

Special Edition

The Health & Safety Minute

A weekly update
for FM employees

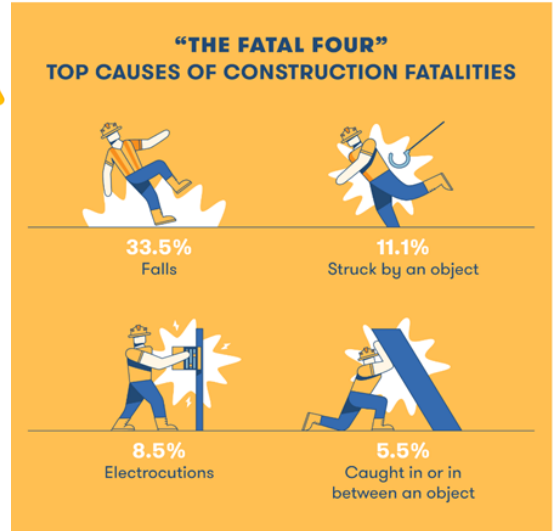
UVA Facilities Management—Occupational Programs

09.18.2020

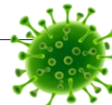
New Normal, Same Hazards: BEE Aware of the “Fatal Four”:



- **Fall deaths** refer to instances in which an individual falls from any surface at any height.
- **Electrocution deaths** refer specifically to instances where an individual is exposed to a lethal amount of incident energy.
- **Struck-by deaths** refer to employees being struck by flying, falling, rolling, or swinging objects. Falling equipment such as tools, or improperly used tools such as nail guns, are examples of struck-by hazards.
- **Caught-in or -between deaths** are deaths in which a worker is crushed or compressed by an object, machine, or environment. They include trench collapses, being pulled into machinery due to caught clothing, and being pinned by vehicles.



New Normal, NEW Awareness Needs



Students have returned to Grounds, creating a new factor in our **COVID-19 communications & awareness needs**. As always, FM strives to keep you safe and healthy: FM-OHS & FM’s HR Business Partners are working to find the best way to communicate on-Grounds student cases with employees as quickly as possible. As students re-enter our community, local COVID-positive numbers are expected to increase. As those numbers come in, we will continue to do our best to share them with the FM community so you remain informed and up to date. **Continue to practice physical distancing, handwashing, and using your face coverings!**

If you are concerned or feel you are missing crucial communications, reach out to FM-OHS at FM-OHS@virginia.edu or FM’s HR Business Partners, **Elsa Burnette** and/or **Sarah McComb**.

THIS IS THE WAY



WEAR A FACE COVERING*



Wear your face covering to protect yourself from infected particles in the air.

Learn more about face coverings:

<https://at.virginia.edu/2RNSxpj>

* Reserve N95 masks & respirators for employees who need them for their jobs.

Zone Maintenance Safety Co-Chairs Hosted First Virtual Toolbox Talk



Special thanks to Johnny Gooch and Forrest Johnson who hosted FM's first-ever organization-wide toolbox talk. The talk was under **10 minutes**, but covered important information for all FM employees on the dangers of complacency and how to safely order safety shoes during our "new normal". The duo challenged other FM Safety Committees to host their own virtual toolbox talks. E&U has stepped up and will host the next FM Virtual Toolbox Talk—Details coming soon!

Thank you, as well, to the more than **70 participants** who joined live!

This toolbox talk has been uploaded to [YouTube](#) so anyone can watch it:

<https://youtu.be/ZLfAbDvduA8>

Select Your Benefits!

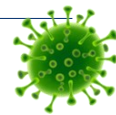


UVA's Benefits Open Enrollment for plan year 2021 will be **October 5-16, 2020**.

Even if you do not want to make any changes to your health, dental, or vision plans, you still need to re-elect the FSA and HSA programs for 2021 during Open Enrollment. **2020 elections for FSAs and HSAs will NOT automatically carry over to 2021.**

Learn about your UVA Benefits & Open Enrollment: <https://hr.virginia.edu/benefits/oe2021>

UVA Offers Asymptomatic Testing to Employees



Academic Division and eligible contracted employees who are working on Grounds and completing the required daily [HOOS Health Check](#) can order a free self-administered COVID-19 test from [Let's Get Checked](#).

Tests are shipped free to employees' homes and must be returned the same day the sample is taken. Return shipping is also free. Results will be available in the Let's Get Checked portal, usually within 72 hours of the lab receiving your sample.

Order here: <https://www.letsgetchecked.com/us/en/order-form/>

Employees who believe that they have been significantly exposed should contact [Employee Health](#) (434-924-2013) if they were not contacted by the Virginia Department of Health within 48 hours of exposure.

Significant exposure is defined as being within 6 feet of a person with COVID-19 for 15 minutes or more.



@KATALYSTCOMICS



Bee safe, for all of us.



Guidance for Keeping Employees Safe During COVID-19

The following tips can help reduce the risk of exposure to and spread of the coronavirus which causes COVID-19:

- **Stay home** if you are sick. Communicate your status to your supervisor over the phone.
- **Wear your face covering** over your nose and mouth to prevent the spread of the virus.
- **Don't forget to use your regular safety procedures**, including personal protective equipment (PPE), that protect you from hazards associated with routine workplace tasks.
- **Avoid physical contact** with others and **increase personal space to at least six feet**, where possible.
- **Know how to properly put on, use/wear, and take off protective clothing and equipment.** If you have questions or need training, contact FM-OHS@virginia.edu.
- **Cover coughs and sneezes**—Use a tissue or your elbow.
- **Wash your hands frequently for at least 20 seconds**—If you do not have access to soap and water, use alcohol-based hand sanitizer containing at least 60% alcohol.
- **Use EPA-approved cleaning chemicals from List N or that have label claims against the coronavirus on commonly touched surfaces and tools.** Contact [Vibha Buckingham](#) or [Ryan Gumlock](#) in Building Services for the most up-to-date procedures.
- **If tools or equipment must be shared, use alcohol-based wipes to clean tools before and after use.** Consult manufacturer recommendations for proper cleaning techniques and restrictions.
- **Make team meetings virtual over Zoom, or keep in-person meetings (including toolbox talks and safety meetings) as short as possible**, limit the number of workers in attendance, and use social distancing practices.
- **Clean and disinfect areas regularly.** Ensure hand sanitizer dispensers are filled. Frequently-touched items (i.e., door pulls and toilet seats) should be disinfected.
- **Report any safety and health concerns to your supervisor & FM-OHS@virginia.edu**

Adapted from: <https://www.osha.gov/Publications/OSHA4000.pdf>

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) will be answered during business hours. *If there is no answer when you call, leave a message and your call will be returned promptly.*

COVIDWISE: Privacy-First Contact Tracing

COVIDWISE uses your phone's Bluetooth

HOW PRIVACY-FIRST CONTACT TRACING WORKS

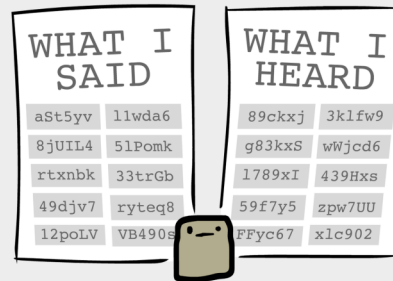
Low Energy technology to exchange “tokens” (tiny bits of unique data) with other phones in close proximity. Once you activate it, your phone downloads a list of all the anonymous tokens associated with positive COVID-19 cases every day and checks them against the list of anonymous tokens it has encountered 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.)



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.

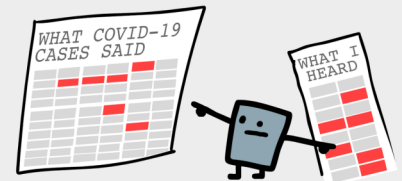


If Alice gets Covid-19, she sends her messages to a hospital.

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



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!

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/>



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

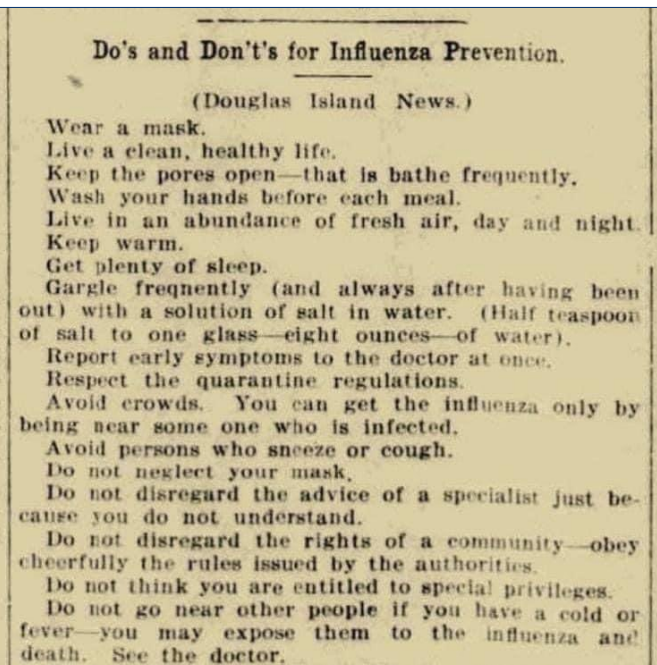


And that's how contact tracing can protect our health and privacy!

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!**





updated 8/6/2020

WHAT TO DO

If Someone Around Me Tests Positive for COVID-19

CLOSE CONTACT

Some examples of **close contact** with a person who has tested positive for COVID-19 include:

- being less than six feet from them for at least 15 minutes (e.g. *having lunch or being part of a gathering with them*);
- living with them;
- providing care for them; or
- having exposure to respiratory secretions (e.g., *being coughed or sneezed on, spit on, sharing a drinking glass or utensils, kissing*) from them.

A person with COVID-19 is considered to be contagious starting from 2 days before they become sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation. Personal protective equipment for health care workers will reduce the risk of transmission following close contact.

situation

“I am experiencing symptoms that are consistent with COVID-19.”

what to do

- **Self-isolate** at home and follow the instructions of the local health department if they contact you
- **Call Employee Health at 434-924-2013** (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) for further guidance related to your new symptoms

situation

“I have no symptoms but was in close contact with a person with COVID-19.”

what to do

Distance yourself from others, including individuals in your household. If the local health department calls you, answer the call. If you do not hear from the health department within 48 hours, contact Employee Health at 434-924-2013 (M – F: 7:30 am–5:00 pm, except Tuesdays: 7:30am–4:00 pm) or email employeehealth@virginia.edu

situation

“I know someone with COVID-19, but I don’t have symptoms and I don’t believe I was in close contact with them.”

what to do

Continue activities as normal, including standard prevention measures. These include wearing a face covering, maintaining physical distance from others outside your household, and frequent use of hand sanitizer/hand washing. The health department will reach out to you with more recommendations if you are identified as a close contact—please answer the call.



Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

***COVID-19 information and protocol can change quickly. If you have any questions, please email returntogrounds@virginia.edu or visit returntogrounds.virginia.edu**

Content Sources: Virginia Department of Health, CDC

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.

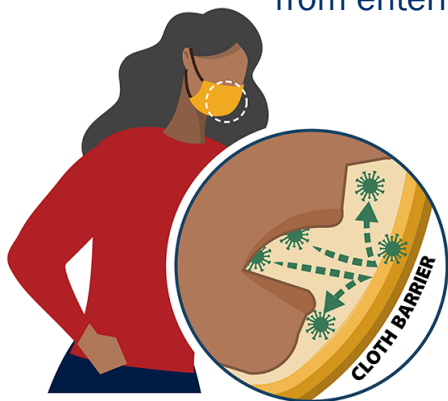
This includes passengers inside Kubotas & vehicles: FM employees and their managers must make every effort to avoid having passengers in any FM vehicle. No more than one passenger is allowed in any FM vehicle, regardless of circumstances. Whenever a passenger is in a FM vehicle, both the driver and passenger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

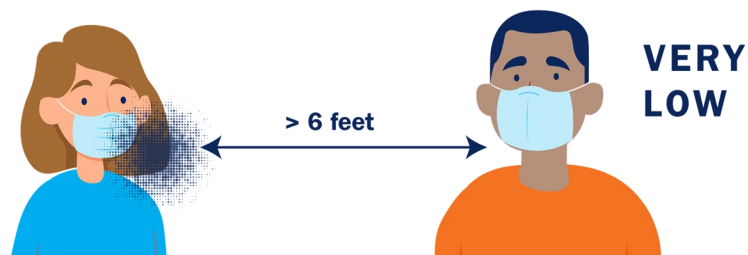
Wearing your face cover is an act of respect for those you meet every day. It stops small droplets of saliva created when you laugh, speak, and cough or sneeze from entering the air and potentially infecting another person nearby.

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



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.



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

