

June is *Heat Stress Awareness Month*

KEEPING HYDRATED FOR ADULTS

Why is water important?

Dehydration is the loss of water from the body. As you age, you are more at risk for dehydration.

- Your body's ability to conserve water is reduced
- Your thirst sense becomes less acute
- You are less able to respond to changes in temperature



Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water:

- Regulates body temperature
- Helps flush out waste
- Moistens tissues
- Carries nutrients to cells
- Lubricates joints
- Protects organs



1. Get in the habit of hydration
Drink water when you wake up, at each meal, and between meals.



2. Carry a water bottle
Carry a water bottle with you when you're on the go.

3. Choose hydrating snacks

Try watermelon, cucumbers, citrus fruits, applesauce, or yogurt. These foods can help keep you hydrated.



WATER TIPS

PREVENT HEAT-RELATED ILLNESS



TAKE TIME TO REST AND COOL DOWN.

Sit somewhere cool, rest, and rehydrate frequently.



STAY WELL HYDRATED.

Drink often, before you get thirsty.



WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.

Designate a buddy and ask how they feel periodically.

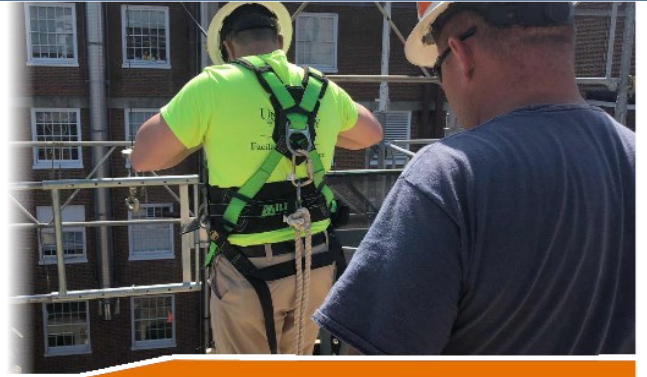
Learn More:



<http://bit.ly/NIOSHHeatStress>

National Safety
Stand-Down
To Prevent Falls in Construction

MAY 6-10, 2019



**Thank you for making the
Fall Protection Stand Down a success!**



112 Ladder
inspections

75 inspections of
Fall Protection Equipment

32 Harnesses
placed out of service

22 Lanyards
placed out of service

6 Ropes
placed out of service



NEW! Fall Protection Authorized Person Training: FM-OHS has been working on a re-vamped Fall Protection Authorized Person training that will include UVA-specific examples and enhanced training content. New users will be trained first, but expect anyone that uses fall protection to be enrolled in this new training.

2019 TRAINING DATES:

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

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

OHS will be operating on a reduced training schedule this summer. Training requests are welcome & classes will be filled as needed.

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?

- 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 respond and failure to attend an assigned training class restricts you from performing any duties associated with that training.

FYI: Ordering Lockout/Tagout Equipment:
How do I order UVA-standard Lockout/Tagout Equipment?



Determine what equipment you need, and with your department's purchasing agent:

1. Access the UVA Marketplace via SSTL
2. Scroll down to the Maintenance/Industrial section and select Fastenal.
3. Once on the Fastenal page, go to My Account and My Fast Favorites, select My Account.
4. Go to Order Templates.
5. Click Brady Custom Locks.
6. Select needed items and click Add to Cart.
7. Once in the cart, update quantities as needed.
8. Checkout as usual per the Marketplace system.

SAFETY STARS AWARDED May 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:

- Building & Custodial Services 4
- Project Services 1
- Zone Maintenance 1
- Landscape & Recycling 1
- Energy & Utilities 1



Thank you to these Safety Stars!

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

Just some of the things Occupational Health & Safety was up to last month:

16 Safety Surveys

437 positive observations &

27 negative observations (top 10 listed below)

Additionally: ▪ 6 ladder inspection meetings
 ▪ 6 ergonomic assessments ▪ 3 employee concerns addressed ▪ 3 fall protection/access concerns addressed ▪ 2 subcontractor concerns addressed ▪ 2 memos/Safety Recommendations ▪ 2 contractor safety concerns addressed ▪ 1 lockout/tagout conference call with another higher education institution

Top 10 Negative Observations

Category	Sub-Category	Count
1	PPE PPE used/worn as required? 1926.95(a)	5
2	PPE Eye protection used as required? 1926.102(a)(1)	5
3	Other/Misc. Defective equipment tagged or removed from jobsite? 1926.20(b)(3)	2
4	Storage & Disposal Storage areas are not overloaded? 1926.250(a)(2)	1
5	Public Protection Measures taken to restrict public access to jobsite? ANSI A10.34 Sec. 3.2.9	1
6	Housekeeping Material staging area kept reasonably organized? 1926.25(a)	1
7	Electrical Safety Ground pin attached to electrical cords? 1926.404(f)(6)	1
8	Scissor Lifts Employees utilize PFAS when working from scissor lift? (Best Practice)	1
9	PPE Hard hats worn as required? 1926.100(a)	1
10	PPE Replacement PPE readily available? (Best Practice)	1

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!



Congratulations to UVA FM's CATEC Completers!

Congratulations to the UVA Apprentices that Devante Dowell, Matt Everidge, Peter Chege, Chris Hall, Shane Harris, and Marcus Klaton who all walked celebrate their completion of their CATEC courses. Drew Jordan, Drew Shelton, and George Sheffield were not there but also completed. Congratulations also to Phillip Cabell who celebrated at this ceremony as well.

Only a month until Apprenticeship graduation!

June 27, 2019

You Asked, We Listened:

Bloodborne Pathogen Training & Cleanup Kits

Starting last month, a BBP ‘refresher’ class for annual recertification is now being offered. The OHS team has put together a refresher class which is shorter for employees renewing their BBP training. New employees will be captured in the full-length BBP training monthly.

Updated information on ordering BBP cleanup kits is coming soon, as well!

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

Building for Goodness Presents: Empowering You

**For women, by women.
(Formerly Queens of DIY.)**



June 22nd, 9 to 11 AM

Now located at the Building Goodness Foundation. Registration is required. Limited to 50 participants, 16 years of age and older.

Space is limited – No shows to this free event may forfeit eligibility to attend future events.

Register online:

<http://bit.ly/BGFEmpoweringYou0624>

Girls Day:



Join FM-OHS & FM Apprenticeship! FM-OHS and the Apprenticeship Program will be present at Girls Day. OHS is hosting a table on how to put out a fire with a virtual fire & fire extinguisher. Stop by to check it out!

COMING SOON:

Hearing Conservation Training

All employees in the Hearing Conservation Program are required to receive this training. This course covers noise levels, hearing hazards, and recommendations on how to prevent hearing loss. It will cover the effects of noise; the purpose advantages, and disadvantages of various types of hearing protectors; the selection fit, and care of protectors; and the purpose and procedures of audiometric testing.

If you're in the Hearing Conservation Program, look for a training invite soon!

NEW! Office Ergonomic Evaluations



Occupational Programs team member Sam Whalen (pictured) has received her Office Ergonomics Specialist accreditation and can now offer office ergonomics evaluations.

Ergonomics is the scientific study of people at work. The goal of an ergonomics assessment is to reduce stress and eliminate injuries associated with bad posture, the overuse of muscles, and repeated tasks. Workplace ergonomic evaluations help employers recognize ergonomic hazards caused by workplace layout or design that may be contributing to an employee's stress or physical discomfort.

This fall she will continue her courses to receive her Industrial Ergonomics accreditation and be able to assess even more kinds of work stations!

Request your office ergonomics assessment!

Contact FM-OHS@virginia.edu.

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 ques-

<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

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>

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



WIN! WIN! WIN!

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

Employees nominated as Safety Stars, following [@BerniethBee](https://twitter.com/BerniethBee) 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](#)!