

Special Edition

The Health & Safety Minute

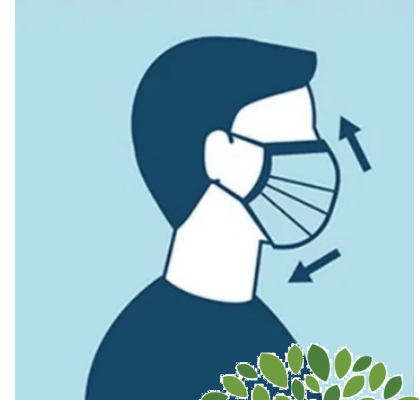
A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

07.02.2020

Who Do You Wear a Face Cover For?

Everyone can name one person prone to infection or with a weakened immune system in our lives. Maybe you have a newborn at home or you're taking care of a loved one. Maybe you enjoy visits with your older aunts and uncles. Wearing a face cover at work and in public places where social distancing can be hard to control is a simple way to protect those around you and keep them from taking the infection home.



Wearing your face cover at work and in public shows:

1. **Humility:** You are willing to admit you don't know if you have COVID-19. It is clear that people are able to spread the disease before they have symptoms.
2. **Kindness:** The person you are near may have a child battling cancer or cares for their elderly mom. While you are fine, they might not be.
3. **Care for Community:** You want your community to thrive, businesses to stay open, employees to stay healthy.



Keeping a lid on COVID-19 helps us all!

UPDATE: FM Vehicle Use

The potential for transmission of COVID-19 is greatly increased when travelling in a vehicle with another person, especially when the vehicle is enclosed

FM employees and their managers must make every effort to avoid having passengers in any FM vehicle, including trucks, vans, cars, Kubotas, and Gators.

*If there is a situation that requires you to have a passenger in a Kubota or Gator **your Leadership team** must approve prior to proceeding.*

Use of alternative transportation, including walking, cycling, and driving personal vehicles (when and where permitted) is encouraged.

No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger **MUST WEAR FACE COVERS**, outside air ventilation must be maximized, and windows must be opened a minimum of 3".

Employees are responsible for sanitizing touch surfaces in vehicles before and after each period of use.

Vehicle questions should go to FM-Fleet@virginia.edu.



Fireworks Safety

Every July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks – devastating burns, other injuries, fires, and even death.

Follow these safety tips when using fireworks:

- Obey all local laws regarding the use of fireworks.
- Never allow young children to play with or ignite fireworks. Sparklers burn at temperatures of about 2,000 degrees.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Use fireworks **OUTDOORS** in a clear area, away from buildings and vehicles.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Light one at a time and back up quickly to a safe distance immediately after lighting fireworks.
- Never try to re-light a “dud” or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



STOP THE SPREAD

PROBABILITY OF INFECTION:

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.

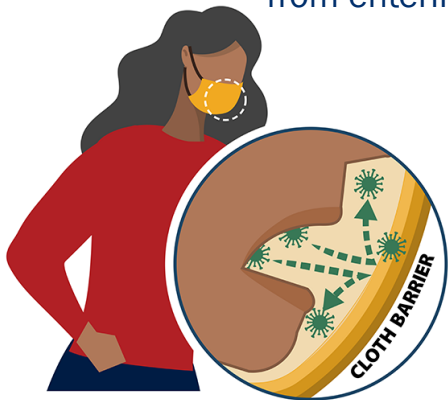
This includes passengers inside Kubotas & vehicles.

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.



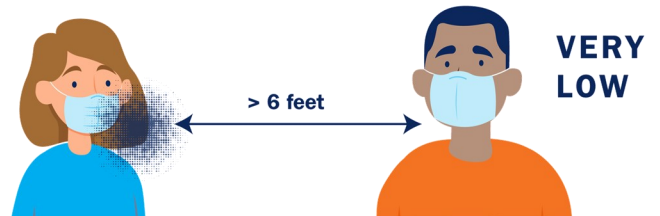
If you can see other people and are not separated by a door or wall, it is a *best practice* to wear a face covering.

How a face cover works

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 are not 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.

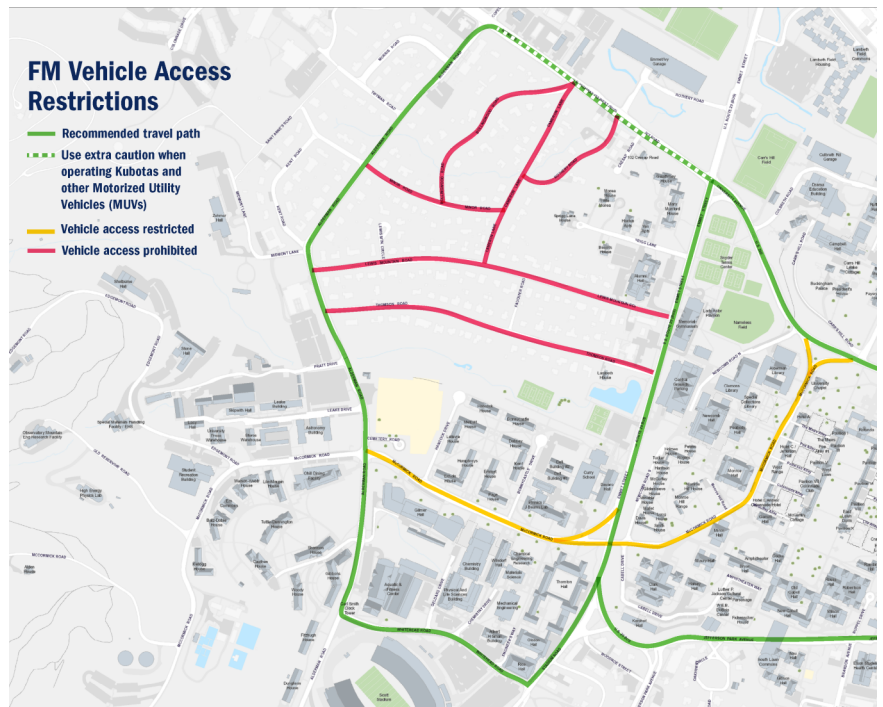
At-work alternatives to face shields for virus protection include your prescription glasses, safety glasses, or safety goggles. **Face covers are still required.**



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.*

UPDATE: FM Respiratory Protection Program

RESPIRATORY MEDICAL EVALUATION NOW IS REQUIRED ONLY FOR ENTRANCE TO THE FM RESPIRATORY PROTECTION PROGRAM.

Thank you for being accountable employees! **With your reliable commitment to health and safety, FM-OHS has revised the FM Respiratory Protection Program requirements:** Now, Respiratory Medical Evaluation is required only for entrance to the FM Respiratory Protection Program (new respirator users). From now on, existing respirator users will not be required to complete the online Medical Evaluation Questionnaire.

Using a respirator may place a physiological burden on employees. It is employees' and their supervisors' responsibility to inform FM-OHS immediately about the following respirator user's conditions:

- A. **Medical signs or symptoms** that are related to ability to use a respirator (e.g. pulmonary or lung problems/ illnesses, cardiovascular or heart problems, or back injury).
- B. **Visual changes in employee's physical condition** that could affect respirator fit (e.g. facial scarring, dental changes, cosmetic surgery, or change in body weight).
- C. **Changes in workplace conditions** (workload, protective clothing, or temperature) **and work processes** (new chemical) that may result in substantial increase in physiological burden placed on an employee.

A change in these conditions may require a new medical questionnaire or an evaluation by a doctor.

COMMUNITY RESOURCE FAIR

Focusing on Communities of Color

COVID-19 Drive-Through or Walk-Up Testing Available

Giveaways:

- Face Masks
- Hand Sanitizer
- COVID-19 Children's Book
- Jefferson School African American Heritage Center Memberships
- Chance to Win Grocery Gift Card (limited number available)
- Chance to Win Gas Gift Card (limited number available)
- Food
- Fresh Produce

Other Resources:

- Mental Health
- Medicaid Expansion Information
- Voter Registration

Music Provided by D.J. Cle Logan

When:

Thursday, July 2, 9, 16 & 23
5:00 p.m. – 7:00 p.m.

Where:

Booker T. Washington Park
Preston Avenue
Charlottesville, VA

Face Masks Required

(If you don't have one, we will give you one)

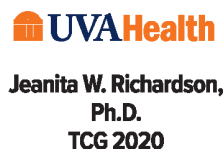
Six-Foot Physical Distancing Required

*Limited Number of Tests Available
Preregistration is Not Required*

For information about this event, call Jackie Martin at **434-409-4313**

For more information about COVID-19 testing and resources, call the Thomas Jefferson Health District at **434-972-6261** Monday-Friday, 8:00am-4:30pm, or visit **tjhd.org**

These testing and COVID-19 resource events are held in partnership with many community organizations, including but not limited to:



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!

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

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>

CONTACT US



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**Bobby is on
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through July.**

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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>