

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

06.05.2020

June is FM's Heat Stress Awareness Month

Virginia has already have a couple days above 90 degrees! More than ever, it is important to know the signs of heat-related illness, especially as it appears face covers will be required into the summer months.

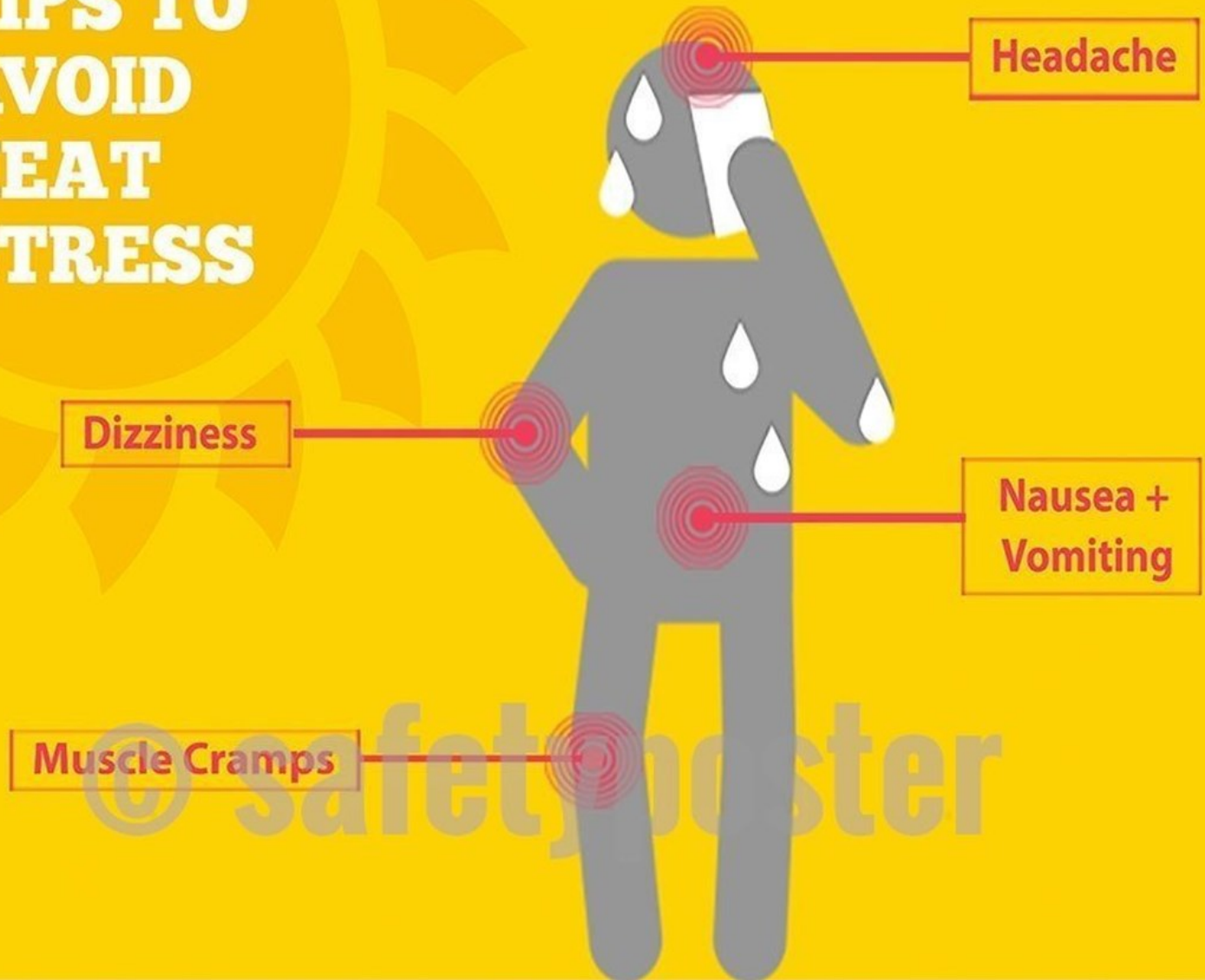


Heat stress occurs when the body cannot get rid of excess heat. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, you can lose concentration and have difficulty focusing on a task. You may also become irritable or sick, and lose the desire to drink water. The next stage is most often fainting and even death if you are not properly cooled down. Factors that contribute to heat stress are **high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, and strenuous physical activities.** These can be elevated by the extended use of a face cover.

- **Check the weather ahead of time** – If possible, do hard or high-temperature work first thing in the morning (before the hottest part of the day).
- **Know your limits** – Take regular, physically-distanced breaks in the shade or a cooled area.
- **Drink plenty of water.** In hot environments your body requires more water.
- **Keep shaded** from direct heat where possible (e.g., wear a hat in direct sunshine).
- **Use a comfortable face cover** – You may have to try several styles to see what works for you.
- **Keep an extra face cover handy** so you can swap out if one gets sweaty.
- **Never wet your face cover** to cool down.
- If it's safe to do so, **cool your forehead and neck with a damp cloth.**
- Ensure your worksite has **proper ventilation.**
- Recognize the **symptoms of heat-related illness.**



TIPS TO AVOID HEAT STRESS



Tip 1



Develop An Acclimatization Plan

Gradually increase the time spent in hot environments to condition yourself over the course of 7-14 days.

Tip 2



Wear Heat Appropriate Clothing

Wear clothing that is light-coloured, breathable, and when possible, loose fitting.

Tip 3

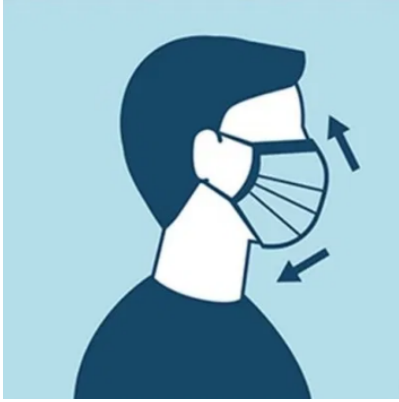


Stay Hydrated. Drink Plenty of Water

Drink 1 cup of water every 15 to 20 minutes when working in hot conditions. Don't wait until you're thirsty.

A QUICK REVIEW: Be Sure Your Face Cover Does Its Job!

RIGHT:



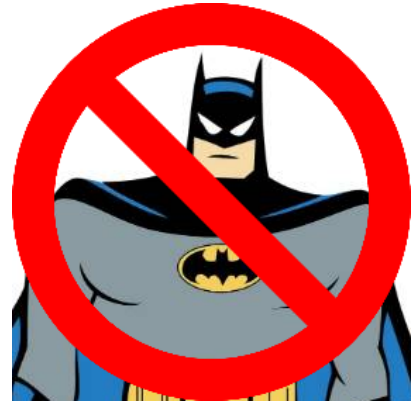
Face covers should cover the **nose and the mouth** to stop droplets from entering the air.

WRONG:



Mermaid Man is only covering his nose—allowing droplets to escape when he talks, coughs, or sneezes.

WRONG:



Batman isn't even trying to do the right thing here.

QUESTIONABLE:



Has Darth Vader been trained on his respirator? More info is needed here. If **you** need training, email FM-OHS@virginia.edu

QUESTIONABLE:



Spiderman, we applaud your enthusiasm, but covering your entire face is not required or recommended. Doing this can cause stress and trigger claustrophobia. Who wants that?

FROM FM LOGISTICS TEAM: Requesting Disinfectant Supplies

The Logistics team will be procuring and distributing disinfectant supplies to FM teams upon request. Requests must initially be submitted by managers/supervisors (unless there is an emergency need). Let the logistics team know if your group designated a non-manager/supervisor contact to procure supplies.

The Disinfectant Supply Request Form can be requested from & submitted to fm-logistics@virginia.edu and sdp4z@virginia.edu.

Product availability is limited and varies. Distribution may be impacted and substitutions may be necessary. Initial requests should cover a 1-2 week supply.

Reach out to June Bates (jmj7b@virginia.edu) if you have any questions.



COVID-19 & Asymptomatic Transmission

The number of Positive COVID-19 cases in asymptomatic people is increasing. “Asymptomatic” means that you are infected without showing any signs or symptoms of being ill — This is why social distancing and wearing face covers isn’t based on “who looks sick”.

We need to protect ourselves and each other by practicing healthy habits to mitigate the spread of this disease:

- **Practice social distancing** by making every reasonable effort to stay at least 6 feet away from others.
- **Wear face covers** and ask those you are working near your to wear one, too!
- **Wash your hands often** with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact with people who are sick.**
- **Stay home** and communicate with your supervisor if you are experiencing any symptoms.

The health and wellbeing of our employees is our highest priority. Thank you for everything you are doing during this challenging time to safeguard your own health and that of others.

PLEASE CONSIDER BEFORE REPORTING TO WORK

*If you’ve had any of the following **signs or symptoms** in the last two weeks, please contact your supervisor remotely:*



- **Fever or chills**
- **Cough or sore throat**
- **Shortness of breath or difficulty breathing**
- **Fatigue or body aches**
- **Headache**
- **New loss of taste or smell**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

COVID-19 Testing: What’s What & Where to Get Tested

Testing for COVID-19 is becoming more available. Here’s what’s to know about the types of tests:

- **Antibody testing** is a blood test that checks to see if you have previously been exposed or infected, to be tested at least 2 weeks after exposure. Contact your primary care doctor for this.
- **COVID testing** is a nasal and/or throat swab to see if you are currently infected, this test can be done at any time to see if you are currently infected or experiencing symptoms. [UVA Work-Med](#) has the capacity to test UVA employees if you have symptoms.

If you are experiencing symptoms, stay home, notify your supervisor, & call your doctor.

TRAINING UPDATE: The Future of OHS Training & Virtual Sessions

To help stop the spread of COVID-19 via physical distancing, OHS is exploring new options to deliver safety training, as in-person sessions and gatherings are discouraged. **OHS is working with Occupational Training to move select training classes to virtual & online sessions** using platforms like Zoom & learning modules through [Workday](#) and streamline the record-keeping process (notification, verification, sign-in, and certifications).

Bloodborne Pathogens & Bloodborne Pathogens Refresher courses are already being conducted through Zoom with success. Hearing Conservation, Respiratory Protection, Electrical Safety, First Aid/CPR/AED, LOTO, Powered Air Purifying Respirator (PAPR), & Filtering Facepiece Respirator sessions are coming soon (and more classes will continue to be added).

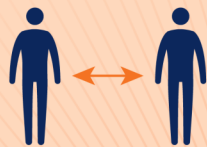
What do you need to do?

Supervisors will need to **become familiar with the virtual process** and **assist employees** who may not be familiar with computers, logging-in, Zoom, or access to Workday. Supervisors are also **responsible for providing access to employees** who may not have an individual device (IE, using a shop computer). Supervisors should **be aware of their employees' enrollment** and provide adequate time and space to participate in the training session. **Employees should communicate** with their supervisors any concerns and supervisors should be supportive in finding solutions.

Social distancing shows you're serious about safety.



Avoid social gatherings over 10 people



Stay 6' apart when possible



Use video-conferencing when possible



Cancel or postpone events



Wear a face covering

PREVENT ILLNESS — AVOID EXPOSURE · FM OHS

BEE AWARE: COVID-19 contact tracing text message scams

You've probably been hearing a lot about [contact tracing](#): It's the process of identifying people who have come in contact with someone who has tested positive for COVID-19, instructing them to quarantine and monitoring their symptoms daily.

Contact tracers in Virginia are hired by the [state's department of public health](#). They work with an infected person to get the names and phone numbers for everyone that infected person came in close contact with while the possibly infectious. Those names and phone numbers are often kept in an online system. People who had contact with someone infected with COVID-19 may first get a text message from the health department, telling them they'll get a call from a specific number. The tracer who calls will not ask for personal information, like a Social Security number. At the end of the call, some states ask if the contact would like to enroll in a text message program, which sends daily health and safety reminders until the 14-day quarantine ends. **But tracers won't ask you for money or information like your Social Security, bank account, or credit card number. Anyone who does is a scammer.**

Contact tracing plays a vital role in helping to stop the spread of COVID-19. But scammers, pretending to be contact tracers and taking advantage of how the process works, are also sending text messages. But theirs are [spam text messages](#) that ask you to click a link. Check out the image below. Unlike a legitimate text message from a health department, which only wants to let you know they'll be calling, this message includes a link to click.

Don't take the bait. Clicking on the link will download software onto your device, giving scammers access to your personal and financial information. Ignore and delete these scam messages.

There are [several ways](#) you can filter unwanted text messages or stop them before they reach you.

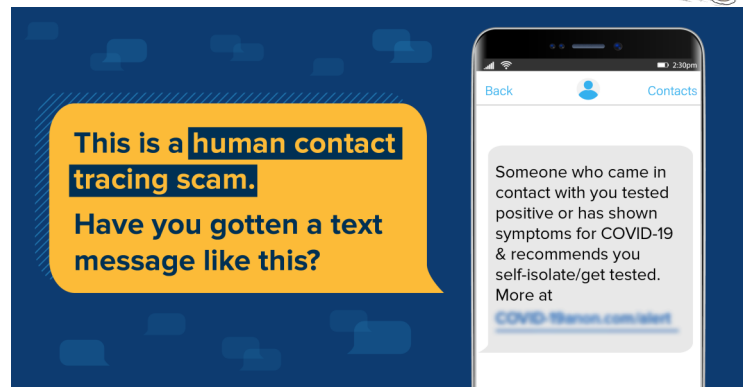
- Your phone may have an option to filter and block messages from unknown senders or spam.
- Your wireless provider may have a tool or service that lets you block texts messages.
- Some call-blocking apps also let you block unwanted text messages.

Here are several other steps you can take to protect yourself from text scammers.

- Protect your online accounts by using multi-factor authentication. It requires two or more credentials to log in to your account, which makes it harder for scammers to log in to your accounts if they do get your username and password.
- Enable auto updates for the operating systems on your electronic devices. Make sure your apps also auto-update so you get the latest security patches that can protect from malware.
- Back up the data on your devices regularly, so you won't lose valuable information if a device gets malware or ransomware.

For more information, see [How to Recognize and Report Spam Text Messages from the FTC](#).

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



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.

CONTACT US



Laura Duckworth
Director, Occupational Programs
ld6pq@virginia.edu
(434) 305-0389

***Bobby is on
parental leave
through July.***

Bobby Putrin
OHS Program Manager
Acting OHS Associate
rq4ny@virginia.edu
(434) 906-7354



Narges Sinaki
Health & Safety Compliance Specialist
ns4xq@virginia.edu
(434) 981-6127



Bonnie Hockins, OHST
Occupational Health & Safety Technician
bh4bx@virginia.edu
(434) 270-9577

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.*

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.

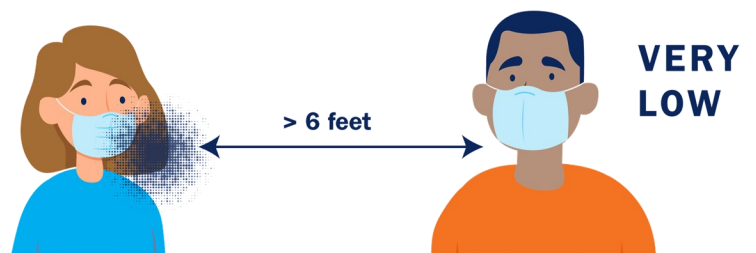
When is it ok to go out?

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.

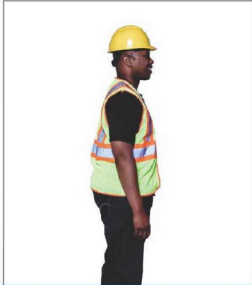
PROBABILITY OF INFECTION:



PROTECT YOUR MUSCLES

The COVID-19 Pandemic made it challenging to maintain a physically active lifestyle. For all of us, young and old, regular physical activity is important for staying healthy. When you return to work, remember that some of your muscles have not been used in a while and may be more prone to injury. It is important to stretch prior to starting a work task. Stretching improves muscle elasticity and leads to increased muscle control, flexibility and range of motion.

Before you perform any physical work, it is important to warm up and stretch the muscles. Doing the following stretches will aid in the prevention of musculoskeletal injuries.



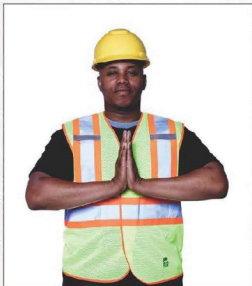
SQUAT

Repeat slowly 10 times.



NECK STRETCH

Hold for five seconds on each side.



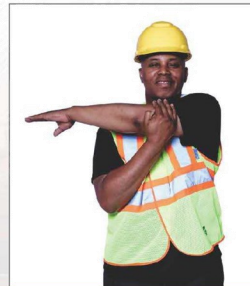
TOP OF FOREARM

Hold for five seconds.



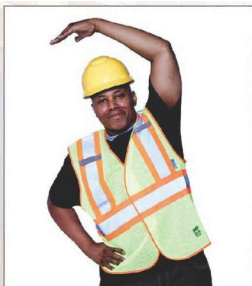
UNDERSIDE OF FOREARM

Hold for five seconds.



SHOULDER STRETCH

Hold for five seconds on each side.



SIDE STRETCH

Hold for five seconds on each side.



BACK TWIST STRETCH

Hold for five seconds on each side.



BACK EXTENSION STRETCH

With hands on hips, arch your back, and look up at the ceiling. Hold for five seconds.



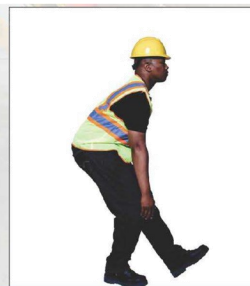
FORWARD BEND STRETCH

With knees slightly bent, bend forward with arms hanging. Hold for five seconds.



QUADRICEPS STRETCH

Hold for five seconds on each side.



HAMSTRING STRETCH

Hold for five seconds on each side.

Working from home?

Working staggered shifts?

Missing your pals?

SEND AN

FM VIRTUAL *Family Greeting Card*

Say hi to someone in the FM family—submit a shoutout to the FM Virtual Family Greeting Card video series!



Are you missing someone in the FM Family? Want to have fun and stay connected? Submit a shoutout to let them know you're thinking about them as part of the [FM Virtual Family Greeting Card series!](#)

Send a brief **video, photo or written message** introducing yourself, saying hi to a friend in the FM family, and letting them know what you miss about seeing them via email to uvafmux@virginia.edu or by text to **434-987-4332**.

SUBMISSION GUIDELINES

- Please shoot horizontally (for both video and photos!)
- Find a quiet location without background noise and speak as clearly as you can
- Please introduce yourself and your department at the beginning of your video
- Try to limit your message to 30 seconds
- If sending a photo, make sure to hold up a sign featuring your shoutout's name and a message!
- Send submissions to uvafmux@virginia.edu or 434-987-4332

CORONAVIRUS TRANSMISSION PREVENTION

101



HOW CORONAVIRUS SPREADS:



Coronavirus particles travel on droplets produced when you **cough, sneeze, talk, or laugh**.

These droplets can **travel through the air** or **settle on surfaces**.

HOW YOU CAN STOP IT:



Wearing a **face covering, washing your hands, disinfecting surfaces, and not touching your face** is essential to stopping the spread.

REMEMBER:

- Cover coughs & sneezes
- Wear your face covering.
- Wash your hands often for at least 20 seconds. (You're an **All Star!**)
- Avoid close contact with others. Give everyone 6 feet of distance.
- Stay home if you're sick & notify your supervisor.
- Clean & disinfect surfaces & high touchpoints regularly.
- Be aware of **ALL 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>



FORWARD VIRGINIA PHASE TWO BEGINNING JUNE 5

ON FRIDAY, JUNE 5, VIRGINIA MOVES FROM PHASE I TO PHASE 2	PHASE ONE	PHASE TWO
RETAIL	Open at 50% capacity	Open at 50% capacity
GATHERINGS	10 person limit	50 person limit
RESTAURANTS, BREWERIES, FOOD TRUCKS, WINERIES	Takeout and delivery; outdoor seating at 50% capacity	Takeout, delivery; indoor and outdoor seating at 50% capacity
GYMS, INDOOR EXERCISE FACILITIES	Closed	Open at no more than 30% capacity, maintaining 10 ft physical distance
MOVIE THEATERS, BOWLING ALLEYS, INDOOR MUSIC VENUES	Closed	Closed
PLACES OF WORSHIP	Drive-in services; Indoor at 50% capacity	Drive-in services; Indoor at 50% capacity
FARMERS' MARKETS	Open with 6 ft physical distance	Open with 6 ft physical distance
BARBER SHOPS, SALONS, TATTOO SHOPS, SPAS, TANNING, NAIL SALONS	Appointment only	Appointment only, 6 ft physical distance, at 50% capacity
PRIVATE CAMPGROUNDS	Open	Open for overnight stays (14 days or less) with 20 ft between sites
OUTDOOR SPORTS VENUES, OUTDOOR MUSIC AND ENTERTAINMENT VENUES	Closed	Open at 50% capacity or 50 people and 10 ft physical distance
OUTDOOR POOLS	Open for lap swimming	Open for lap swimming and deck seating and 10 ft physical distance
CHILDCARE	Open for working families	Open for working families

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

