

OCCUPATIONAL HEALTH & SAFETY TRAINING UPDATE

THANK YOU.

Special thanks to Kevin Beal for again helping coordinate Bobcat training and ensuring the mobile audiometric testing happened for his employees. Thanks also to Stu Fontaine in the Cabinet Shop for ensuring the mobile audiometric testing happened for his employees.

THIS MONTH

Work Zone Traffic Control Training Basic (8 Hour) on April 23rd and May 1st and **Work Zone Traffic Control 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!*

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.

2019 TRAINING DATES :

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

OHS Training Request Form: <https://at.virginia.edu/2EePKxW>

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 work hours?

- 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.

2019 EVENTS

April 18th: Safety Summit for FP&C 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.

SAFETY STARS AWARDED March 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:

- Landscape & Recycling 1
- Custodial Services 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!

KUBOTA SEATBELTS

FM Fleet has installed seatbelts with shoulder harnesses in the front seats of all FM Kubota UTVs and is working to identify owners of similar vehicles throughout the University to ensure other departments have access to this safety improvement.

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



APRIL IS

Safe Lifting & Materials Handling

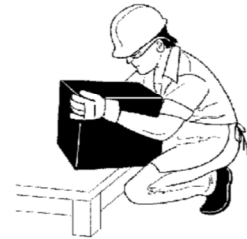
MONTH

PROPER LIFTING TECHNIQUES

1. Stand close to the load with your feet spread shoulder width apart. One foot should be slightly in front of the other for balance.



2. Squat down, bending at the knees (not your waist). Tuck your chin while keeping your back as vertical as possible



3. Grasp opposite corners and test weight. Get a firm grasp of the object before beginning to lift.



4. Slowly begin straightening your legs, lifting slowly. PIVOT Never twist your body during this step.



5. Once the lift is complete, keep the object as close to the body as possible. If the load's center of gravity moves away from your body, there is a dramatic increase in stress to the lumbar region of the back.



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](#)!

FROM EHS: NEW! Aerosol Can Disposal Protocol

Aerosol cans are prohibited from being thrown in the trash at UVA! This includes empty cans.

Virginia's Department of Environmental Quality requires that ALL aerosol cans (unused, partially used, damaged, & empty) be collected as Hazardous Waste.

- Keep empty aerosol cans separate from non-empty aerosol cans.
- Collect aerosol cans in a cardboard box, clear plastic bag, or drum for pick-up by EHS (depending on volume generated).

Use our convenient online waste pick-up request form Log-in (<https://at.virginia.edu/2uwkZ3e>) for less than 20 cans, or call EHS at 434-982-4911 to arrange for a larger pick-up.

EHS will recycle the empty aerosol cans submitted for disposal, after puncturing the cans with a specially designed device.

EHS will dispose of non-empty aerosol cans in a manner consistent with the contents of the can.

Important: NEVER attempt to puncture an aerosol can on your own!

Questions? Contact the EHS Hazardous Materials group at 434-982-4911.

What was Occupational Health and Safety up to last month?

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

- **80 Audiometric Tests Conducted** ▪ **6 Respiratory Fit Tests Conducted** ▪ **1 Energized Electrical Work Permit Reviewed** ▪ **4 Fall Protection Reviews** ▪ **1 Near Miss Report Follow-Up** ▪ **9 Project Services & FP&C Site Walks** ▪ **1 Preconstruction Meeting** ▪ **3 Assessments of Safety Concerns brought to OHS** ▪ **1 Action Completed with FM Fleet** ▪ **1 Lockout/Tagout Review Conducted** ▪ **1 Toolbox Talk/Safety Meeting Attended** ▪ **1 Noise Assessment (Sampling)** ▪ **3 OHS Staff Training Attended** ▪ **17 FM Safety Trainings Conducted**

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>

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

UPDATE from the Electrical Safety Focus Team

When converting a luminaire from fluorescent to LED technology a complete retrofit kit is preferred. "Plug-and-play" type LED bulbs that work with existing fluorescent ballast shall be permissible.

Removing existing fluorescent ballasts to allow for direct-wire LED bulbs shall be prohibited.

If you have any questions, please contact FM-OHS@virginia.edu.

RECAP: Annual Safety Committee Training & Quarterly Safety Chairs Meeting

Thank you to Safety Committee members & chairs for joining OHS at the annual Safety Committee Training.

We were joined by representatives from Virginia's Department of Labor & Industry (DOLI) and Virginia Occupational Safety & Health (VOSH) to discuss the processes and advantages of VOSH's Challenge Program and how it will benefit UVA FM. Being a leader in the Challenge Program would give UVA FM a "Best in Class" designation for our health and safety management process that has led to a reduction in injuries.

Safety Committee meeting and expectations were also briefly reviewed.

EMPOWERING YOU Invited to Participate in JMRL's How-To Festival

UVA FM Tradeswomen (Queens of DIY) have been holding weekend Toolbox Workshops to show ladies how to be their own handywomen — including how to patch drywall, build shelves and upgrade a thermostat.



Jefferson-Madison Regional Library (Central Branch) has invited the Empowering You group to join their 3rd annual How-To Festival on May 4th:

"Presenters takeover the library inside and out. Drop in to any 15-30 minute session and learn about a variety of topics from how to raise goats, stay healthy with kitchen herbs, to ride a unicycle and more. See JMRL's 3D printer in action and pick up a free comic book while you're here. See website for full list of events."

FM Tradeswomen will be on site from 11:00 AM to Noon. The entire festival runs 10:00 AM to 2:00 PM.