

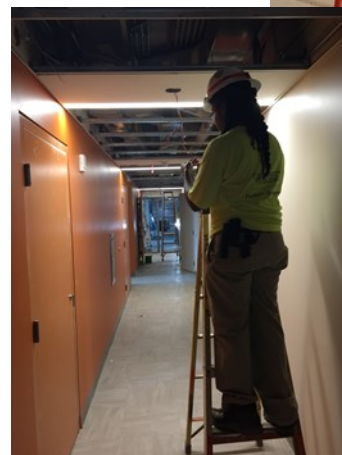
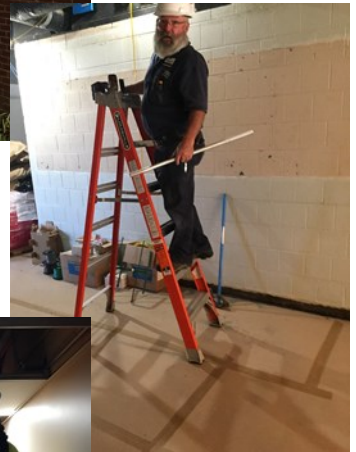
March's focus is ***Ladder Safety***

UVA FM's Stairways and Ladders Program–6700-3.0 complies with OSHA Standards 29CFR1910, Occupational Safety and Health Standards (General Industry)–Subpart D, and 29CFR1926, Safety and Health Regulations for Construction–Subpart X.

Things to remember:

- Inspect before use; tag “out of service” if broken
- Check ground conditions, ensure a good foundation
- 4:1 pitch (height: base)
- Face the ladder when going up or down
- Three points of contact when going up or down
- Ladder must extend 3 feet above the point of support
- Guard doors that are blocked by ladders
- Use approved ladders only – no boxes, chairs, etc.
- Do not sit or stand on the top 2 steps
- Do not over-reach outside the ladder
- Do not attempt to move a ladder while on it
- Do not use a folded A-frame ladder as a single ladder
- No wooden ladders are allowed
- Construction sites and electrical work: fiberglass ladders only

Contact FM-OHS if you have questions: FM-OHS@virginia.edu



Thank you to everyone appearing in photos!

OCCUPATIONAL HEALTH & SAFETY TRAINING:

All scheduled trainings can be viewed on the OHS website: <http://bit.ly/FMOHSTraining>.

How to Register for Training:

Email your request to FM-OHS@virginia.edu and to include the following info:

- Class(es) requested
- Your first & last name
- Computing ID (ex: mst3k)
- Preferred date, if applicable
- Typical work schedule (days/hours)

IMPORTANT NOTE – Your supervisor **MUST** be CC'd on your request!

All OHS training courses are provided to FM employees at no charge!



2020 Safety Shoe Updates

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

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 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.

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.

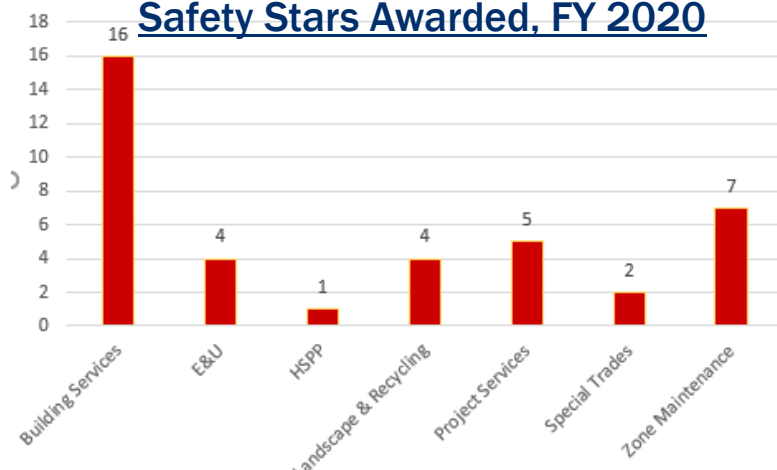
UVA Wellness Resources:

- **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>

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>

Safety Stars Awarded, FY 2020



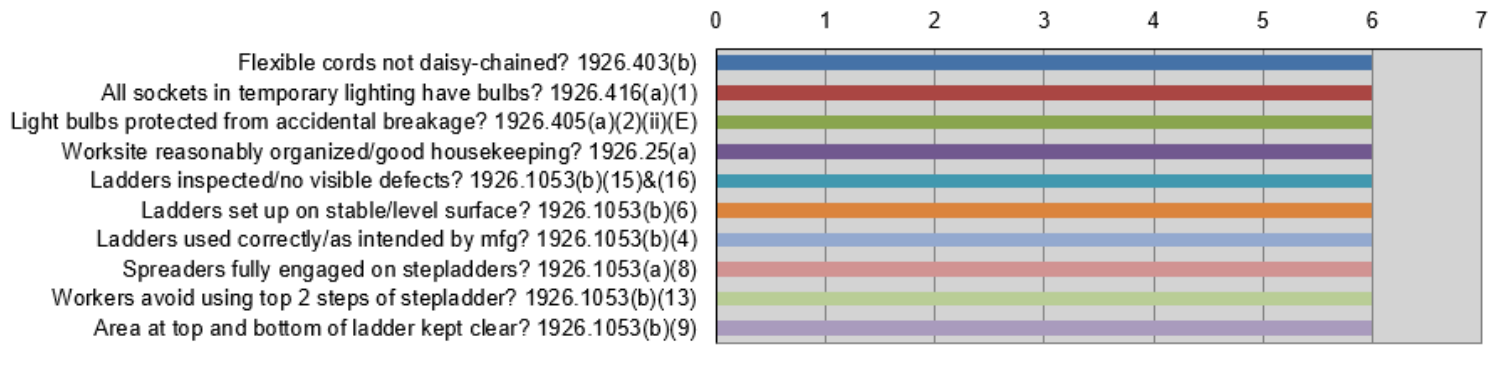
Safety Champion: Jim Murphy



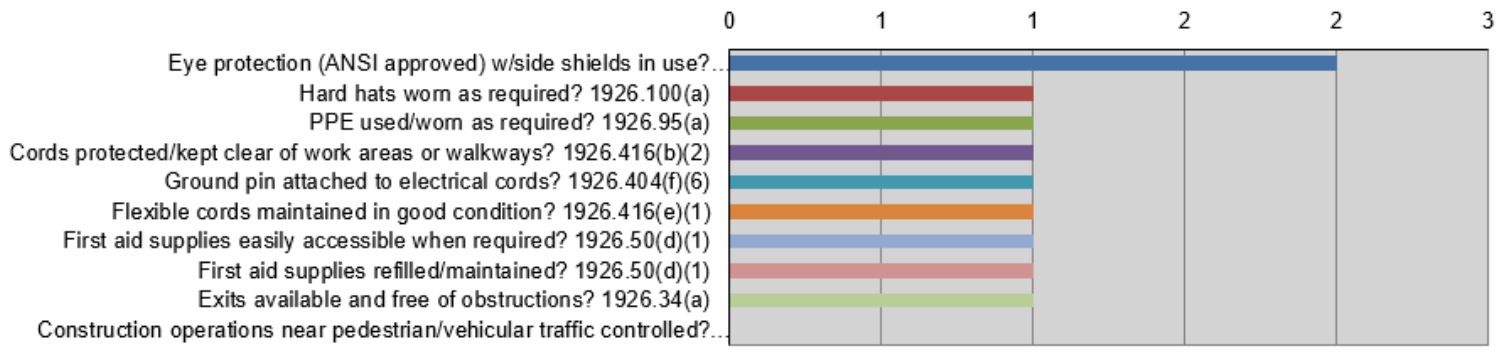
UVA Facilities Management’s March 2020 Safety Champion is Landscape Supervisor Jim Murphy. Jim also serves on the Landscape and Recycling Safety Committee. Jim is passionate about his group’s safety culture: He immediately reports any safety concerns he finds on grounds and has requested noise sampling on some of the landscaping tools and equipment to ensure he and his employees are not exposed to noises that will damage hearing. Jim is an advocate for safety and has proven this not only during the safety committee meetings but in his interactions with his employees, as well.

Top Safety Observations for February 2020

Top 10 Positive Observations



Top 10 Negative Observations



What Occupational Health & Safety was up to last month:

6 Safety Surveys
362 positive observations
&
10 negative observations

Additionally: ▪ **4 Safety Obs.** submitted ▪ **3 site visits** ▪ **2 Fall Prevention** ▪ **2 Noise Sampling** ▪ **1 Scaffolding review** ▪ **1 Crane & Rigging review** ▪ **1 Forklift Train the Trainer** ▪ **1 Electrical Safety Plan reviewed** ▪ **1 inspection checklist**

OHS Monthly Safety Initiatives

FM's Occupational Health and Safety Department will be focusing on one safety initiative each month of 2020. 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/Prevention
June	Heat Stress
July	Housekeeping
August	Worksite Control
September	Confined Space
October	Hazard Communication (HazCom)
November	Safe Vehicle Operation
December	Slips, Trips, & Falls

UVA FM Hosts American Society of Safety Professionals

ASSP's Colonial Virginia Chapter will be joining UVA FM on March 25 at the Inn at Darden-Abbott Center for dinner and networking. A presentation will be done by FM E&U's William Evans to discuss the evolution of the Electrical Safety Program and Electrical Safety Training at UVA Facilities Management, including an overview of collaboration among the Occupational Health & Safety leadership and affected Facilities Management employees.

Cost is \$25.00 per person.

Check out

http://bit.ly/UVAFM_ASSP2020

or email

FM-OHS@virginia.edu
for more information.

FOLLOW OCCUPATIONAL PROGRAMS:



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