

# The Occupational Programs Bi-Weekly Wrap Up

UVA Facilities Management

03.07.2024

## In this issue:

On March 8, celebrate  International Women's Day

Click the item title to go to the corresponding page. *Downloading this document may be necessary.*

### OCCUPATIONAL HEALTH & SAFETY

- Did You Know? March is Ladder Safety Month
- Tools for Your Toolbox: Suicide in Construction Awareness
- Congratulations, UVA FM Safety Stars!
- Happy Birthday, Bernie the Bee
- UVA FM & FEAP: Pause Roundtable on March 29

### OCCUPATIONAL TRAINING

- Lunch & Learns: Join the Next Session on *Permitting*, March 13!
- Training Opportunities from UVA Talent Development
- Welcome, New Employees!
- View & Apply for Jobs

### DIVERSITY, EQUITY & INCLUSION

- At FM, We Say 'Thank You'
- Supporting a Diverse Team? New Resources!

### APPRENTICESHIP

- Upcoming Job Fairs & School Visits
- Apprenticeship Job Fair: April 10



*Don't forget:  
Reasons to Celebrate!*

## CODE CLASS: PLUMBING

.....  
5 SESSIONS, HELD  
FRIDAYS, 1-2 PM  
STARTING MARCH 15

Email  
**Tom Castellanos,**  
[TMC8N@virginia.edu](mailto:TMC8N@virginia.edu),  
to sign up.

### Who should take this course?

**FM EMPLOYEES** who are eligible to sit for the DPOR master/journeyman plumbing license.



UVA FM Occupational Programs offices will be **closed** on Friday, March 8.

If you have a facilities emergency, please contact the appropriate FM Customer Support Center:

<https://www.fm.virginia.edu/contactus.html>

**Let Us Know:** You can always email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu) if you have suggestions or story ideas. Now there's a new way to get in touch — **Let us know** by answering a few quick questions.

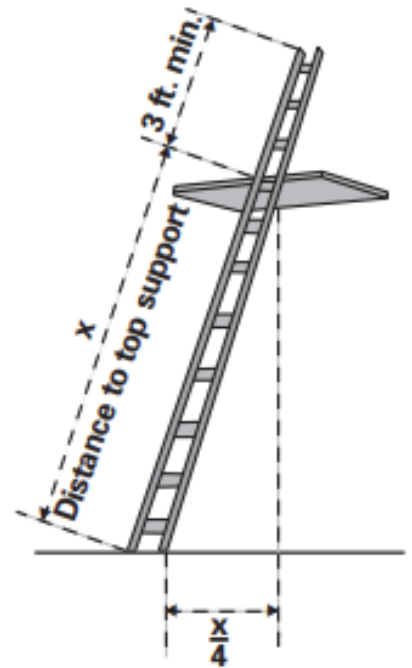
## OCCUPATIONAL HEALTH AND SAFETY

### Did You Know? March is Ladder Safety Month

Each year in the U.S., more than 100 people die and thousands more are injured from ladder-related falls.

There are five major causes for ladder fall incidents:

- **Incorrect extension ladder setup angle** — One of the leading causes of ladder-related injuries is a ladder sliding out at the base due to an incorrect [setup angle](#). See *image*.
- **Inappropriate ladder selection** — [Selection of a ladder with the proper duty-rating](#) also helps avoid structural failure.
- **Insufficient ladder inspection** — Reduce the likelihood of structural failure by practicing [regular inspection and maintenance](#).
- **Improper ladder use** — Activities such as overreaching, carrying objects, applying excessive force, slips, and missteps are also frequent causes of ladder-related fall injuries.
- **Lack of access to ladder safety tools and information** — Learn more about ladder safety here!: <https://www.cdc.gov/niosh/newsroom/feature/ladder-safety.html>



If you would like guidance on ladder safety & inspection, please email [FM-OHS@virginia.edu](mailto:FM-OHS@virginia.edu).

### Tools for Your Toolbox: Suicide in Construction Awareness

The topic of suicide seldom appears in the same sentence as the topic of construction. While neither media nor the public view construction workers as “suicidal,” a [CDC study](#) found the suicide rate for construction workers is the *second highest* of all industries: The suicide rate amongst construction workers is 4+ times greater than the national average. The construction workforce must undergo a cultural change for suicide prevention to be successful. Changes include:

- ★ Better communication,
- ★ Overcoming resistance to seeking help, and
- ★ Recognition of the problem.

*Always remember: look out for one another, and reach out when you need help!*

[Lean more about suicide in construction.](#)

Contact FEAP for FREE mental health resources: <https://uvafeap.com/services>



# OCCUPATIONAL HEALTH AND SAFETY Congratulations to UVA FM Safety Stars!

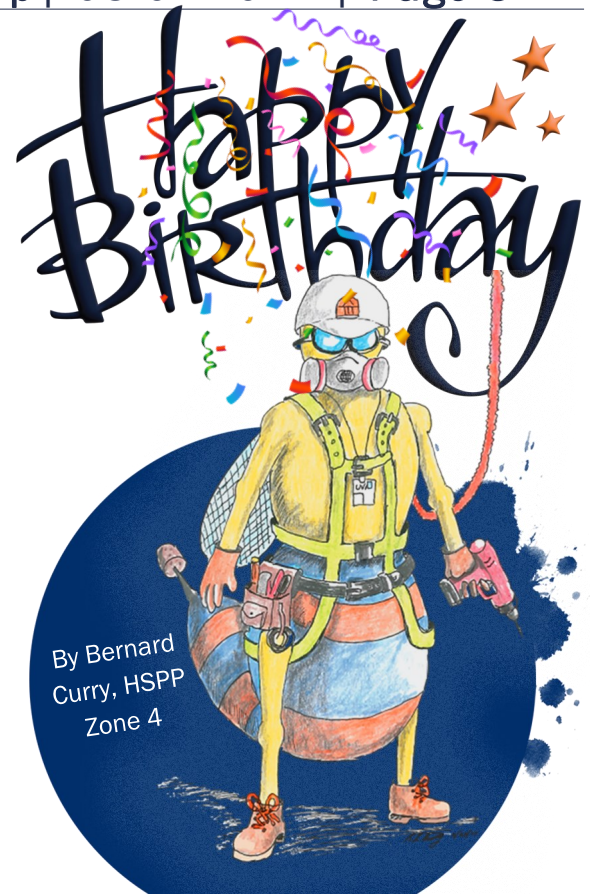
October 2023 – February 2024

- Brian Cole                      → Nicholas DeVito
- Em Ford                              → Tracy Tinoco
- Todd Gibson                      → Stephen Ackerman
- Jacob Hamm                      → Roy Barden
- Raymond Jackson              → Marcus Ditta



Learn more & nominate a Safety Champion or Safety Star:

<https://www.fm.virginia.edu/depts/ohs/safetychampions.html>



By Bernard Curry, HSPP Zone 4

Happy 7th birthday to **Bernie the Bee!**  
The FM-OHS mascot was “born” at UVA HSPP Safety Committee in Feb. 2017!

## GIVE YOURSELF PERMISSION TO

## SLOW DOWN WITH INTENTION

### FM/FEAP Roundtable Session

March 29, 9-10 a.m.

Skipwith Hall, Room 010

FM is rolling out a new **PAUSE** initiative that encourages employees to slow down with intention and better manage stress. Join us to practice the **PAUSE** technique and talk about common stressors.

Coffee and donuts will be provided.



PAUSE AND TAKE A DEEP BREATH.



ACKNOWLEDGE YOUR EMOTIONS WITHOUT JUDGMENT, AND WITH SELF-COMPASSION



UNDERSTAND YOUR OPTIONS



SELECT WISELY



ENGAGE IN POSITIVE ACTION



Translate here  
Traducir aquí  
Traduire ici  
Tafsiri hapa  
यहाँ अनुवाद गर्नुहोस



Scan to attend on Zoom, enter passcode: 647823



Facilities Management



# OCCUPATIONAL TRAINING

## Lunch & Learn: Best Practices of Permitting

Our FM/UVA-specific sessions will also provide an opportunity to drive professional development and build your business acumen and knowledge of “how FM works”.

Each Lunch and Learn session will be presented by a UVA subject matter expert (SME) with a unique link to you and our operations.

**Each session will begin at 12:00 PM.**

*Plan for 45 minutes, but it's ok if you have to leave after 30.*

### How to Register & Attend:

Users can attend in-person at Skipwith 112 or virtually via Teams.

**Register for the March session on Permits:**

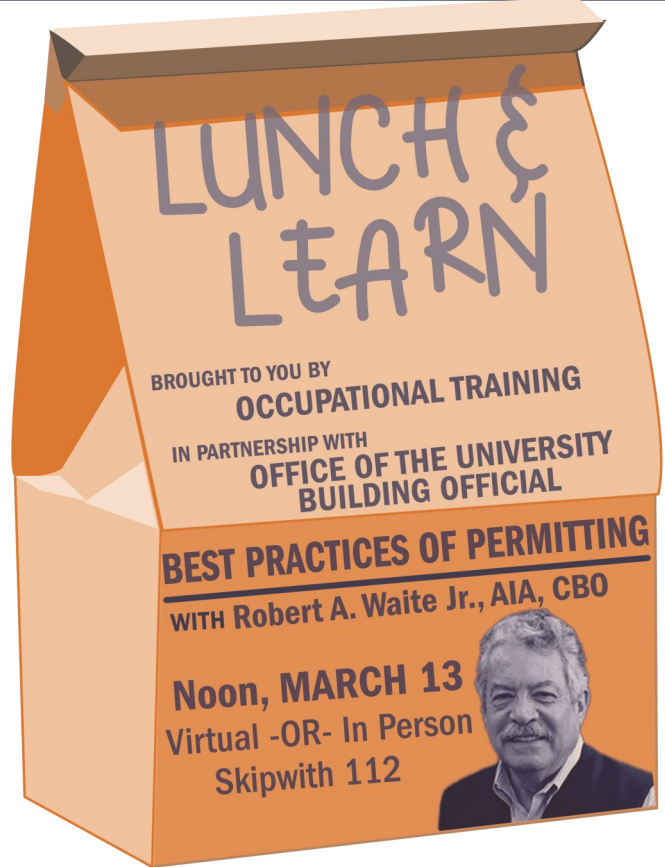
<https://at.virginia.edu/UVAFMLLPerrmits2024>

*Attendance is not tracked.*

In April, FM Occupational Training will be hosting multiple sessions on **Finance at UVA FM**, including:

- The FM Financial Model
- Life of a Purchase Order (PO)
- Life of a Travel & Expense (T&E) Transaction

Future Lunch and Learn sessions will be posted on the FM screens and the **FM Occupational Training site**.



## Opportunities from UVA Talent Development

Position yourself for career success with these **FREE** classes from UVA HR:

<https://hr.virginia.edu/career-development/education-and-training-0/course-schedule>

## **NEW EMPLOYEE ONBOARDING** Joining FM as of February 26



*(listed from left to right)*

### **Back Row:**

- **Austin Spencer**, Electrician, HSPP Zone 2
- **Cris Armstrong**, Plumber, Central Grounds Zone
- **Michael Wasielewski**, Landscaper, North Grounds

### **Front row:**

- **Shashi KC Rana**, Custodian, Housing Custodial
- **Britney Interiano**, Custodian, Housing Custodial
- **Norma Lawson**, Facilities Services Representative, Customer Service Center

## DIVERSITY, EQUITY & INCLUSION

# At FM, We Say 'Thank You'...



To: Cameron Ratliff, Corey Jones, David Hermes, Marcus Klaton, Justin Shiflett, Gordon Durrett, and Sergio Mendoza

“I offer a huge round of thanks on behalf of Environmental Resources for Utilities help remediating a release of concrete waste into the storm sewer at Scott Stadium as a result of contractor activity on Friday February 16. Their quick response ensured the material did not reach the downstream creek and prevented negative impacts to aquatic life, a timely concern with rain in the forecast later in the day. Their teamwork was impressive in the way they efficiently and effectively accessed a sensitive location (grass field with heavy equipment) and cleaned the storm sewer. Please forward this message to anyone I accidentally omitted. Thank you again!”

-From Kristin Carter

Want to say thanks to someone in FM?

Scan the QR Code or [Click Here](#) - Thank you!!



---

## Supporting a Diverse Team?

(We know you are!) Check out these new resources from the [UVA Career Navigation Center](#)

- [Interviewing for the Best Candidate](#), Tuesday, March 12, 12:15-12:45
- [Supporting Employees with Disabilities](#)
- [Supporting Neurodiverse Employees](#)
- [Supporting Employees who are Refugees](#)
- And many more! Visit the [Career Navigation Center](#) to learn more.

Questions or comments about DEI updates? [FM-DEI@virginia.edu](mailto:FM-DEI@virginia.edu)

## APPRENTICESHIP

### Recruitment for the Next Cohort of Apprentices is Underway

Do you know of a classroom or group that would benefit from learning more about how to become a UVA Apprentice? The [UVA FM Apprenticeship team](#) is reaching out to local schools and workforce development groups to recruit applicants for the next class of apprentices. Outreach includes school visits, job fairs, and/or customized workshops. Expected onboarding for this group will be in summer 2024. Email [FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu) for more information.

### Save the Dates: Upcoming Apprenticeship Info Sessions & School Visits

Waynesboro High School: Lunch Session

March 13, 12-2 PM at WHS Cafeteria

Monticello High School: Lunch Session

March 19, 11 AM-1 PM at MHS Cafeteria

Greene County Technical Education Center  
Classroom Presentations

March 20, 8:15 AM-2 PM at GCTec

William Monroe High School College &  
Career Expo

March 28, 8:15 AM-4 PM at William Monroe HS  
Cafeteria & Outdoor Commons

Nelson County High School Job & Career Expo

March 28, 10-11 AM at NCHS

**UVA FM Apprenticeship Community Job Fair**  
April 10, 9 AM-11 AM at UVA Alumni Hall  
(221 Emmet St. S, Charlottesville, VA)

MTC Regional Kick-Start Job Fair

April 11, 9 AM-2:30 PM at Rockingham County  
Fairgrounds (4808 South Valley Pike, Rocking-  
ham, VA)

Stuarts Draft High School: Presentation

April 16, 11:15-11:45 AM at SDHS Auditorium

Orange County High School: Lunch Session

April 18, 10:55 AM-12:55 PM

Email [FM-Apprenticeship@virginia.edu](mailto:FM-Apprenticeship@virginia.edu) for  
more information.

## SKILLED TRADES APPRENTICESHIP

# JOB FAIR

**WEDNESDAY, APRIL 10**  
**at UVA ALUMNI HALL**

## OPEN TO THE PUBLIC

9:00 to 11:00 AM, featuring

- UVA Apprenticeship
- Local Employers
- Workforce Services

## IN-HOUSE: UVA ONLY

Noon to 2:00 PM, featuring

- NEW** • UVA Apprenticeship
- UVA HR Benefits Counselors
- Employee Resources



**Take the next steps in  
your UVA FM career.**

Email [FM-Training@virginia.edu](mailto:FM-Training@virginia.edu) if  
you're unable to attend and want  
to learn more!

Do you need help preparing your resume or  
cover letter? Reach out to

UVA Pipelines & Pathways:

(434) 924-7693 or

[uvapipelines@virginia.edu](mailto:uvapipelines@virginia.edu)

Pipelines &  
Pathways





# let's celebrate!

*Reasons to celebrate are all around us!*

Here are some upcoming holidays this week, both fun and serious. Click on each to learn more.

**March 8: International Women's Day**

**March 9: National Barbie Day**

**March 10: Daylight Savings**

**March 11: National Napping Day**

**March 12: Aztec New Year**

**March 13: National Good Samaritan  
Day**

**March 14: Pi Day**

**March 15: World Speech Day**

# OCCUPATIONAL PROGRAMS

## View & Apply for UVA FM Jobs



**Current UVA Employees** Search for and apply to jobs using your existing [Workday account](#):

See UVA HR's **How to Apply: for Internal Candidates:** <https://at.virginia.edu/jgLuzS>

**External Applicants** (not currently employed by UVA) will be prompted to create a profile in Workday when applying:

<https://uva.wd1.myworkdayjobs.com/UVAJobs>

Not all listings are available to external applicants. Questions on job listings should be directed to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

## FM JOB LISTINGS\*

- R0056303 Architecture Student Worker (Student Wage)
- R0055555 Project & Construction Management Supervisory Team Leader
- R0056072 Help Desk Analyst
- R0052510 HVAC Mechanic
- R0055326 Carpenter - Construction & Renovation Services
- R0058296 Mechanical Engineer / Senior Mechanical Engineer
- R0057956 Computer Help Desk Tech (Student Wage)
- R0056414 Sign Shop Worker Assistant
- R0058076 Mechanical Engineering Technician or Associate
- R0058072 Electrical Engineering Technician or Associate
- R0057315 Custodial Services Supervisor, Building Services
- R0057441 BAS Supervisor
- R0054279 Director of Student Affairs Space Planning and Management
- R0055280 Construction Project Manager/ Senior Project Manager
- R0056861 Construction Administration Managers/Senior Construction Administration Managers
- R0054950 Electrician/Electrician Senior Assistant
- R0056251 Heat Plant Operator
- R0057096 Electrician
- R0047982 Student Assistant, Geospatial Engineering Services (Student Wage)
- R0056252 Heat Plant Operator Assistant
- R0057119 Senior HVAC Mechanic, Evening Shift, 3:00pm - 11:30pm
- R0057115 Utility Locator/Damage Prevention Technician
- R0057151 Plumber
- R0056250 Heat Plant Supervisor
- R0057979 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0055378 Custodial Services Worker (Part Time) 5am - 10am
- R0055708 Custodial Services Worker (Part Time) 5pm - 10pm
- R0049672 Fire Suppression Systems Technician
- R0057037 Custodial Services Worker - Evening Shift
- R0055818 Custodial Worker, Housing: Sunday - Thursday, 11:30pm - 8am
- R0055819 Custodial Worker, Housing: M - F, 4:30pm to 1:00am
- R0057350 Finance Generalist
- R0056614 Custodial Services Worker - Multiple shifts available!
- R0055377 Custodial Services Worker (Part Time) 4am - 9am
- R0058175 HVAC Assistant or HVAC Senior Assistant
- R0057675 BAS Network Engineering Analyst
- R0053226 HVAC Mechanic or HVAC Senior Assistant
- R0057125 Plumber Senior Assistant
- R0055134 Hazardous Materials Technician

\* As of 3/4/2024