

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

06.26.2020

STOP THE SPREAD

This illustration 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.

FACE COVERS ARE REQUIRED IN ALL FM AREAS & JOBSITES WHERE SOCIAL DISTANCING CANNOT BE OBSERVED.

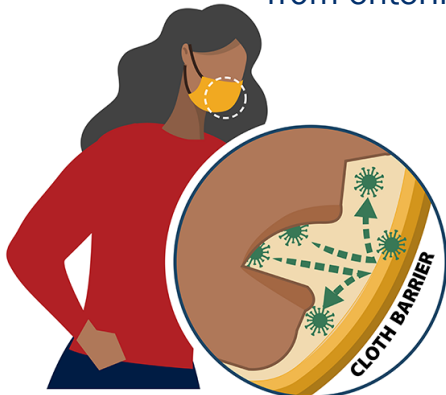
This includes passengers inside Kubotas & vehicles.

The best way to protect yourself and others is to physical distance (keep 6 feet between you and others), frequent handwashing, and wearing your face cover.

WEAR YOUR FACE COVER TO PROTECT THOSE AROUND YOU.

Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.

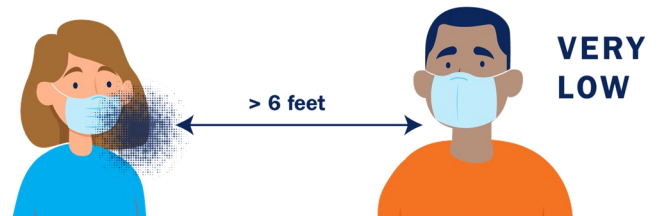
Face shields are not an alternative to face covers. However, they can be used in addition to a face cover. Face shields do not stop your droplets of saliva from entering the air.



If you can see other people and are not separated by a door or wall, it is a *best practice* to wear a face covering.

How a face cover works

PROBABILITY OF INFECTION:



What about Face Shields?

Face shields are clear plastic and provide a splash-proof barrier for your face. They can be a good addition to face covers, but they aren't a replacement. While face covers protect others, clear plastic face shields only protect the wearer. If you prefer to wear a face shield, you must also wear a paper or cloth face cover.

At-work alternatives to face shields for virus protection include your prescription glasses, safety glasses, or safety goggles. **Face covers are still required.** A face shield (with a face cover) may be a good idea while caring for someone ill at home.



Safety Shoe Update

Although the Shoe Truck remains on hold due to physical distancing requirements, the Red Wing Shoe store at Pantops is now fully open, with a few changes for everyone's health & safety. **Curbside pickup & online ordering are both recommended ways to received your shoes.**

Please note Red Wing's enhanced safety precautions in store:

- Customers are to **wear their face cover** in the store.
- Hand sanitizer and disposable gloves will be offered to each customer upon entry.
- Customers will be **limited by the number of seats** in the store to maintain social distancing.
- Anyone accompanying customers may be asked to wait outside if the maximum number of customers is reached.

Request shoes: <http://bit.ly/UVAFMShoeRequest>

Shop online with your voucher: <https://redwingcharlottesville.com/virtual-fitting-experience>

Think You May Have Had COVID-19? Donate Blood & Get an Antibody Test

As of June 15, the [American Red Cross is testing blood donations for COVID-19 antibodies](#) as an additional service to donors. **The Red Cross is not testing donors to diagnose suspected illness. If you feel unwell, you must postpone your donation.**



The antibody test may provide insight to potential past exposure to this coronavirus as some COVID-19 carriers can be asymptomatic. Researchers are still learning about the coronavirus that causes COVID-19. [It may be possible to get the disease again after recovering.](#) Antibody presence does not mean you are immune.

[UVA Employee Health](#) is offering COVID-19 testing if you think you may currently be infected.

You must call ahead to arrange to be tested: 434-924-2013

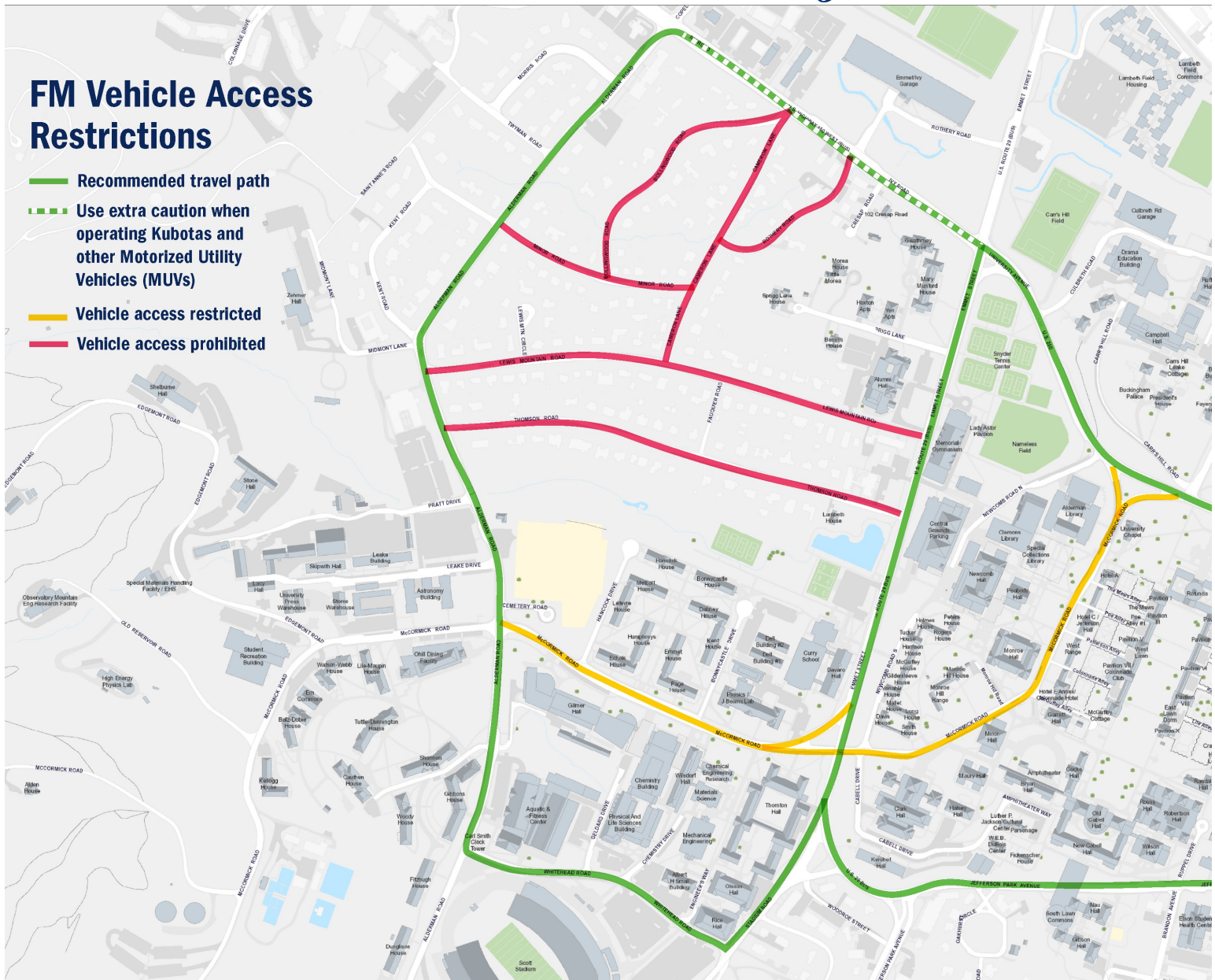
FM Vehicle & Traffic Update: McCormick Road vehicle access restricted

Effective June 29, Facilities Management vehicles, including Kubotas & other equipment, will be restricted from using McCormick Road unless addressing business within the immediate vicinity of McCormick Road or if an alternate route is not available. McCormick Road is not to be used as a cut-through between Alderman Road, Emmett Street, and University Avenue. This will allow the roadway to be used primarily by pedestrians to provide the opportunity for appropriate social distancing for students, staff, and faculty.

The below map shows recommended travel paths and those roads with restricted or prohibited travel.

As a reminder, Kubotas and other Motorized Utility Vehicles (MUVs) are not permitted on roads with speed limits above 35 mph and should practice extra caution when operating on Ivy Road between Alderman Road and Emmett Street.

Remember: *If you are in your vehicle with a passenger, you must wear a face cover AND have the windows down at least 3 inches.*



HAZARD ALERT: It's Snake Season!

Knowing how to avoid snakes when you are working is an important part of managing your safety and fear. You have the ability to stay safe through **better understanding, paying attention to your surroundings, and taking appropriate actions to avoid snakes** by knowing how snakes behave and adjusting your behavior accordingly.

Realize that the majority of snakes do not seek an encounter with humans. They would much prefer to avoid a human and, if given the chance, will escape rather than attack you. The problems humans face with snakes usually arise due to accidental encounters or human actions towards the snake—both of these problems can be managed from the human side:



1. **Know where snakes hang out.** Snakes like to be hidden most of the time but warmer weather or surfaces can entice them out to sun themselves. For the most part, snakes like places like under rocks, on ledges, in trees, inside hollow logs, under woodpiles and in shrubbery. They can also be found in water—both land- and water-based snakes can swim.
2. **Understand what causes a snake to attack a human.** . A snakebite is a defensive reaction, not a deliberate attack. After all, it wants to live as much as you do.
3. **Know what to be wary of in the snake's body language.** Knowing when a snake is defensive can help you to take fast evasive action. **Things to watch for include:**
 - **The snake curls itself up;** in some snake species, this can be a sign it is getting ready to strike.
 - **The snake raises its head.** When done in reaction to an encounter, it is a good indicator that the snake is getting ready to strike.
 - Striking distance of a snake is generally about half the snake's body length but you should give the snake at least double that length of space between you and it. Moreover, this is dependent on the snake type, hence the need for learning more about the snakes in your walking area, before you go walking.
4. **Dress appropriately.** Ninety percent of snakebites are focused on the ankle area, so it makes sense to cover up these parts of your body well. This means wearing long pants (no exposed legs) and good quality, sturdy, fully covering boots (no open toes). Leave shorts at home. In addition, wear gaiters; choose gaiters that are marked snake-resistant. The additional fabric over your long pants and boots will help to prevent the snake's fangs from piercing through to your skin, or at the very least, may reduce the amount of venom injected
5. **Stay alert when walking** and watch where you're going. Always look around and be aware of your surroundings. Look down where you are walking so that you don't accidentally step on a snake
6. **Step upon before stepping over.** Where a log or rock blocks your way and you need to traverse it to get to where you're headed, always step onto the feature first, and then look down. If a snake is resting below the feature, you can then see it and back off. Wait for it to leave before moving on.

OHS TRAINING UPDATE

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.

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).

FM Safety Committees are also meeting via Zoom-style meetings.

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.

Thank you to everyone that has taken part in our new online formats!

Virginia's Phase 3

	PHASE TWO	PHASE THREE
NON-ESSENTIAL RETAIL	Open with 50 percent capacity	Open
RESTAURANTS AND BEVERAGE SERVICES	Indoor and outdoor seating at 50 percent capacity	Open
ENTERTAINMENT VENUES	Low-contact indoor and outdoor open; high-contact closed	Open with 50 percent capacity
FITNESS AND EXERCISE	Open with 30 percent capacity	Open with 75 percent capacity
BEACHES	Open	Open
GATHERINGS	50-person limit	250-person limit
TELEWORKING	Strongly encouraged	Strongly encouraged
FACE COVERINGS	Required	Required
CHILDCARE	Open	Open
PERSONAL GROOMING	Appointment only	Open
PRIVATE CAMPGROUNDS	Open	Open
OVERNIGHT SUMMER CAMPS	Closed	Closed
STATE PARKS	Open	Open

IMPORTANT OHS LINKS:

- **OHS Homepage:** <https://www.fm.virginia.edu/depts/ohs/index.html>
- **COVID-19 Resources:** <https://at.virginia.edu/2YiaRLm>
- **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>

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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.*

VOTE ABSENTEE!

Practice safe social distancing & avoid the trip to the polling place in November by voting absentee. Start the form here: <https://vote.elections.virginia.gov/VoterInformation>.

The info you need will be your full name, DOB, Social Security Number (at least last 4), locality (the county/ city where you're registered to vote), residency status, classification (Armed service status)

Absentee Option: For social distancing choose **"I have a reason or condition that prevents me from going to the polls on Election Day."**

Choose your election: the November General. You can complete online or print & mail.

Find out more: <http://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>