

Special **Morale Booster** Edition



The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

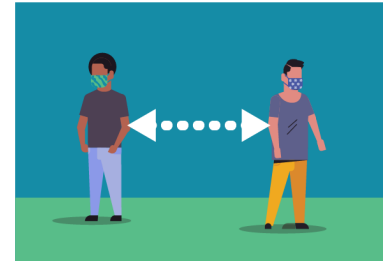
05.15.2020

DON'T FORGET: Social Distancing is Important!

Social distancing, also called “physical distancing,” means keeping space between yourself and others outside of your household to prevent the spread of COVID-19.

To practice social or physical distancing:

- Stay at least **6 feet** (about 2 arms’ length) from other people
- **Do not gather in groups** & avoid mass gatherings
- Stay out of crowded places.

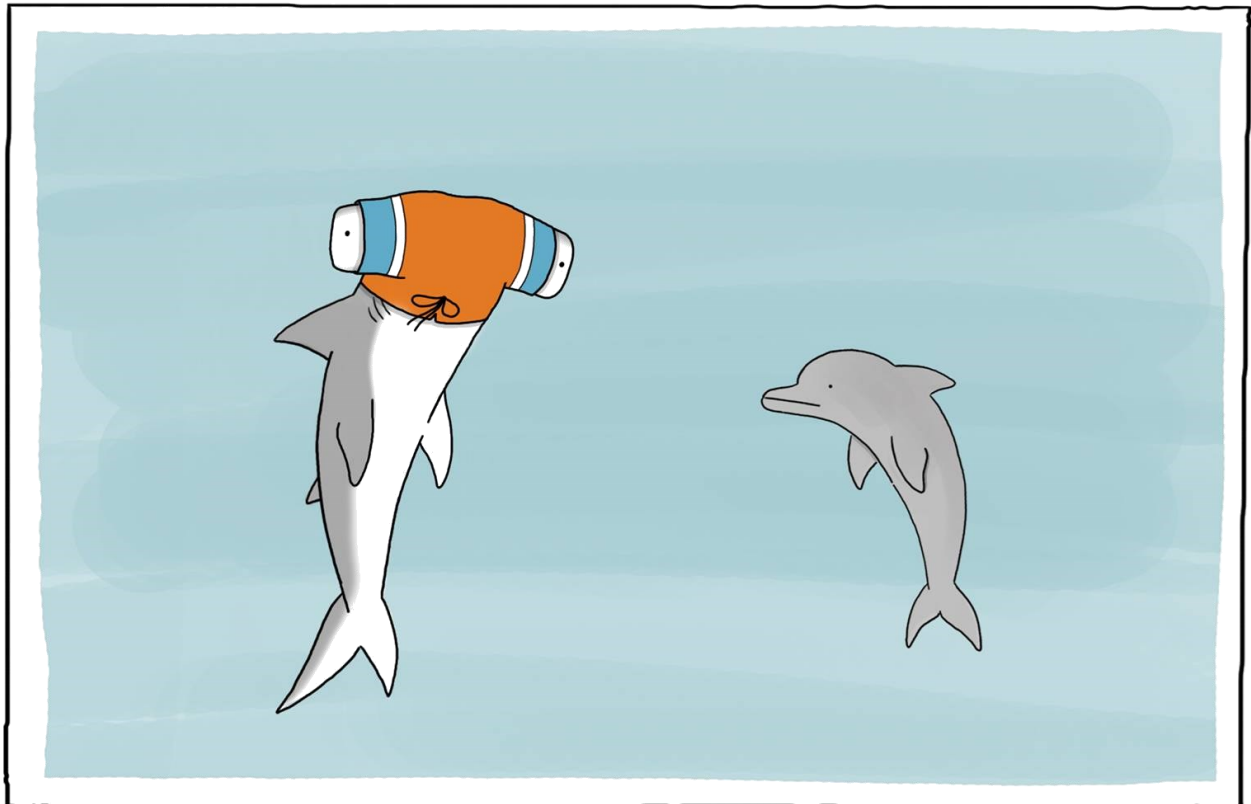
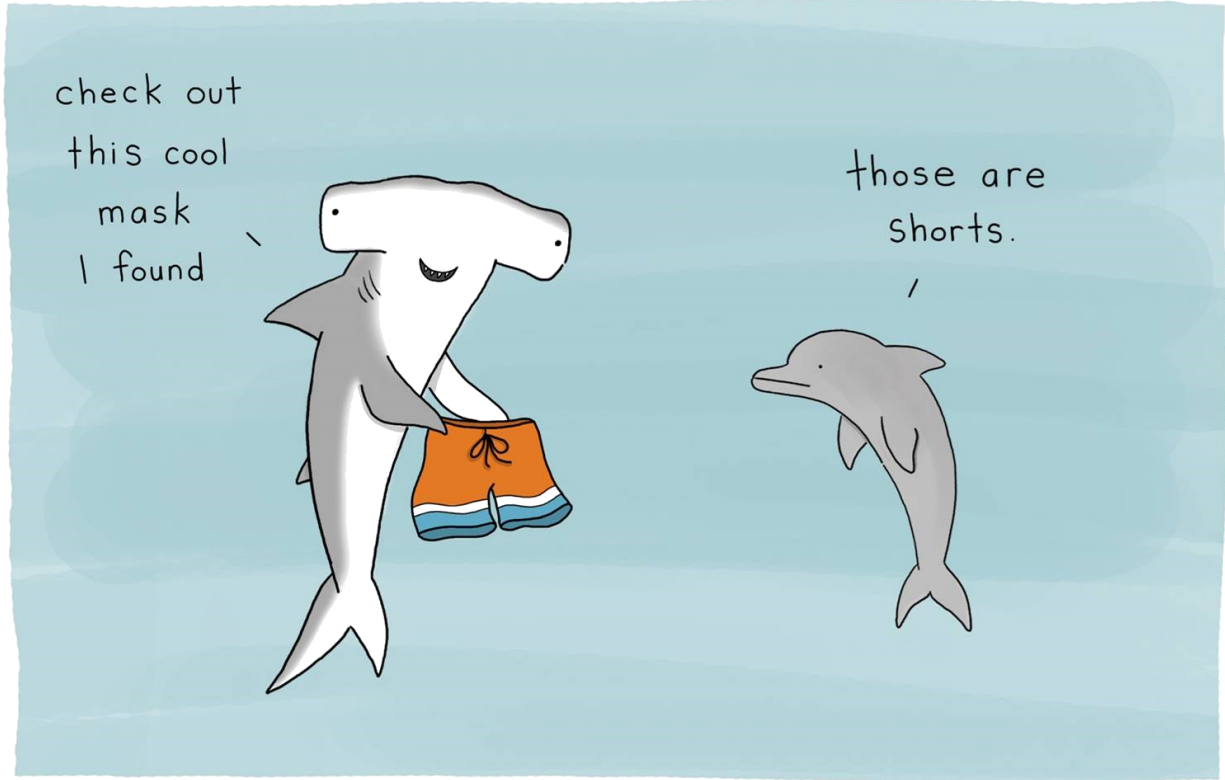


GENERATION X:

Expressing love from a responsible distance since 1980.

REMINDER: Facilities Management requires face coverings to be worn at all times, indoor and outdoor, unless working completely alone — that is, you can't see other people and are separated by a door or wall — with no unscheduled/unannounced visitors.

[Learn about Types of Face Coverings here >>>](#)





BE AN ALL STAR: Wash Your Hands Often for at least 20 seconds with soap & water. Be sure you lather all surfaces of your hands. If soap is not available, use a hand sanitizer that is at least 60% alcohol.

But, what's approximately 20 seconds?

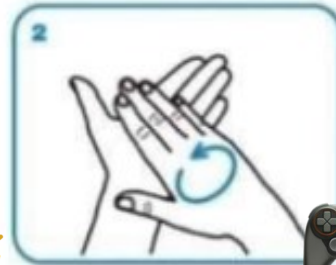
The chorus to the Smash Mouth's 1999 hit "All Star":



Hey now 👉👈



You're an allstar ✨



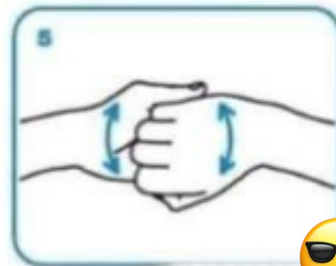
get your game on 🎮



go play 🏃



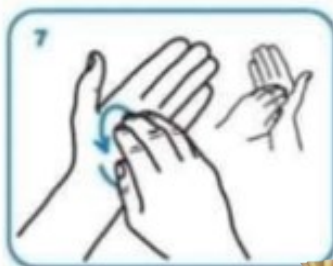
hey now 👉👈



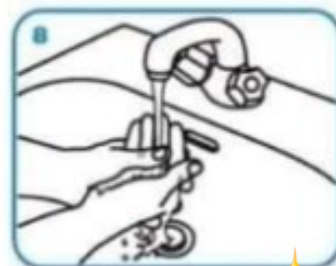
you're a rockstar 😎



get the show on 📺



get paid 💰



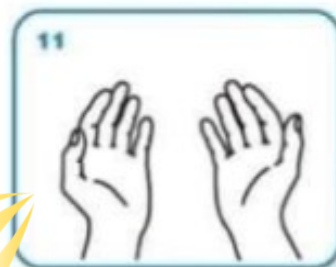
all that glitters ✨



is gold 🏆



only shooting stars ✨



break the mold



Thank you for being a hand-washing all star!



We Are Not All in The Same Boat

Giving ourselves & others a little grace in this difficult time is important.

Author Unknown

***I heard that we are all in the same boat,
but it's not like that.***

*We are in the same storm, but not in the same boat.
Your ship could be shipwrecked, and mine might not be.*

Or vice versa.

*For some, quarantine is optimal. A moment of reflections,
of re-connection, easy in flip-flops, with a cocktail or coffee.
For others, this is a desperate financial and family crisis.*

*For some that live alone, they're facing endless loneliness.
While for others it is peace, rest, and time with their mother,
father, sons and daughters.*

*With the \$600 (US) weekly increase in unemployment,
some are bringing in more money to their households than they were working.
Others are working more hours for less money, due to pay cuts or loss in commissioned sales.*

*Some families of four just received \$3400 from the stimulus package, while other families of
four saw \$0.*

*Some were concerned about getting a certain candy for Easter, while others were concerned if
there would be enough bread, milk, and eggs for the weekend.*

*Some want to go back to work because they don't qualify for unemployment and are running
out of money. Others want to kill those who break quarantine.*

*Some are at home spending two to three hours a day, helping their child with online school-
ing, while others are doing the same on top of a 10–12 hour work day.*

*Some have experienced the near death of the virus, some have already lost someone from it,
and some are not sure if their loved ones are going to make it.*

Others don't believe this is a big deal.

Some have faith in God and expect miracles this year.

Others say the worst is yet to come.

*We are not in the same boat. We are going through a time when our perceptions and needs
are completely different.*

*Each of us will emerge, in our own way, from this storm. It is important to see beyond what is
seen at first glance. Not just looking, actually seeing.*

***We are all on different ships during this storm, experiencing a very different
journey.***



Source: <https://bit.ly/3cDBFdE>

FACE COVERINGS

Facilities Management requires face coverings to be worn at all times, indoor and outdoor, unless working completely alone with no unscheduled visitors. [The CDC recommends](#) face coverings in any setting where other social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies, essential worksites) especially in areas of significant community-based transmission.

The purpose of face coverings is to reduce the release of potentially infectious particles into the air when someone speaks, coughs, or sneezes. **Cloth face coverings are not a substitute for physical distancing and washing hands and staying home when ill.**

Here are examples of the various types of face coverings that are being used to protect public health:



N95 RESPIRATORS

N95 masks are only to be used when required by your job and/or task. N95 users are required to go through special fit testing & training. Users are fit tested to their specific model of face covering. If you are unsure if your job requires an N95 OR you need training, contact your supervisor or FM-OHS@virginia.edu.

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DUST MASKS

These look like N95s but they may not have the proper certifications that N95s have (e.g. NIOSH certification).

Dust masks are okay for voluntary use. They are typically sold in hardware stores for people who need protection from sawdust and other construction work. Dust masks are disposable.



KN95

Equivalent to N95 respirators, but are not cleared by the FDA and typically used in China. With worldwide supply shortages of N95s in America, more KN95 masks are starting to appear in this country.



NEOPRENE FACE COVERS

The material is thick and can prevent the spread of droplets from the mouth and nose, depending on mask design. Neoprene fabrics are washable and reusable. Masks should be washed before reuse.



SURGICAL MASKS & CLOTH FACE COVERS

These masks do not filter out particles to the extent that N95 and KN95 masks do. **They will contain droplets and spittle from the mouth and nose of the wearer, protecting those around the wearer.**

Source: <https://bit.ly/3cdBd5t>



BANDANAS & NECK GAITERS

Cotton or synthetic materials are used to make these. **The material is often thin for improved breathability, which means a decreased ability to contain droplets.** Layering the fabric can help improve containment. Neck gaiters are made of stretchy synthetic fabric which makes them comfortable to wear. Cloth bandanas tied behind the head may be uncomfortable for extended wear. Bandanas and neck gaiters should be washed before reuse.

[More on neck gaiters >>>](#)

COVID-19 Return-to-Work Taskforce Update

The UVA FM Return-to-Work Taskforce is currently working on a document covering the reactivation & return to work for many FM employees.

If you have questions or items you would like the Return to Work Taskforce to address, please email FM-OHS@virginia.edu.

NECK GAITERS: Guidelines for Safe Use of Stretchable Face/Neck Covers.

Stretchable face/neck covers, often called neck gaiters or buffs, are sometimes used as an alternative to typical fabric face coverings. While these cover the entire front of the face (nose, mouth, chin, and neck), **they are not recommended by the CDC to be used as face covers to prevent the spread of COVID-19.** The material they are made of is thin for improved breathability, which means a decreased ability for the covering to contain droplets. **Layering the fabric can help with this: Doubling or folding the neck gaiter several times to have multiple layers over the mouth and nose is a best practice.** The covering can be worn as illustrated, but users must also pull the bottom up and double or triple it across the nose and mouth.



FULL MASK



HALF MASK



BALACLAVA

How to safely remove a gaiter-style face cover:

1. **Wash your hands** before removing your face covering, as you will be bringing your hands near your face. Be careful not to touch your eyes, nose, and mouth when removing your gaiter-style face covering.
2. **Pinch the face covering layers tightly from the sides** (close to the back) and **pull it over your head from back to front.** This prevents your eyes from being contaminated during removal. **Avoid touching the front of the face covering and do not turn it inside out as you are removing.** Consider the outside to be contaminated. Be intentional with your actions to avoid potentially contaminating your face. Avoid excessive touching of the gaiter.
3. **If you are not re-donning the face covering,** all fabric face coverings can be put in the same bag as your **soiled PPE** and washed with your regular detergent. **If you must re-wear your gaiter-style face covering before washing, wash your hands immediately after putting it back on and avoid touching your face.**
4. **Wash hands immediately** after removing the face covering.

How to care for a gaiter-style face cover:

Gaiter-style face coverings must **be washed after each use or shift** and can be laundered with your regular laundry detergent and **your soiled PPE or work clothes.** See more on storage, care, and use of face coverings at UVA FM: <https://at.virginia.edu/2YH0p00>

Other key tips:

- **Resist the urge to remove it when you talk.** Face coverings are meant to remain in place while talking in order to stop moisture droplets from entering the air.
- If you pull the covering up on your head or wear it around your neck (IE: while eating, etc.), **be intentional with where and how you touch it when pulling it back over your mouth and nose,** paying particular attention to keeping the inside in and the outside out. **Wash your hands before and after touching your neck gaiter.**
- **Discard** any gaiter-style face coverings that:
 1. No longer cover the nose and mouth,
 2. Have stretched out and no longer stay on the face, or
 3. Have holes or tears in the fabric

[See how face coverings work to protect others >>>](#)

From FM's UVA HR Business Partners:

The UVA FEAP team has put together resources to support staff, specifically around resiliency, managing anxiety, and “change fatigue”, including:

Online Resources:

- **Emotional Support During COVID-19:** <https://uvafeap.com/services/virtual-resources/>
- **Cultivating Resilience in a Time of Anxiety & Uncertainty (PDF):** <https://uvafeap.com/wp-content/uploads/sites/12/2020/04/AnxietyResilienceFlyer.pdf>
- **Managing a Prolonged Change (PDF):** <https://uvafeap.com/wp-content/uploads/sites/12/2020/03/managing-a-prolonged-challenge.pdf>
- **Guided Meditation options from Anna Delong, FEAP consultant:** <https://soundcloud.com/user-572265411>

Events:

Various events and seminars can be found by visiting <https://uvafeap.com/events/>.

Highlighting a few specific options below:

- **Mental Health Awareness: Working with Anxiety (Seminar):** Learn how to deal with fear, worry, and anxiety as you build knowledge and awareness to transform these feelings with new skills and techniques. Led by FEAP's Ken Horne, LCSW is Hoos Well Rewards Eligible. Scheduled for May 20th at 3:30pm (live webinar): <https://uvafeap.com/events/working-with-anxiety/>
- **Connect to Cope:** 30 minute drop-in session to learn about coping strategies and possible resources to help you during this challenging time. Multiple options, register on FEAP events page.
- **FEAP's Coffee Talk** is a way for people to come together more informally and for a shorter time to hear some information but really to share and connect as a community. Register on FEAP events page.
 - Maintaining Substance Use Recovery During COVID-19 5/15
 - Grief on Many Levels 5/22
 - Boost Your Immunity 5/29

Additional resources on resilience, highlighting a variety of topics including Growth Mindset, Reframing, Social Connection and more: <https://www.eudaimonicbydesign.com/resilience-resources>

TRAINING UPDATE: Occupational Health & Safety

In response to COVID-19 and to support physical distancing and the adjusted work environment at FM, **FM-OHS is transitioning select training classes to an online format via Zoom, Microsoft Teams, or other online means.** Employees should reach out to their supervisors for assistance.

Please reach out to fm-ohs@virginia.edu with questions, as we are available to conduct training in a variety of methods.





WEEK 2 OF FALL PREVENTION MONTH: Ladder Safety

Ladder fall injuries are a hazard both in the workplace and at home.

Four major causes for ladder fall incidents:

- 1. Incorrect ladder setup:** Almost 40% of ladder injury cases are caused by a ladder sliding out at the base due to an incorrect setup angle.

 - Place the ladder on **level ground at 4:1 angle.** (See image.)
 - When using it get to another level, **secure it and extend it at least three feet** above the landing point.
 - Avoid** placing ladders near doorways, pedestrian walkways and traffic.
- 2. Inappropriate ladder selection:** Selection of a ladder with the proper duty-rating is important to avoid structural failure. **Wooden ladders are not to be used by FM employees.**
If you are working near electricity, you should use a fiberglass ladder.
- 3. Insufficient ladder inspection:** You can reduce the likelihood of ladder structural failure by practicing regular inspection and maintenance.
*Before using a ladder, check it carefully to make sure there are no visible defects and it is in good working condition. **Never use an unsafe ladder!***
- 4. Improper ladder use:** Activities such as overreaching, carrying objects, applying excessive force, slips, and missteps are frequent causes of ladder-related fall injuries. Avoid this with these tips:

 - Always face the ladder when ascending and descending.**
 - Use 3 points of contact when ascending and descending a ladder.**
 - Avoid overreaching.**
 - It's okay to reposition your ladder if needed.**



*Ladders can be useful tools, but when used incorrectly, they can cause serious injuries or even death. Falls from ladders make up **one third** of deaths in construction each year. Fortunately, falls are preventable when you plan ahead, and use the right equipment safely.*



STILL NEED a Face Covering?

FM managers & supervisors can reach out to the [FM Logistics team](#) to be sure their groups are covered!

Email requests to Sheila Jones (sdp4z@virginia.edu) and CC fm-logistics@virginia.edu

CONTACT US



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The OHS main number (**434-297-6379**) and email (**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.*

REMEMBER:

- **Cover coughs & sneezes**
- **Wash your hands often** 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 ALL hazards** on jobsites. Wear appropriate PPE.
- **Check on others** virtually.



FORWARD VIRGINIA

PHASE ONE BEGINNING MAY 15

ON FRIDAY, MAY 15 VIRGINIA MOVES FROM STAY-AT-HOME TO PHASE ONE.

THROUGH MAY 14

PHASE ONE

RETAIL	Open with 10 person limit	Open with 50% capacity
GATHERINGS	10 person limit	10 person limit
RESTAURANTS, BREWERIES, BARS, WINERIES	Takeout and delivery	Takeout and delivery and outdoor seating at 50% capacity
GYMS, POOLS, INDOOR EXERCISE FACILITIES	Closed	Closed
MOVIE THEATERS, BOWLING ALLEYS, MUSIC VENUES	Closed	Closed
PLACES OF WORSHIP	Drive-in services; 10 person limit	Drive-in services; Indoor at 50% capacity
FARMERS' MARKETS	Drive-through pickup	Open with 6 ft physical distance
BARBER SHOPS, SALONS, TATTOO SHOPS, SPAS, TANNING, NAIL SALONS	Closed	Appointment only
PRIVATE CAMPGROUNDS	Closed	Open
CHILDCARE	Open for working families	Open for working families

DETAILS AT WWW.VIRGINIA.GOV/CORONAVIRUS/FORWARDVIRGINIA/ QUESTIONS? RESOURCE HOTLINE: 434-972-6261



STOP THE SPREAD

The illustration at right by Avery Wagner shows how face coverings & social distancing can work to stop the spread of COVID-19. Coupled with frequent handwashing & physical distancing, you are able to protect you and your loved ones.

Why is it important to physically distance?

Limiting physical contact by increasing space between us and others is one of the **most important step we can take in protecting essential workers & slowing the spread of COVID-19**. Staying at home helps to protect those most vulnerable to severe illness: people over age 65 and those with health conditions such as asthma, diabetes, and heart disease.

How does staying home slow the spread of disease?

COVID-19 spreads between people who are in **close contact** (within about 6 feet). Coronavirus becomes airborne when an infected person coughs, sneezes, speaks, or laughs. Infected people may not display symptoms for up to 14 days, meaning they may be unknowingly spreading the virus.

Who should stay home?

Everyone should stay home as much as possible to protect their own health and the health of others.

When is it ok to go out?

Travel to **only seek medical attention, essential work**, and to obtain supplies like groceries and prescriptions. When you must go out, be sure to wear a cloth face covering, practice physical distancing, and wash your hands thoroughly and frequently.

What steps should I take if I have to go out?

- **Wear** a cloth face covering.
- **Avoid touching** your eyes, nose, and mouth.
- **Cover** your mouth and nose with a tissue or your sleeve when you sneeze.
- **Wash your hands** often, with soap and water, for at least 20 seconds. Use alcohol based sanitizer if you can't wash.
- **Keep 6 feet** of distance between yourself and others.

PROBABILITY OF INFECTION:

