

December's focus is **Preventing Slips, Trips, & Falls**

In wet or icy weather, walk like a penguin!

- Keep your *knees loose*.
- Extend your arms – *like penguin wings* – to keep your balance.
- Keep your hands *out of your pockets*.
- Spread your feet, toes pointed out and *shuffle like a penguin on ice* to increase stability.



Look out for sneaky leaves and wet spots! These present hidden slip & trip hazards.

REMINDER: Cold Weather Idling & Warming Up of Kubotas & Virginia Law Regarding Idling of State Vehicles

Virginia Vehicle Engine Idling Restrictions

Virginia prohibits public service and commercial vehicles from idling for more than 3 minutes while parked in commercial or residential urban areas. Exceptions include when the vehicle's propulsion engine is providing auxiliary power for purposes other than heating and air conditioning.

Additionally, VA puts a 10-minute cap on idling for:

- Tour buses that are powering their air conditioning systems in hot weather.
- Diesel-powered vehicles that revert to idling to reduce issues with restarting.

For further details, refer to Virginia Administrative Code ([Title 9, Agency 5, Chapter 40, Section 5670 C](#)).

Kubota UTV Warm Up Recommendations:

(Kubotas require a warm-up procedure different than that of other vehicles.)

- When the temperature is at or above **32 F**, a warm-up time of up to 5 minutes may be required.
- When the temperature is **between 14 and 32 F**, a warm-up time of up to ten minutes may be required.
- When the temperature is **below 14 F**, a warm-up period of up to 15 minutes may be required.

Questions? Email FM-Fleet@virginia.edu.



Safety Champion: John Marshall



John Marshall of UVA Facilities Management’s Facilities Planning and Construction department has been selected as the December 2019 Safety Champion. John’s attention to detail has ensured safety requirements on the Ivy Mountain Musculoskeletal Center project are adhered to by contractors and UVA personnel working on the multi-year project. John is active in reaching out to Facilities Management’s Occupational Health and Safety office for guidance on a variety of subjects related to the project. John is an active participant in site safety walkthroughs with FM-OHS personnel and has ensured that all parties are working together to ensure risks are identified and managed by responsible contractor partners. John has been a participant in many health and safety trainings during his tenure and is always keen to keep OHS “in the loop” on any unique activities taking place on the Ivy Mountain Musculoskeletal project. John is a great advocate for health and safety for both FM employees as well as those that work on Grounds on FM projects.

Leading Indicators

Leading indicators are proactive, preventive, and predictive measures that provide information about the effective performance of safety and health activities. In contrast, lagging indicators measure the occurrence and frequency of events that occurred in the past, such as the rate of injuries, illnesses, and fatalities.

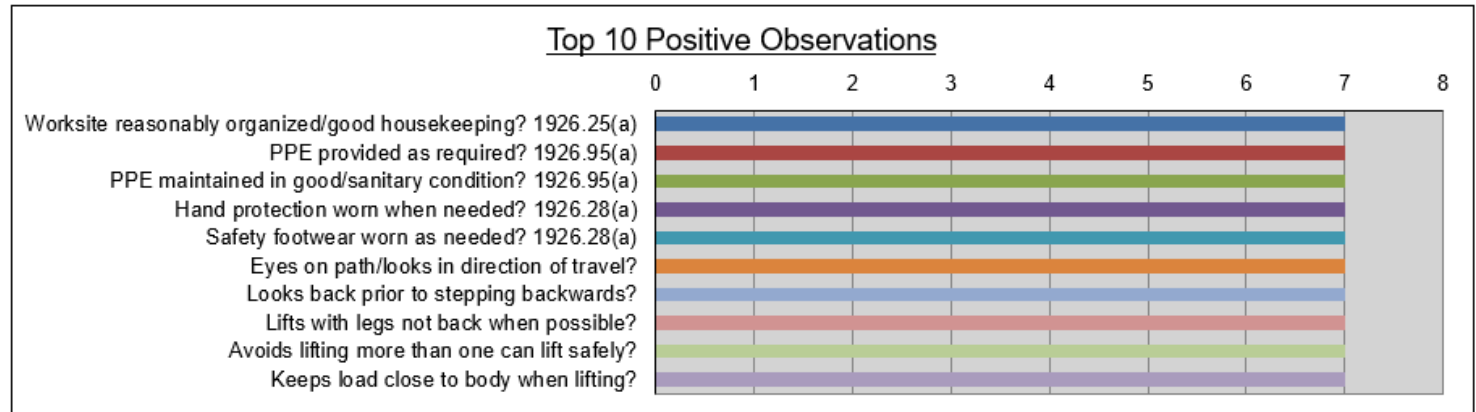
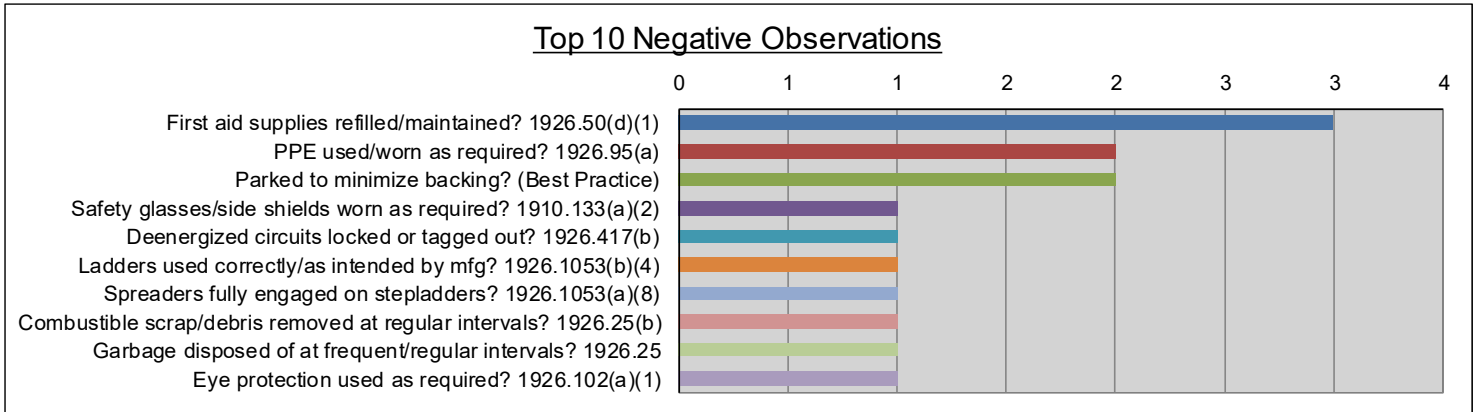
Tracking things like the number of weekly Toolbox Talks completed, attendance percentage, safety observations submitted, or identifying and controlling known hazards are all examples of leading indicators.

Submit an observation via the Safety Obs app on your FM mobile device and help track leading indicators!

Learn more about leading indicators at [OSHA.gov/leadingindicators/](https://www.osha.gov/leadingindicators/)

Top Safety Observations for November 2019

See more on page 5.



OCCUPATIONAL HEALTH & SAFETY TRAINING:

View on the OHS website: OHS Class Request Form:

<http://bit.ly/FMOHSTraining>. <https://at.virginia.edu/2EePKxW>

- 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
- Your typical working hours



Protecting Workers from Cold Stress

Cold temperatures and increased wind speed (wind chill) cause heat to leave the body more quickly, putting workers at risk of cold stress. Anyone working in the cold may be at risk, e.g., workers in freezers, outdoor agriculture and construction.

Common Types of Cold Stress

Hypothermia

- Normal body temperature (98.6°F) drops to 95°F or less.
- **Mild Symptoms:** alert but shivering.
- **Moderate to Severe Symptoms:** shivering stops; confusion; slurred speech; heart rate/breathing slow; loss of consciousness; death.

Frostbite

- Body tissues freeze, e.g., hands and feet. Can occur at temperatures above freezing, due to wind chill. May result in amputation.
- **Symptoms:** numbness, reddened skin develops gray/white patches, feels firm/hard, and may blister.

Trench Foot (also known as Immersion Foot)

- Non-freezing injury to the foot, caused by lengthy exposure to wet and cold environment. Can occur at air temperature as high as 60°F, if feet are constantly wet.
- **Symptoms:** redness, swelling, numbness, and blisters.

Risk Factors

- Dressing improperly, wet clothing/skin, and exhaustion.

For Prevention, Your Employer Should:

- Train you on cold stress hazards and prevention.
- Provide engineering controls, e.g., radiant heaters.
- Gradually introduce workers to the cold; monitor workers; schedule breaks in warm areas.

For more information:



OSHA 3156-02R 2014



How to Protect Yourself and Others

- Know the symptoms; monitor yourself and co-workers.
- Drink warm, sweetened fluids (no alcohol).
- Dress properly:
 - Layers of loose-fitting, insulating clothes
 - Insulated jacket, gloves, and a hat (waterproof, if necessary)
 - Insulated and waterproof boots

What to Do When a Worker Suffers from Cold Stress

For Hypothermia:

- Call 911 immediately in an emergency.
- To prevent further heat loss:
 - Move the worker to a warm place.
 - Change to dry clothes.
 - Cover the body (including the head and neck) with blankets, and with something to block the cold (e.g., tarp, garbage bag). Do **not** cover the face.
- If medical help is more than 30 minutes away:
 - Give warm, sweetened drinks if alert (no alcohol).
 - Apply heat packs to the armpits, sides of chest, neck, and groin. Call 911 for additional rewarming instructions.

For Frostbite:

- Follow the recommendations "For Hypothermia".
- Do not rub the frostbitten area.
- Avoid walking on frostbitten feet.
- Do not apply snow/water. Do not break blisters.
- Loosely cover and protect the area from contact.
- Do not try to rewarm the area unless directed by medical personnel.

For Trench (Immersion) Foot:

- Remove wet shoes/socks; air dry (in warm area); keep affected feet elevated and avoid walking. Get medical attention.

For more information:



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

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>

FOLLOW OCCUPATIONAL PROGRAMS:



@BerniethBee



@UVAApprentice



@UVATradeswomen



@BerniethBeeFM



@UVAApprentice



@UVATradeswomen



@BerniethBeeFM



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@UVATradeswomen

2020 Shoe Dates Now Online!

View the latest updates to the shoe program online at <https://at.virginia.edu/321zMBj> [pdf].

FM no longer refers to shoe issue date to determine eligibility. FM has found that the shoe life varies among trades and departments. To better serve those that need shoes more often or less frequently, employees & supervisors must request replacement shoes via the online request form no later than 7 days before the scheduled shoe truck visit. It is the supervisor's responsibility to ensure their employees are in compliance with their safety shoes and other PPE. Eligible employees will use their UVA ID badge or the physical voucher to pick up shoes at the truck.

Vouchers are back! Red Wing has updated their billing system to bring back the voucher system. Vouchers will be received by the employee via email and/or text if they have an FM mobile phone. Emails will come from no-reply@redwingbusinessadvantageaccount.com and include a link to download a PDF voucher (example at right).



Texts will come from (651) 371-7971 and include a code that's scannable on the truck, as well as a link to the PDF voucher.

View PPE FAQs here:

<https://at.virginia.edu/2Sw5dz2>

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

10 Safety Surveys

476 positive observations

&

17 negative observations

(top subjects listed on page 2)

Additionally: ■ 9 Safety Obs. submitted ■ 9 site visits ■ 4 Fall Protection/Roof assessments ■ 1 ladder concern ■ 1 toolbox talk attended by OHS staff ■ 1 confined space assessment ■ 1 contractor concern assessed

The image shows a 'Red Wing Shoes' voucher form for the University of Virginia Physical Plant. The form includes fields for 'Initial Value' (\$125.00), 'Employee First Name' (Bernie the Bee), 'Employee Last Name' (Bee), and 'Voucher Code' (5a17f1be). It also contains a 'PROGRAM SUMMARY' table with details on program name, type, tax method, and payroll deductions. A 'Text Message' screenshot on the right shows a QR code and a message with the voucher code and a link to the voucher forms page.

UVA Wellness Resources:

- **Community Resource Services:** Stuart Munson is HR's community resource specialist. Learn about the free, confidential services available to UVA employees. **See more about community resource services>>** <https://hr.virginia.edu/benefits/community-resources-service-uva>
- **Faculty Employee Assistance Program (FEAP):** The new community resources position works closely with FEAP. All UVA employees, their families, and retirees may use FEAP's free, confidential services. **Learn more about FEAP>>** <https://uvafeap.com>