

# Special Edition

## The Health & Safety Minute

A weekly update  
for FM employees

UVA Facilities Management—Occupational Programs

08.28.2020

### New Normal, Same Hazards

This is a reminder that old hazards have not gone away!



Be on the lookout for HEAT STRESS in yourself & others! Heat Stress can cause significant stress to the body's cooling system resulting in serious harm and even death.

### Tips to Avoid Heat Stress

1. **Develop an Acclimatization Plan**—Gradually increase the time spent in the heat to condition yourself before the hot summer days. Continue the process even when going home for the weekend.
2. **Wear Heat Appropriate Clothing**—Wear clothing that is light colored, breathable and possibly loose, if safe. Cover your head, as well.
3. **Stay HYDRATED**—Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.

Special thanks to Sonny Beal for sharing these tips! Source: <https://bit.ly/3gzEld9>

### Face Coverings: Effectiveness & Use

<b>Best</b>	<b>Good</b>	<b>Not recommended</b>
 Multi-layered cloth mask	 Single-layered cotton mask	 Knitted mask
 Surgical mask	 Lower thread count cotton, silk, linen, polyester	 Mask with vents
 <b>Good fit</b> Can be secured over nose, behind ears or around head, and under chin	 Tightly woven or high thread count cotton or cotton blend	 Folded bandana
 <b>Poor fit</b> Noticeable gaps, holes or vents	 <b>Unbreathable material</b> such as plastic or leather	 <b>Overly porous material</b> such as nylon and fleece

Face cover use is particularly important in environments where the risk of transmitting the virus is higher. These include indoor environments, and those with any of the **“Three C”** characteristics:

- **C**losed/**C**onfined places with poor ventilation
- **C**rowded places with many people
- **C**lose-contact settings where people may have close conversations

Source: <https://bit.ly/3b6qxWM>

## **AUDIOMETRIC TESTING: On its way!**

Starting in September, OHS will resume Audiometric Testing for Heat Plant, Chiller Plant, Sheet Metal Shop, and some of Landscape employees. If you're taking part in this, please be aware of our [COVID-19 policy for audiometric testing](#). Hearing Loss exists. Audiometric testing is a good way of tracking changes in employees' hearing.

If you work in a very noisy area or with noisy equipment, It may be in your best interests to request noise sampling. Email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) to request.

## **How does noise sampling work?**

OHS uses a 3M Sound level Meter to conduct area noise monitoring, evaluation of equipment, processes, areas; and a 3M Noise Dosimeter to conduct personal noise sampling. For personal noise sampling: An OHS employee will set up the 3m Noise Dosimeter at the start of your day. After your work day is over, OHS will analyze the data stored by the equipment. Based on the findings and if needed OHS will recommend the appropriate hearing protection for your tasks and/or add you to the FM-OHS Hearing Conservation Program.

Noise sampling equipment monitors sound levels (but does not record sound) around you and your work area.



***Noise-induced hearing loss is 100% preventable, but when it happens it will be permanent.***



## **THANK YOU, FM Custodial Services, for practicing the best performance every day to be prepared for the future!**

FM's Custodial Services Management Team plans fast and fruitful strategies to find balance between their day-to-day tasks and practicing safe protocols to keep their staff, FM Employees, and UVA faculty and students safe and healthy during this challenging pandemic. Below are a few of the many outstanding measures we would like to celebrate:

- Providing exclusive **COVID-19 training and education** for all custodial staff,
- **Creating and updating practical and effective guidelines and disinfection protocols**
- **Redesigning staff schedules**
- **Benchmarking different disinfecting technologies**
- **Providing personal protective equipment** to all custodial staff



Custodial Services Staff follows and supports their leaders by proving exceptional services to the UVA Community every day! Endless gratitude to all FM-Custodial staff for:

- **Being agile** and collaborative to apply all new COVID-19 trainings and protocols
- **Being flexible** with new staggered schedule

## COVIDWISE: Privacy-First Contact Tracing

**COVIDWISE** uses your phone's Bluetooth

Low Energy technology to exchange “tokens” (tiny bits of unique data) with other phones in close proximity. Once you activate it, your phone downloads a list of all the anonymous tokens associated with positive COVID-19 cases every day and checks them against the list of anonymous tokens it has encountered in the last 14 days. If there's a match, the app will notify you with further instructions from VDH on your next steps. (See the comic at right for an example.)

Your phone is with you almost everywhere you go. You might as well put it to use to stop the spread of COVID-19.

No private information or GPS data is shared. You shouldn't be able to detect any change in your phone's battery life while using this app.

More information & download: <https://www.vdh.virginia.gov/covidwise/>

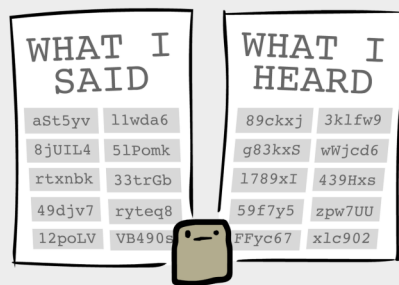
## HOW PRIVACY-FIRST CONTACT TRACING WORKS



Alice's phone broadcasts a random message every few minutes.



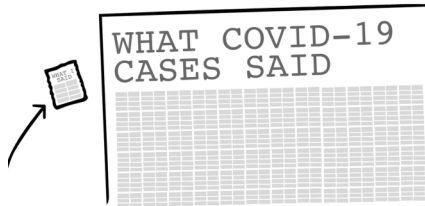
Alice sits next to Bob. Their phones exchange messages.



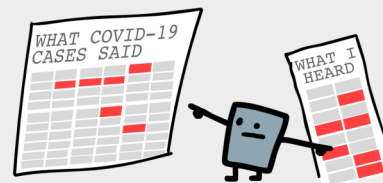
Both phones remember what they said & heard in the past 14 days.



If Alice gets Covid-19, she sends her messages to a hospital.



Because the messages are random, no info's revealed to the hospital...



...but Bob's phone can find out if it "heard" any messages from Covid-19 cases!

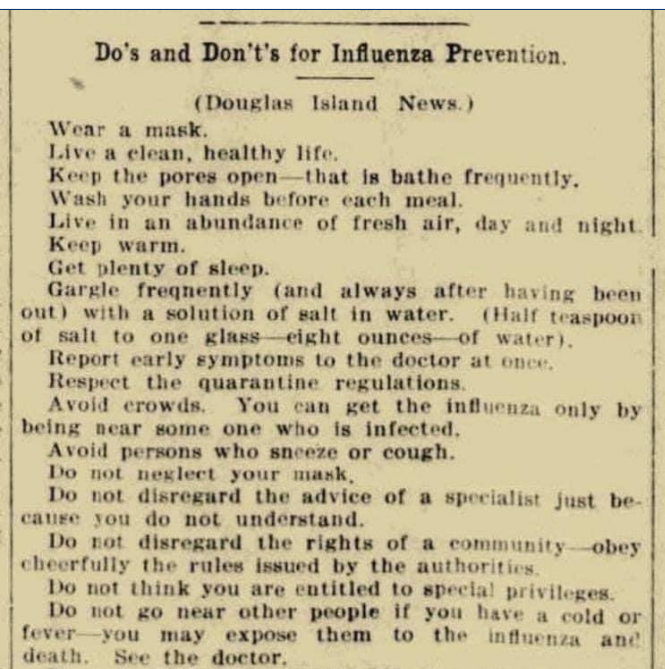


If it "heard" enough messages, meaning Bob was exposed for a long enough time, he'll be alerted.



And that's how contact tracing can protect our health and privacy!

by Nicky Case (ncase.me). CC0/public domain, feel free to re-post anywhere!



## You can do this!

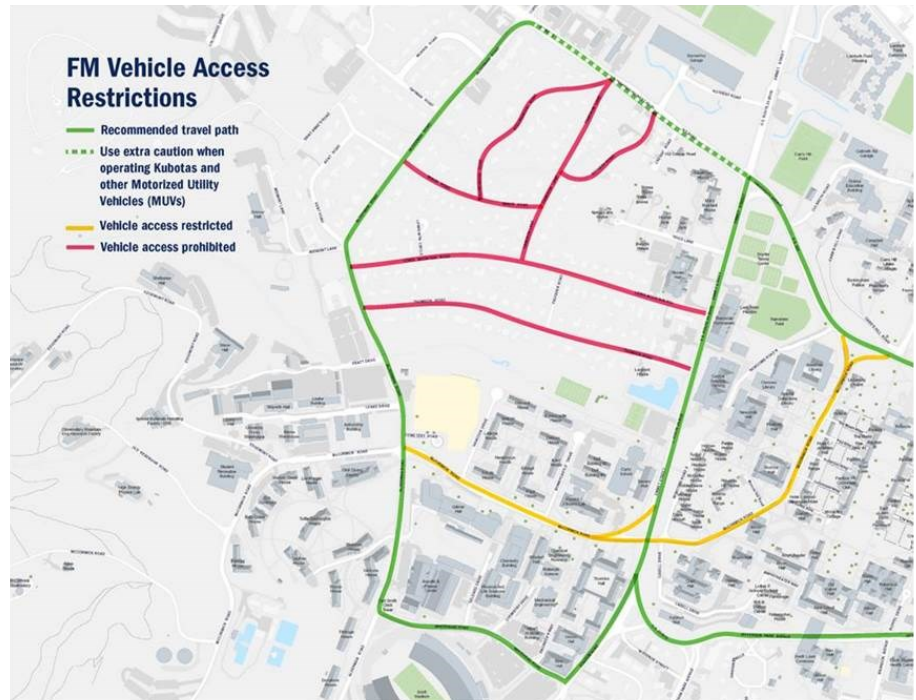
We are all here because our grandparents and ancestors have survived similar disease and outbreaks. Check out the ad at left from the 1918 influenza pandemic. While the CDC may not recommend gargling saltwater, very little else has changed. **Hang in there!**



## BEE AWARE: Travel Route Requirements for FM Vehicles

With students returning to grounds and classes starting soon, please be cognizant about using McCormick Road unless addressing business within the immediate vicinity 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 physical distancing for students, staff and faculty.

The 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.

## Your Benefits!

UVA's Benefits Open Enrollment for plan year 2021 will be October 5-16, 2020.



### Mark Your Calendar:

- **September 1** – Open Enrollment website is live
- **September 28 – October 14: Virtual Presentations** - To ensure your health and safety, these presentations are hosted virtually through Zoom. Hear about benefits changes and ask questions.
  - Monday, September 28, 10 – 11 am
  - Thursday, October 1, 3 – 4 pm
  - Monday, October 5, 9 – 10 am
  - Wednesday, October 7 TOWN HALL, 12 – 1 pm
  - Friday, October 9, 1 – 2 pm
  - Wednesday, October 14, 11 am – 12 pm
- **October 7: Town Hall** - The Town Hall will include short presentations and a Q&A session with UVA Faculty and Employee Assistance Program (FEAP), Hoos Well team, Leave team, Benefits team, Retirement team
- **October 5 – 16: Virtual Benefits and Well-Being Expo**

Learn about your UVA Benefits: <https://hr.virginia.edu/benefits>

## 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>

## ENGAGE US

OHS is here to answer your workplace health & safety questions. Any OHS staff member is happy to help you maintain a safe and healthy working environment!



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The OHS main number (**434-297-6379**) and email ([FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)) will be answered during business hours. *If there is no answer when you call, leave a message and your call will be returned promptly.*

## Physical Distancing? Anyone Can Vote “Absentee” in Virginia

Are you or a loved one at high risk of complications if you catch or spread COVID-19? You are encouraged to vote absentee! In Virginia, if you **don't vote on Election Day in your polling place**, then you are voting **absentee**. I.E., Absentee voting is any voting not done in your regular polling place on Election Day.



There are two ways to vote “absentee” in Virginia:

- 1. In person at your local Registrar's Office or a satellite office prior to Election Day:**  
You are voting in person, but you are not voting on Election Day in your locality. This is known as in-person absentee voting.  
In Virginia you might also see this referred to as "early voting," and **no application is required for in-person absentee voting** (or early voting). The process will be very similar to when you show up to vote on Election Day and are checked in by an election official.  
**Find your registrar’s phone number here:**  
<https://vote.elections.virginia.gov/VoterInformation/PublicContactLookup>
- 2. Obtaining a ballot by mail from your Registrar's Office:** This is by-mail absentee voting. The application for a ballot by mail in Virginia also calls this process "vote by mail".  
If you vote by mail you can, as of the writing of this post, return your ballot by US Mail, in person (meaning the voter must return it personally), or by commercial delivery service, like UPS or FedEx.  
The form for voting by mail is here: <https://vote.elections.virginia.gov/VoterInformation>.  
**For social distancing due to COVID-19 choose "I have a reason or condition that prevents me from going to the polls on Election Day."** as your reason for requesting an absentee ballot.

Call [your registrar](#) for more information.

## ANSWER THE CALL: About Contact Tracing in Virginia

If you or someone you recently had contact with has COVID-19, a contact tracer will call you. They will help you get tested, stay at home to keep you and others safe, and connect you and your family to vital social services. Learn more: <https://www.vdh.virginia.gov/coronavirus/prevention-tips/contact-tracing/>

## COVID-19 FAQs for FM Employees

There are so many questions about our “new normal”. OHS has collected the ones we are asked most frequently and posted them [here](#):  
<https://bit.ly/FM-C-19FAQs>

If you have a question that is not answered, please email us at [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu)



## Coping with Stress

Source: <https://bit.ly/3ggxeq7>



**It is normal to feel sad, stressed, or overwhelmed during a crisis**



**Talk to people you trust or a counsellor**



**Maintain a healthy lifestyle: proper diet, sleep, exercise and social contacts with friends and family**



**Don't use alcohol, smoking or other drugs to deal with your emotions**



**If you have concerns, talk with your supervisor. If you start to feel unwell tell your doctor & supervisor immediately.**

# 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.

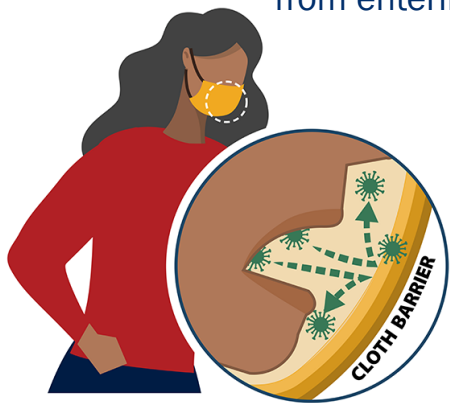
*This includes passengers inside Kubotas & vehicles: FM employees and their managers must make every effort to avoid having passengers in any FM vehicle. No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger must wear face covers & windows must be opened a minimum of 3”.*

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 YOU & THOSE AROUND YOU.

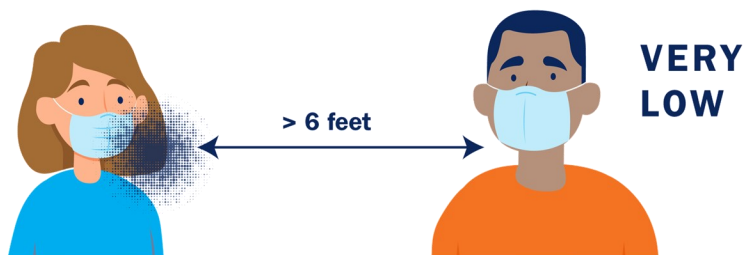
*Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.*

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





**FREE • GRATIS • GRATUIT**

# COVID-19

## *testing*

Thomas Jefferson Health District (TJHD) is now offering free drive-thru COVID testing (nasal swab testing) for anyone above the age of six.

FOR UPCOMING DATES AND TIMES, VISIT

<https://at.virginia.edu/TJHDTestingSites>

Questions? Call TJHD's COVID-19 hotline at 434-972-6261





Facilities Management  
Occupational Health and Safety

## Audiometric Testing COVID-19 Policy

FM-OHS has implemented an audiometric testing COVID-19 policy to include safety control measures during audiometric testing. Employees who are attending audiometric testing must read, understand and follow the policy. If employees are not comfortable to participate in their 2020 audiometric testing due to COVID-19 concerns, they need to acquire their Supervisor permission for their absence.

### **A-Practicing safe audiometric testing: On the day of audiometric testing all employees are required to:**

#### **1. Complete HOOS Health Check before coming to audiometric testing.**

The HOOS Health Check can be completed through

- The HOOS Health Check app available at the [Apple](#) or [Google Play](#)
- The [HOOS Health Check website](#) (not compatible with Internet Explorer)
- The [paper form](#) for employees (printable PDF posted on the ITS website).

#### **2. Wear a face covering all the times and practice 6 feet social distance when it is feasible.**

#### **3. Complete EI health screening questionnaire and collaborate with non-contact temperature monitoring prior to entering the mobile unit.**

Narges Sinaki will provide the EI paper-screening questionnaire to employees on the day of audiometric testing. Please bring a pen to complete the questionnaire.

### **B- Disciplinary Actions: Employees will be turned away if:**

- X Not wearing a face covering or not practicing 6 feet social distancing
- X HOOS Health Check and EI screening questionnaire are not completed beforehand
- X Any questions are answered yes and/or positive for symptoms
- X Temperature readings at 100.4° or above (or a more conservative number at the discretion of The EI Group)
- X Employee exhibits signs of overall lack of wellbeing