

# Special Edition

## The Health & Safety Minute

A weekly update  
for FM employees

UVA Facilities Management—Occupational Programs

04.24.2020

### HAZARD ALERT: Team Lift

If you are lifting something with another person, make sure both of you agree on the plan.

Lift close to your body. You will be a stronger and more stable lifter if the object is held close to your body rather than at the end of your reach.

**When team handling, consideration must be given to:**

1. **The load's weight:** How heavy is the load you are transporting? Could it be split into smaller loads to make it easier to move? Consider using smaller containers or putting a maximum weight limit on loads to ensure workers know what to expect. It's also important to check that the load is evenly balanced so that one team member isn't supporting more weight than another. If necessary, use a mechanical aid for particularly heavy or awkward loads.
2. **The height at which the load is being carried:** If a load is being carried by a team, is it positioned so that everyone can get a good grip? Can everyone comfortably hold the load? Pay particular attention to teams in which the members are of different heights or builds, as what is easy for one person may be difficult for another. The load should be carried around waist height.
3. **Any twisting/sideways bending:** Twisting or bending whilst transporting a load should be avoided as it can easily cause musculoskeletal disorders, aches, and strains. Make sure that the workspace is big enough for free movement and that obstacles are removed so that twisting is not necessary. Team members need to communicate to ensure everyone has free movement at all times and should stop if someone raises a concern.
4. **Postural constraints:** Can everyone grip the load comfortably, without stretching or twisting, and walk freely whilst holding the load? Make sure that movement is unrestricted so that team members don't get in each other's way or get stuck behind or in-between objects. Ideally, each team member should be able to see clearly in the direction of travel. If this is not possible, then good communication between team members is essential.
5. **Grip on the load:** If the load is particularly difficult to grip, consider using handles or gloves so that the load doesn't slip and fall whilst in transit. Alternatively, transport the load using an aid, such as a trolley, if a good grip cannot be achieved. Make sure that everyone in the team has achieved a good grip before setting off with the load.
6. **Environmental factors:** Check the layout of the area where the load will be carried: is there sufficient space to move freely? Are there any obstacles, such as furniture, wires, or other people? Will the load be transported around any corners, up or down stairs or over uneven flooring? All of these environmental factors will affect how easily the team is able to maneuver the load and so should be assessed before transportation begins. Make sure everyone within the team is aware of any hazards that may affect them.
7. **Communication and co-ordination:** Communication is the key to team handling operations to ensure everyone is alert and in-sync throughout the load's transportation. Always communicate verbally and select one person to be in charge of the operation so that everyone is working towards the same goal. Keep people informed of any hazards, changes in direction or changes to the load.



### REMEMBER

*Use your face covering if you must work within 6 feet of anyone else.*



## FACE COVERING USE: Keep Your Safety Glasses from Fogging

*The CDC recommends face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, essential worksites).*

It may seem that following this guideline is nearly impossible when you also wear glasses, which can fog up and prevent you from seeing the very moment you walk outside. According to an 2011 article published in the Annals of The Royal College of Surgeons of England, **wearing a mask directs your warm exhaled air upwards, which then condenses on the cooler surface of the lens, forming “tiny droplets that scatter the light and reduce the ability of the lens to transmit contrast.”**

**Here are some ways you can prevent glasses fog:**

- 1. Put a tissue inside the top of the mask:** If you fold a tissue horizontally and put it between your face and the top of your mask—so it sits over the bridge of your nose—the moisture from your breath will be absorbed by the tissue instead of hitting your glasses lenses.
- 2. Use a mask that molds to your nose:** Masks that have a flexible wire allow you to mold it around the bridge of your nose, blocking the warm exhaled air from your mouth.
- 3. Wash your glasses with soapy water or use anti-fog cleaner:** According to The Royal College of Surgeons of England article, washing your glasses with soapy water leaves behind a thin film that reduces surface tension and causes the water molecules to spread out evenly into a transparent layer, thus de-fogging your glasses. **UVA-approved vendors of anti-fog glasses and cleaners are listed on the next page.**



German Federal Health Minister Jens Spahn's glasses start to steam up as he wears a protective mask at a warehouse on April 3, 2020 in Apfelstaedt, Germany. [-] PHOTO BY JENS-ULRICH KOCH/GETTY IMAGES



The tissue method, shown with a homemade cloth mask. RACHEL SANDLER

Source: <https://bit.ly/2xWnK39>

## FOLLOW BERNIE THE BEE

*Bernie is UVA FM Occupational Health & Safety's official mascot created by the HSPP Safety Committee. Follow him at the accounts on the right in the coming days — he will be sharing funny content, useful content, and health and safety tips!*

If you have any ideas or questions for Bernie, email him at

[FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)



@BernietheBee



@BernietheBeeFM



@BernietheBeeFM

## **BE AWARE: Wearing a Face Covering**

Wearing any kind of face covering (respirators, bandanas, etc.) may put physical stress on your body based on your medical history and current conditions, type of facemask, time of use, work conditions (hot/cold), level of activity, and clothing used. Some common symptoms of physical stress are:

- Increased breathing resistance
- Higher breathing rate
- Claustrophobia
- Change in habits



If you feel any of the above symptoms or feel uncomfortable while wearing your facemask, leave the crowded area and take off your face cover. Cover your coughs and sneezes in some other way, avoiding touching your eyes or nose. Talk to your physician. There are different options of face covering available, you may be more comfortable in another style.

### **REMEMBER:**

- **Cover** coughs & sneezes
- **Wash your hands** for at least 20 seconds.
- **Avoid close contact** with others. If you must be within 6 feet of each other, use a face covering
- **Stay home** if you're sick.
- **Clean & disinfect surfaces** regularly.
- **Be aware of hazards** on jobsites. Wear appropriate PPE.
- **Check on others** virtually.



### **IMPORTANT OHS 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>



## VENDORS: Anti-Fog Safety Glasses & Cleaners

Below are listed vendors from the UVA Marketplace that carry a variety of anti-fog safety glasses and cleaners. Reach out to them for a quote or have your department’s purchaser place an order through the Marketplace.

Vendor	Contact Name	Email	Phone Number
Grainger	Tim Walters	<a href="mailto:Tim.Walters@grainger.com">Tim.Walters@grainger.com</a>	
Jireh International	Jim Owens	<a href="mailto:jim@jireh-intl.com">jim@jireh-intl.com</a>	804-798-7496
Jireh International	Gray Gregory	<a href="mailto:gray@jireh-intl.com">gray@jireh-intl.com</a>	
Northern Safety	Mark Knopf	<a href="mailto:mknopf@northernsafety.com">mknopf@northernsafety.com</a>	540-685-3054

If you need prescription safety glasses, you should obtain a current prescription (within 12 months) from your eye doctor. With approval from your supervisor, see Jessie McGann, Program Support Tech, in the FM Materials Division building or Mavis Dickerson, Program Support Tech, in HSPP. Bring your prescription, along with your org number to Jessie or Mavis, and she will issue a voucher/credit slip which can be redeemed at Visionworks.

## VIRTUAL SHOE TRUCK: April 28, 2020

Red Wing Charlottesville is pioneering a “virtual shoe truck” using Zoom to answer your fit questions and help you place an order.



Employees with their own devices (iPads, PCs, cell phones) will be able to schedule a 15 minute appointment the morning of April 28. Afternoon appointments will be held via Zoom in Skipwith #010 (lower level large conference room) - no device needed! The FM Technology and Innovation Help Desk is partnering with OHS to have Zoom running to maintain social distance & decrease shared devices.

After purchase, shoes will be shipped to your home address. If you are unable to receive packages at your home, you may also ship shoes to the FM Materials Warehouse.

Schedule your virtual fit appointment here: <https://redwingrichmond.com/uva-virtual-shoe-truck>

Employees needing safety shoes must submit a request via the online portal: <http://bit.ly/FM-PPE>.

Vouchers are released weekly via text and/or email. Emails are from [no-reply@redwingbusinessadvantageaccount.com](mailto:no-reply@redwingbusinessadvantageaccount.com) and include a link to download a PDF voucher. Texts come from (651) 371-7971 and include a code that’s scannable.

The Red Wing store is currently offering curbside service by appointment only at

1926 Abbey Road  
(the Giant shopping center)  
Charlottesville, VA 22911

Monday-Friday, 10:00 AM-6:00 PM and  
Saturday, 10:00 AM-5:00 PM.

Set up your appointment by calling (434) 529-6761 or order online with your voucher at <https://redwingcharlottesville.com>.





# ***From FM Fleet:*** **Special Statement Regarding Vehicle Use & COVID-19**

## **ESSENTIAL VEHICLE TRIPS:**

- Is each trip strictly necessary?
- Supervisors should provide guidance to staff on which vehicle trips are essential and which are not.
- Avoid any unnecessary trip to eliminate contact.

## **CLEAN COMMON TOUCH POINTS:**

- Implement cleaning procedures for touch-surfaces within the vehicles.
- Wipe down interior and exterior touch points such as door latches, steering wheel, sun-visor, seat belts and latches, gearshifts, radio and navigation-system buttons, climate controls, turn signals stems and all other main surfaces upon entry, operation and exit of the vehicle.
- Additionally, wipe down any surfaces encountered outside the vehicle, such as fuel pumps and EV charging cables. Use social distancing while at the fuel pump area.

## **MAINTAIN SOCIAL DISTANCE:**

- Limit 1 person per vehicle.



UVA Facilities Management Fleet Team | (434) 924-8103 | [FM-Fleet@virginia.edu](mailto:FM-Fleet@virginia.edu)



## OSHA ALERT

### COVID-19 Guidance for the Construction Workforce

OSHA is committed to protecting the health and safety of America’s workers and workplaces during these unprecedented times. The agency will be issuing a series of industry-specific alerts designed to keep workers safe.

When working in the construction industry, the following tips can help reduce the risk of exposure to the coronavirus:

- Encourage workers to stay home if they are sick.
- Allow workers to wear masks over their nose and mouth to prevent them from spreading the virus.
- Continue to use other normal control measures, including personal protective equipment (PPE), necessary to protect workers from other job hazards associated with construction activities.
- Advise workers to avoid physical contact with others and direct employees/contractors/visitors to increase personal space to at least six feet, where possible. Where work trailers are used, all workers should maintain social distancing while inside the trailers.
- Train workers how to properly put on, use/wear, and take off protective clothing and equipment.
- Encourage respiratory etiquette, including covering coughs and sneezes.
- Promote personal hygiene. If workers do not have immediate access to soap and water for handwashing, provide alcohol-based hand rubs containing at least 60 percent alcohol.
- Use Environmental Protection Agency-approved cleaning chemicals from [List N](#) or that have label claims against the coronavirus.
- To the extent tools or equipment must be shared, provide and instruct workers to use alcohol-based wipes to clean tools before and after use. When cleaning tools and equipment, workers should consult manufacturer recommendations for proper cleaning techniques and restrictions.
- Keep in-person meetings (including toolbox talks and safety meetings) as short as possible, limit the number of workers in attendance, and use social distancing practices.
- Clean and disinfect portable jobsite toilets regularly. Hand sanitizer dispensers should be filled regularly. Frequently-touched items (i.e., door pulls and toilet seats) should be disinfected.
- Encourage workers to report any safety and health concerns.

For more information, visit [www.osha.gov/coronavirus](http://www.osha.gov/coronavirus) or call 1-800-321-OSHA (6742).

*OSHA issues alerts to draw attention to worker safety and health issues and solutions.*



• [osha.gov/coronavirus](http://osha.gov/coronavirus) • 1-800-321-OSHA (6742) • @OSHA\_DOL 

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**The OHS main number (434-297-6379) and email ([FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)) are active and will be answered during business hours. *If there is no answer when you call, leave a message and your call will be returned promptly.***

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## **Virtual Meditation on the Lawn**

Zoom Webinar — Register at [https://virginia.zoom.us/webinar/register/WN\\_s-sQTNnMS6acFkvisRle6g](https://virginia.zoom.us/webinar/register/WN_s-sQTNnMS6acFkvisRle6g) (free, registration is required)

Event Website: <https://bit.ly/HoosMeditating>

During this difficult time of quarantine when UVA students, faculty, staff, parents, and alumni cannot gather on Grounds, let the Contemplative Sciences Center (CSC) bring the Lawn and a sense of connection to you as we meet virtually for a moment of mindfulness, peace, and gratitude.

This free, live, online community wellness event is co-sponsored by Virginia Athletics, UVA Clubs and Global Engagement, the Compassionate Care Initiative, Hoos Well, the Faculty and Employee Assistance Program (FEAP), Mind/Body@UVA, and the Office of Sustainability. It will feature a guided meditation led by UVA Associate Professor of Nursing and Medical Education Sam Green, remarks from CSC Executive Director David Germano and UVA Head Wrestling Coach Steve Garland, additional student, faculty, and community speakers, and a Q&A on wellness-related topics.

## *Resources for Working with Uncertainty*

- **UVA FEAP:** <https://uvafeap.com/>
- **FEAP on the Fly: Cultivating Resilience in a Time of Anxiety & Uncertainty:**  
<https://uvafeap.com/wp-content/uploads/sites/12/2020/04/AnxietyResilienceFlyer.pdf>
- **CDC: Managing Stress & Coping:** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- **UVA FM COVID-19 Communications:**  
<http://bit.ly/UVAFMCOVID-19> To access from a non-FM device: Your username is your computing ID & password is your FM computer login password.
- **Resources for FM Employees:** <http://bit.ly/UVAFMCOVID19>  
**Includes links to:**
  - What to do if you're sick
  - Info on pay & leave
  - Caregiving options
  - Medication resources
  - Help with food or money to cover bills and expenses
  - Resources for diapers, wipes, or formula
  - Help with homeschooling
  - Internet access
  - Counseling/recovery
  - State resources
  - Small business loans
  - Work from home resources
  - COVID-19 fact sheets in multiple languages
  - Where to donate
  - Voting
  - Distractions & entertainment

