops need the training or would like someone in their shop to have the intermediate training, please email fm-ohs@virginia.edu, following the request procedure at left.



- All FM-OHS training courses are provided to Facilities Management employees at no charge.
- However, an 'accept' or 'decline' response to the calendar invitation is mandatory within 3 business days.
- Failure to provide a reason for decline, failure to respond, and failure to show-up for an assigned training class will result in a no-show charge of \$75 to your shop for each occurrence.

SAFETY STARS AWARDED

February 2019:

Safety Stars are a way for anyone to recognize doing the right thing or taking an extra step to make UVA FM a safer workplace.

Safety Stars awarded by Safety Committee:

- Energy & Utilities 2
- Project Services 1
- Special Trades 1



Thank you to these Safety Stars!

Nominate a Safety Star: FM-OHS@virginia.edu

New Committee Members!

If safety is your passion and you would like to get more involved to support one of Facilities Management's Core Initiatives, please send an email to FM-OHS@Virginia.edu.

We are happy to start our safety journey with you!

Safety is Ours to Shape

FM is celebrating the team that created and teaches FM's revamped Hoist and Rigging Safety Training Course with the all-new Safety is Ours to Shape recognition, created in honor of UVA president Jim Ryan's new Ours to Shape initiative. Cameron Ratliff, Randy Higgins, Dakota Peregoy, William Simmons, and Marcus Klaton regularly use hoist and rigging techniques as part of their daily job duties. Led by Cameron Ratliff with the support of their supervisory chain, this group created a one-day classroom and hands-on course which covers general requirements for proper rigging, how and why proper rigging practices improve safety, as well as rigging requirements for steel chains, wire rope, and synthetic fiber. Instruction includes crane set-up, load dynamics, lift planning, load charts, rigging, and signaling. A passing grade achieved by a participant indicates that the participant has the knowledge to safely use cranes and rigging equipment at UVA FM. The initiative these employees shown, coupled with the support from their supervisors is helping FM develop and maintain a culture of safety.

MARCH IS



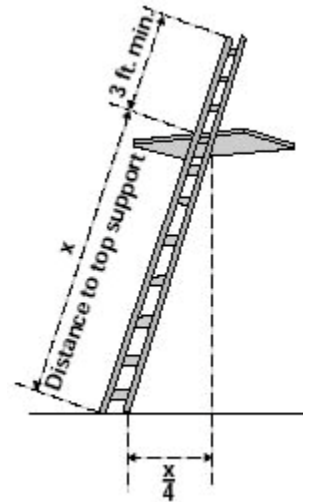
NATIONAL LADDER SAFETY MONTH



PORTABLE LADDER SAFETY

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- Read and follow all labels/markings on the ladder. Replacement labels are available if these are missing.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.



- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.

SOURCE: <http://bit.ly/OSHALadders>

WIN! WIN! WIN!

OHS announces quarterly drawings for your help with creating a safe workplace!

Employees nominated as Safety Stars, following [@BernietheBee](#) or reporting Near Misses will be entered to win a quarterly drawing for either a Yeti-style coffee tumbler or a lunch cooler (winning employee's choice).

Nominate a Safety Star by emailing fm-ohs@virginia.edu.

Report a Near Miss at <http://bit.ly/FMNearMiss>

Near Misses are incidents or near-incidents that did not result in injury/first aid.

Find Bernie on [Facebook](#), [Twitter](#), and [Instagram](#)!

Reminder of NEW Process for Safety Shoes:

- OHS will no longer be sending eligibility emails
- As always, it is the supervisors' & employees' responsibility to submit the shoe request through the shoe request portal.

Submit a safety shoe request:

http://bit.ly/PPE_FAQ



UNIVERSITY OF VIRGINIA

UVA Facilities Management

APPRENTICESHIP PROGRAM

February 2019 | accepting applications

FOR MORE INFO, VISIT:
www.apprenticeship.fm.virginia.edu

UVA FM Apprenticeship Program is accepting applications through March 15th!

Apply online at

<http://bit.ly/ApprenticeshipAppl>

Now Hiring in HVAC, Electrical, & Plumbing Trades experience is not required, but will be considered on your application.

The annual Job Fair will be **March 6** at Alumni Hall.

Feel free to share this with anyone you feel may be interested!



@UVAApprentice



@UVAApprentice



@UVAApprentice

2019 EVENTS

March 21st: Safety Committee Training—Safety Committee members, mark your calendars! Excellent presentations by Virginia Occupational Safety and Health (VOSH) on Virginia Department of Labor and Industry (DOLI)'s Challenge Program to which UVA FM will be applying. Participation in this program has shown to:

- substantially reduce workplace injuries and illnesses;
- reduce workers' compensation costs;
- result in a more highly trained and experienced workforce;
- improve company productivity; and promote competitiveness in the marketplace

Once through the Challenge Program, FM will be positioned to apply for VPP Star site recognition. You can be a part of this process! **All committee members are expected to attend this training.**

April 18th: FM Safety Summit

will focus on the BEST Program: *The Department of Labor and Industry's Virginia Occupational Safety and Health (VOSH) program and the Associated General Contractors of Virginia (AGCVA) have established a strategic partnership entitled "Virginia BEST" to improve best practices, compliance efforts and accident prevention on construction worksites through recognizing the outstanding efforts of exemplary construction employers.*

OHS Monthly Safety Initiatives

FM's Occupational Health and Safety Department will be focusing on one safety initiative each month of 2019. Safety Committees are encouraged to add this to their agendas, think about it as a theme for their safety posters, and conduct toolbox talks related to the theme. Please do not hesitate to be in touch with FM-OHS@virginia.edu if you have any questions!

<u>Month</u>	<u>Topic</u>
January	Electrical ✓
February	Personal Protective Equipment ✓
March	Ladders
April	Safe Lifting & Materials Handling
May	Fall Protection
June	Heat Stress
July	Housekeeping
August	Worksite Control
September	Confined Space
October	Hazard Communication (HazCom)
November	Machines & Tool Guarding
December	Slips, Trips, & Falls

CAUSE MAPPING

THANK YOU from Occupational Health & Safety to the most recent Cause Mapping Team!

Collaborators from E&U, FP&C, a UVA contractor, and OHS came together to review the January 14th fire in Tunnel X near Carrs Hill. Several safety improvements were identified and will be put in place in the coming months, including updated contractor safety expectations. Paul Zmick and Pete Kowlazik are scheduled to present the group's findings to the directors on March 5th.

IMPORTANT LINKS:

- **OHS Homepage:** <https://www.fm.virginia.edu/depts/ohs/index.html>
- **Safety Shoe Request link:** <http://bit.ly/FMOHSprog> (under Red Wing Shoe Program)
- **NOMINATE a Safety Champion:** <http://bit.ly/SafetyChamps> (at top)
- **NEAR MISS FORM:** For incidents or near-incidents that did not result in injury/first aid: <http://bit.ly/FMNearMiss>
- **INCIDENT REPORTING FORM:** For incidents resulting in an injury/first aid: <http://bit.ly/FMAccidentRpt>

What was Occupational Health and Safety up to last month?

UVA FM-OHS was involved in the following safety assessments/actions in February 2019:

- **12 Trainings Conducted**
- **15 Project Services & FP&C Site Walks**
- **9 Assessments of Safety Concerns brought to OHS**
- **1 Knowledge-sharing session with another higher education institution**