

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

06.12.2020

BE A HERO: Don't forget your Face Covering!

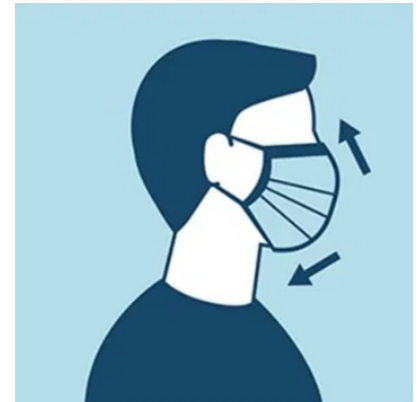
As more UVA staff and students begin to return to Grounds, be an example by wearing your face cover! Complacency, as always, can lead to injury or illness.

By covering your nose and mouth with a cloth or paper face cover and practicing social distancing whenever possible, it shows the University & our customers that we care and are aware. UVA FM is caring for our community's state-of-the-art buildings and fixtures, as well as also now our community's wellbeing and health, and that we are aware how easily COVID-19 spreads.

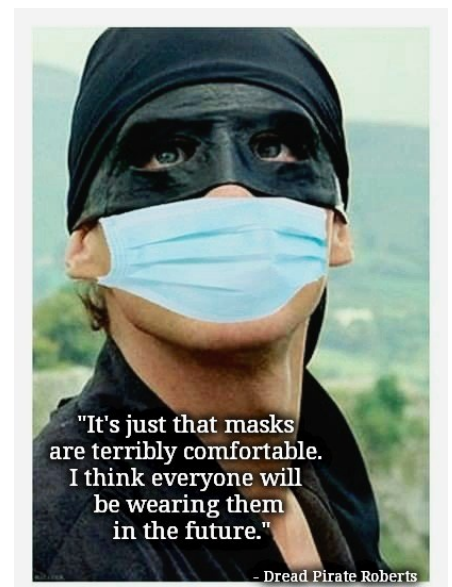
Remember these simple guidelines:

- **Cover your mouth and nose with a cloth face cover when around others.** You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a cloth face cover when they have to go out in public.
- **Stay at least 6 feet from other people.** Do not gather in groups.
- Remember that **people without symptoms may be able to spread the virus.**
- **Wash your hands often** with soap and water for at least 20 seconds, or use a hand sanitizer that contains at least 60 percent alcohol.
- **Avoid touching your eyes, nose and mouth** with unwashed hands.
- **Avoid close contact with people who are sick**, even inside your home.
- **Throw used tissues in the trash.**
- **Clean and disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- **If you don't need to go out, stay home!**

Don't forget that summertime weather is here! 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. This issue has Hot Weather Safety Tips!



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



June is FM's

Heat Stress Awareness Month

Symptoms of Heat Stroke & Heat Exhaustion

Heat exhaustion requires immediate attention. Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or heat stroke, **GET MEDICAL CARE IMMEDIATELY**. Any delay could be fatal.



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

[More heat safety reminders & tips >>>](#)

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 Employee Health](#) has the capacity to test UVA employees if you are having symptoms.

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

CONNECT with UVA Faculty & Employee Assistance Program (FEAP)

*Many of us are experiencing **chronic stress & mental health** symptoms as a result of the adjustments the pandemic has demanded; the potential health risks of COVID-19; and the impact of financial mitigation measures, sheltering in place, and social unrest.*

Difficult times call for increased self-care.

Contact FEAP if you need support.

Confidential Zoom or phone sessions are available:

<https://uvafeap.com/appointments/>



June Events

Stress First Aid: Caring for Self and Others*

Wednesday, June 17th at 3:30 (Live Webinar)

*Stress levels can be elevated for a number of reasons. Personal issues, high stress professions, and community events can individually and collectively have an impact on ones well-being and life experience. Often when a person is overwhelmed and in “survival mode”, there is a depreciation in the practice of self-care and an increase in symptoms of stress. **This workshop is an interactive program designed to expand awareness and develop skills to reduce symptoms of stress and improve emotional baseline and life fulfillment.***

For more information and to register: <https://uvafeap.com/events/stress-first-aid/>

* UVA Health Plan participants can earn \$25 for participating!

Coffee Talks

FEAP's Zoom-based Coffee Talks are a way for people to come together more informally and for a shorter time to hear some information but also to share and connect as a community.

- **Managing Stress & Anxiety During this Challenging Time:**

Friday, June 19th 10-10:30; Registration: <https://zoom.us/meeting/register/tJYpc-quqjkoGNK5Q6a2BTwwhXWTi7GzEqEb>

- **The Practical Wisdom of an Inner Energy Gauge:**

Friday, June 26th 10-10:30; Registration: <https://zoom.us/meeting/register/tJUkf-uhqTkvgNAtyEqJblz9Kay1Y6HGBEtS>

Connect for Support Drop-Ins

Team Members: Tuesdays from 12-12:30 through June 16; For more information and to register: <https://uvafeap.com/events/connect-to-cope-for-health-system-team-members/>

Managers: Thursdays from 4-4:30 through June 18; For more information and to register: <https://uvafeap.com/events/connect-to-cope-for-health-system-managers/>

DON'T FORGET to VOTE!

If you plan to vote in-person in the June 23 primaries, please be safe by observing social distancing and wearing a mask. Avoid the trip to the polling place in November by voting absentee by mail.

Find out more: <http://elections.virginia.gov/absentee>

Your **vote** and health matter.



• VIRGINIA •
DEPARTMENT of ELECTIONS

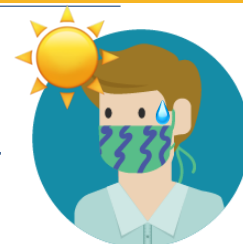
- Try to vote at off-peak times.
- Wear a face mask, and don't touch it or your face.
- Stay 6' away from poll workers and other voters.
- Wash or sanitize your hands before and after.



Register for absentee at www.elections.virginia.gov/absentee

HEAT STRESS TIPS & REMINDERS

Heat stress occurs when your body cannot get rid of excess heat, and your core temperature rises and heart rate increases. As your body continues to store heat, you can lose concentration and have difficulty focusing on a task. You may become irritable or sick, and lose the desire to drink water. This can lead to fainting and even death if you are not properly cooled down. **The risk of heat-induced illness can be elevated by the extended use of a face cover.**



Be aware & take steps to prepare yourself and your worksite:

- **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.**

Download the OSHA-
NIOSH Heat Safety App:



<http://bit.ly/NIOSHHeatStress>

BE AWARE: Wearing a Face Covering

Wearing any kind of face cover (respirators, bandanas, etc.) may put physical stress on your body based on your medical history and current conditions, type of face cover, 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 face cover, 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 covers 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.*

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>
- **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>

