

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

UVA Facilities Management—Occupational Programs

07.10.2020

UPDATED: FM's On-Grounds Work Guidelines

As of July 9, 2020 FM's [On-Grounds Work Guidelines](#) have been updated to reflect UVA's Grounds-wide [Face Covering Policy](#). In short:

“Face coverings must be worn by all faculty, staff, and students while inside a University facility or otherwise inside a building on University Grounds or on any University property when in the presence of others.”

In addition, review the updated [FM Vehicle Use Guidelines](#) on page 5 regarding passengers in FM vehicles.

[View the updated Guidelines document here.](#)



Face covers must cover your nose & mouth.

Hot Weather Safety Tips

1. **Stay hydrated.** Drink plenty of fluids— About 16 ounces before starting work and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated by sweat. Change face cover if wet, as well.
4. **Pace yourself.** Slow down and work at an even pace. Know your limits and ability to work safely in heat.
5. **Schedule breaks.** Take time for rest and water breaks periodically in a shaded or air conditioned area.
6. **Use a damp rag, if safe.** Wipe your face or put it around your neck to lower your body temperature. **Do not wet your face cover.**
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Look out for signs of heat-related illness.** Know what to look for and check on your coworkers that might be at risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.





Safety Measures

- ▶ Learn the Signs of Heat Stress
- ▶ Drink Plenty of Water
- ▶ Take Frequent Breaks
- ▶ Be Aware of Heat Factors



Stay Hydrated

You should drink 3-4 cups of water every hour.



Four Heat Factors

- ▶ Temperature
- ▶ Humidity
- ▶ Radiant Heat
- ▶ Air Velocity



Breaks

- ▶ Should be taken in the shade, (examples: canopies, trees, etc.)
- ▶ 5+ minutes to prevent overheating.
- ▶ 10+ minutes if experiencing heat symptoms.



Signs of Heat Stress

- ▶ Confusion
- ▶ Fainting
- ▶ Nausea
- ▶ Vomiting
- ▶ Headache
- ▶ Weak Pulse
- ▶ Increased Body Temperature



SAFER AT HOME: Considerations to help determine if an errand is essential

- **Is COVID-19 spreading in my community?** The [Virginia Department of Health keeps detailed data on cases](#) & updates this daily.
- **What are the local orders in my community?** Review updates from your [local health department](#) to better understand the situation in your community and what local orders are in place.
- **Will I be in close contact with others?** Practice physical distancing. COVID-19 spreads mainly among people who are in close contact with others.
 - It's important that you and the people around you wear a cloth face covering when around people not living in your household and particularly when it's difficult to stay 6 feet away from others consistently.
 - Look for and use physical barriers, like plexiglass screens or modified layouts, that help you keep your distance from others.
 - Use visual reminders—like signs, chair arrangements, markings on the floor, or arrows—to help remind you to keep your distance from others.
- **Am I at risk for severe illness?/Do I live with someone who is at risk for severe illness?** Older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. The risk for severe illness may be lower for others, everyone faces some risk of illness. Some people have no symptoms, others have mild symptoms, and some get severely ill.
- **Do I practice everyday preventive actions?** Monitor yourself for symptoms, do not touch your face with unwashed hands, wash your hands often, physically distance, disinfect surfaces, wear cloth face covers, and stay home if you are sick.
- **Will I have to share any items, equipment, or tools with other people?** Be sure items that are shared are thoroughly cleaned and disinfected between uses. If you need guidance with disinfecting, contact your supervisor.
- **Do I know what to do if I get sick?** Know the [steps to help prevent the spread of COVID-19 if you are sick](#).



Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/deciding-to-go-out.html>

HEARING PROTECTION:

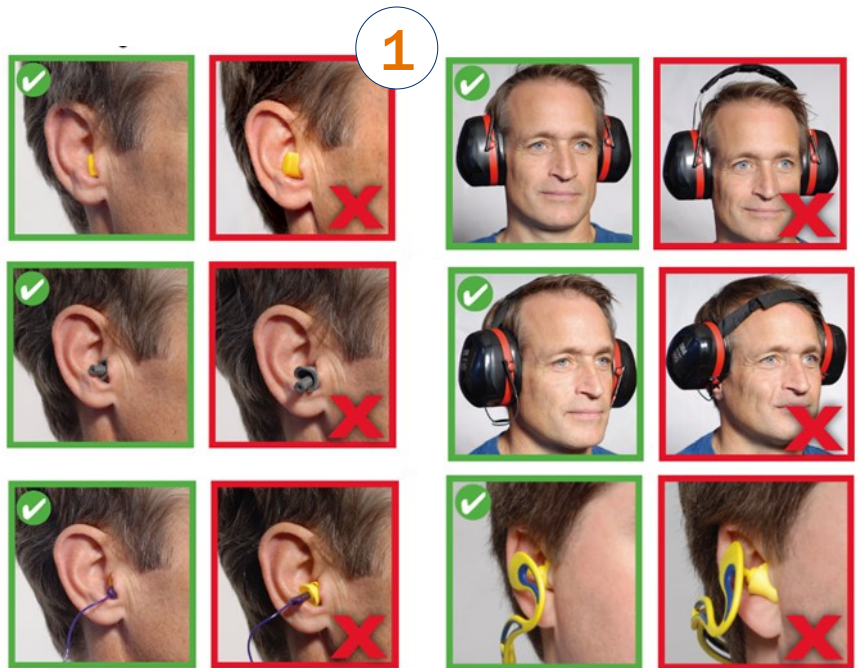
It's pretty simple...

Wear your hearing protection now — or your hearing aids later!



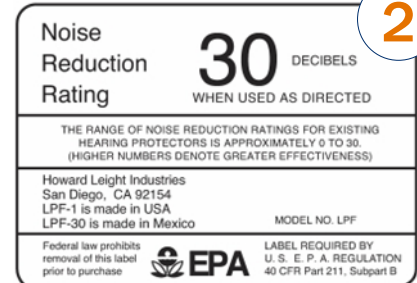
Proper use of hearing protection devices is crucial for preventing hearing loss. Make sure:

- You obtain a good seal with your hearing protection (Fig. 1)
- Your hearing protection has Noise Reduction Rate (NRR) label on the box or on the individual hearing protection pack. (Fig. 2)
Remember, actual noise reduction is less than 1/2 of NRR!



When do I need hearing protection?

- If you see **warning signs** about wearing hearing protection.
- If you need to **raise your voice** from ~3 feet/an arm's length away from your coworker to be heard.
- If your **NIOSH Sound Level Meter App** shows the noise level at or above **85 dBA**. [Download now.](#)



Hearing loss is 100% preventable, but when it happens it will be permanent.

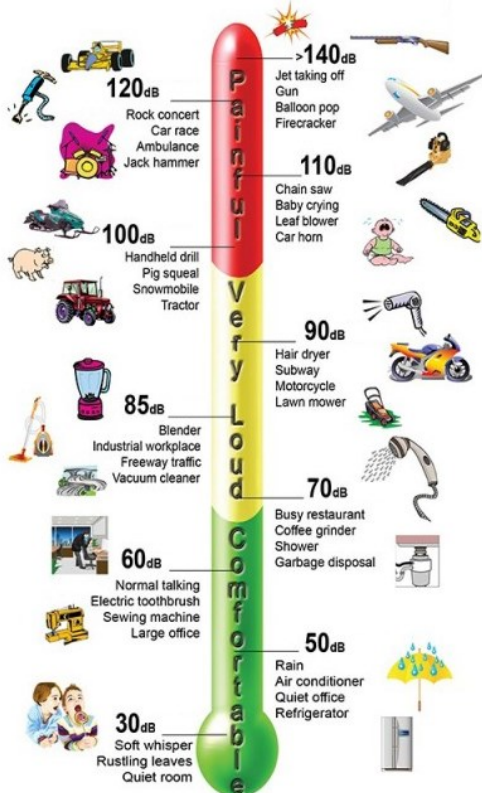
- Exposure to loud noise can happen at work or away from work.
- Hearing loss can be gradual and therefore difficult to detect.



[Learn more >>>](#)

Noise Levels & Hearing Protection (continued from page 4)

Daily Noise



Exceeding the recommended maximum listening time (as shown in the digital clocks), without using hearing protection, may result in permanent hearing loss.

Common Noise Examples	Sound Pressure Level (dB)
Firearms	140+
Jet engine	130
Ambulance siren	120
Chainsaw	110
Jack hammer	100
Lawnmower	90
Highway traffic	80
Shower	70
Normal human speech	60
Light vehicle traffic	50
Library	40
Whisper	30
Rustling leaves	20
Pin dropping	10
Threshold of human hearing	0

Contact FM-OHS@virginia.edu if you'd like to schedule noise sampling for your job area/task.

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!



BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



COVID-19 ISOLATION **AND** QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

What's the Difference?

Isolation

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible.



Quarantine

The separation of people who were **in close contact**¹ with a person with COVID-19 from others.

People in quarantine should stay home as much as possible, limit their contact with other people, and monitor their health closely in case they become ill.



When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to discontinue home isolation when:
You haven't had a fever for at least **3 days**,
other signs of illness are improving,

AND

At **least 10 days** have passed since your symptoms first appeared

I was diagnosed with COVID-19, but never became sick

It is safe to discontinue home isolation when:
At least **10 days** have passed since your positive diagnostic test

The person I was in contact with lives outside my home

It is safe to discontinue quarantine when:
At least **14 days** have passed since your last contact with the person with COVID-19

AND

You remain healthy

The person I was in contact with lives with me

If you are able to separate completely² from the person with COVID-19, it is safe to discontinue quarantine when:

At least **14 days** have passed since your last contact with the person with COVID-19 **AND** you remain healthy

If you are unable to separate completely², it is safe to discontinue quarantine when at least **14 days** have passed since the person with COVID-19 was allowed to end home isolation **AND** you remain healthy.

1. Close contact means being within 6 feet for 15 minutes or more
2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom)

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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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

PROBABILITY OF INFECTION:

This illustration shows how face coverings & physical 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 INDOORS & AT ALL FM AREAS & JOBSITES WHERE PHYSICAL DISTANCING CANNOT BE OBSERVED.

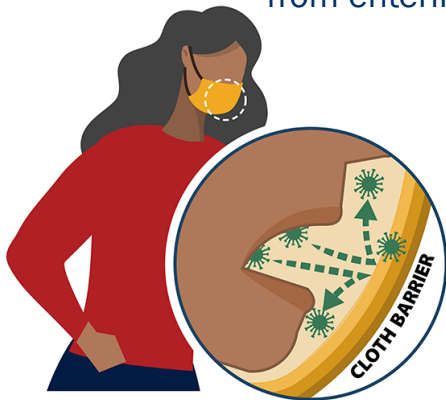
This includes passengers inside Kubotas & vehicles.

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.

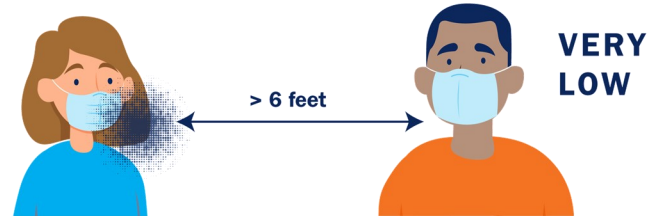


If you can see other people and are not separated by a door or wall, it is a *best practice* to wear a face covering.

How a face cover works

What to Know About COVID-19 Testing:

- **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.***



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:

