

August is Worksite Control Month

In continued support of FM’s initiative to achieve a safe workplace for all and enhanced coordination with contract partners, **DO NOT** enter any worksite/construction site if you do not have official business that needs to be conducted on that site.

If you need to perform work on an active construction site, contact the posted Facilities Management Project Management team responsible for that site prior to entering the site. Once on site, remember to sign in or check in with the superintendent/foreman of the site so that they know you are there, can insure that your PPE meets site requirements, and can share any site specific safety rules in effect.

Questions? Email FM-OHS@virginia.edu



Signs assist in the communication of important information, reinforce safety messages, and provide instruction.



If your jobsite needs signage or a safety walkthrough, reach out to FM-OHS@virginia.edu

FOLLOW OCCUPATIONAL PROGRAMS:



@BernietheBee



@BernietheBeeFM



@BernietheBeeFM



@UVAApprentice



@UVAApprentice



@UVAApprentice



@UVATradeswomen



@UVATradeswomen



@UVATradeswomen

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!

UVA FM WINS INNOVATION AWARD FOR SINGLE MEDIA MARKETING.



Facilities Management Occupational Health and Safety is proud to announce that FM has won a 2019 Campus Safety Health and Environmental Management Association Innovation Award for Single Media Marketing. This national award recognizes campuses that have implemented comprehensive single media initiatives to promote health and safety to their communities.

UVA FM-OHS supports FM employees by facilitating a safe and healthful workplace for employees, contractors, students, faculty, staff, and visitors through an approach that emphasizes prevention through design, hazard recognition and control, training, collaboration, and outreach. FM-OHS communicates their mission in a variety of unique and innovative ways, including the FM-OHS Safety Poster initiative. Each of FM's eight safety committees (divvied up by hazards experienced on the job), is assigned one month out of the year to create a safety poster. The remaining four months are assigned to other safety-conscious departments within FM, including Fleet, Sustainability, and Utilities Location within GES. Finalization of the posters design are done through the FM Sign Shop. This award recognizes all the hard work of all the parties involved to create an safety message for UVA FM. Congratulations to everyone who had a hand in this work!

Thank you to Safety Committee members, to Chris Horn & Sign Shop employees, and to FM leadership that had a hand in the creation and design of the FM Safety Posters! This award recognizes YOUR creativity, hard work, and safety awareness.

It is on display in the cabinet in the lower level lobby of Skipwith Hall.

SEE THE UVA FM SAFETY POSTER ARCHIVE ON BERNIE THE BEE'S FACEBOOK!

<http://bit.ly/SafetyPosterArchive>



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

27 Safety Surveys

1,159 positive observations &
35 negative observations
(top 10s listed at right)

Additionally: ▪ 38 site visits ▪ 8 Safety Obs. submitted ▪ 5 PPE assessments ▪ 4 fall protection assessments ▪ 3 toolbox talks attended by OHS ▪ 1 electrical issue reviewed ▪ 1 indoor air quality concern addressed ▪ 1 conversation with another higher ed. institution regarding UVA FM's LOTO Program

Coming Soon!

This fall Occupational Programs will be hosting their first ever Apprenticeship Summit on October 24th.

The summit will feature a vendor fair, a panel discussion, and guest speakers featuring a wealth of information and resources for educational development, workforce connections, networking opportunities, and how to build your apprenticeship program.

LADDERS

Do you have a ladder that needs to be disposed of? Contact Vic Martin (vem8n@virginia.edu) with FM Recycling to have it taken care of!

Ladder stickers and inspection materials can be obtained by emailing FM-OHS@virginia.edu



Top 10 Negative Observations

Category	Inspection Item	Freq
PPE	Eye protection used as required? 1926.102(a)(1)	7
PPE	PPE used/worn as required? 1926.95(a)	6
Electrical Safety	Cords protected/kept clear of work areas or walkways? 1926.416(b)(2)	3
Housekeeping	Worksite reasonably organized/good housekeeping? 1926.25(a)	2
Ladders/Stairs	Ladders set up on stable/level surface? 1926.1053(b)(6)	2
Tools (Hand & Power)	Hand and power tools in safe operating condition? 1926.300(a)(1)	2
Other/Misc.	Surfaces reasonably level/free of slip/trip/fall hazards? (Best Practice)	2
Exits/Egress	Exits available and free of obstructions? 1926.34(a)	1
Storage & Disposal	Aisles/passageways unobstructed/in good repair? 1926.250(a)(3)	1
Tools (Hand & Power)	Tools are properly hoisted/lowered? 1926.302(a)(2)	1

Top 10 Positive Observations

Category	Inspection Item	Freq
Behaviors	Looks back prior to stepping backwards?	22
Other/Misc.	Are frequent/regular inspections of the jobsite completed? 1926.20(b)(2)	21
Behaviors	Keeps load close to body when lifting?	21
Behaviors	Eyes on path/looks in direction of travel?	21
PPE	PPE provided as required? 1926.95(a)	21
PPE	PPE maintained in good/sanitary condition? 1926.95(a)	21
PPE	Safety footwear worn as needed? 1926.28(a)	20
Behaviors	Avoids lifting more than one can lift safely?	20
Behaviors	Lifts with legs not back when possible?	20
Behaviors	Avoids lifting unstable loads?	20

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



From Occupational Training:

APPA Supervisor's Toolkit hosted at UVA Zehmer Hall, September 23-27th

The APPA Supervisor's Toolkit has been specifically designed to meet the needs of the facilities management professional. It is a structured, open-ended, and pragmatic approach to developing supervisors. It is not so much a teach program as a development process, designed to help supervisors realize both personal and professional growth.

- When – September 23rd – 27th
- Cost \$499
- To Register...
 - ◇ Discuss with your manager
 - ◇ Visit <https://www.appa.org/supervisors-toolkit>

Questions? Email FM-Training@virginia.edu

More FM Occupational Training Opportunities featured on Page 3! ►►►

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.

- 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.
- Supervisors will be notified of an employee's decline or missed attendance in assigned training sessions. Declining an assigned training will result in the inability of the employee to perform the work; and if an employee performs work for which they have not been trained or re-certified, they will be subject to disciplinary action.

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?

COMING SOON: OSHA 10 & OSHA 30

FM-OHS will be offering **OSHA 30 Construction** and **OSHA 10 General Industry** this fall. Email FM-OHS@virginia.edu TODAY to get on the waitlist for these classes. (Dates TBA.)

Do you OODA?

Observe-Orient-Decide-Act

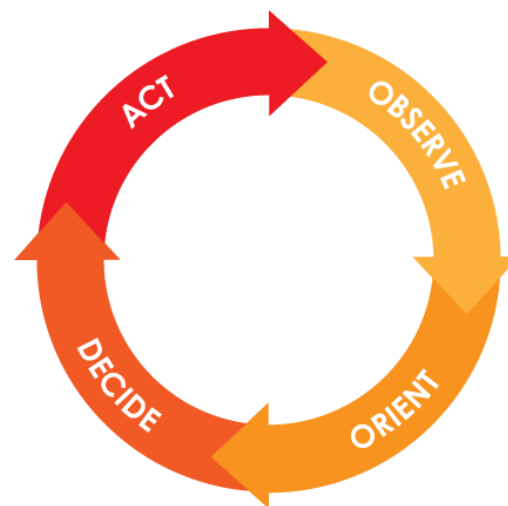
- Observe hazardous conditions present or possible.
- Orient yourself to eliminate or minimize them.
- Decide on the best options (positioning, guards, PPE, etc.).
- Act on that decision.

Safety is in the subconscious.

-What am I about to do?

-What could hurt me or others (O,O)?

-What am I going to do about it (D,A)?



From Occupational Training: (cont'd from page 2)

English as a Second Language (ESL) Conversational Coaching available to temp & full-time employees - FM's partnership with the Center for American English Language and Culture (CAELC) at the University of Virginia continues to grow! So much so that we will be expanding this fall to offer sessions to two different groups on two different days.

The one-on-one ESL coaching sessions are open to any English Language Learners who are currently employed with Facilities Management and focuses on general conversation skills as well as specific tasks or communications shared by supervisors with CAELC.

Trades License Continuing Ed classes scheduled for September & October

iPhone Beginner Session – Reserve your place now! The goal of this session is to explore the basics of iPhone usage through interactive, hands-on exercises. This session provides an introduction into the capabilities of the iPhone and how it can make every day job responsibilities easier.

To sign up for any of these classes, email fm-training@virginia.edu

Keep Your Picnics Safe

With the 4th of July quickly approaching, it's important to remember to keep your picnic food safe and avoid the dangers associated with keeping food outdoors in the summer heat. The Food and Drug Administration (FDA) offers many helpful tips.

Pack and Transport Food Safely

When bringing food to your picnic, it's vital to ensure food is stored properly during transportation.

- **Keep cold food cold** - Place cold food in a cooler with ice or frozen gel packs.
- **Organize cooler contents** - Pack beverages in one cooler and perishable foods in another so that when people open and reopen the beverage cooler, the perishable foods won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed** - Once at the picnic site, limit the number of times the cooler is opened to ensure the contents stay cold.
- **Don't cross-contaminate** - Keep raw meat, poultry, and seafood securely wrapped to keep their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce** - Rinse fresh fruits and vegetables and dry them with a clean cloth towel or paper towel before packing them in the cooler.



Follow Safe Grilling Tips

If you plan on grilling at your picnic, there are important guidelines that should be followed to ensure your food is safely prepared.

- **Check for foreign objects in food** - If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.
- **Marinate safely** - Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Never reuse marinade.
- **Cook food thoroughly** - When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
- **Keep "ready" food hot** - Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils** - Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. To keep this from happening, have a clean platter and utensils ready at grill-side to serve your food.

Leftovers

When you're done with the food at your picnic, make sure to store the food in a cooler to keep the food at a safe temperature. Once you return home, refrigerate leftover meats and salads that have stayed cold. If any of the food has become warm, discard it to avoid any health risks.

For more tips on how to keep your picnic safe this July 4th, visit the FDA's [website](#).

WIN! WIN! WIN!

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

Employees nominated as Safety Stars, following [@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](#)!