

The Occupational Programs Bi-Weekly Wrap Up

UVA Facilities Management

03.22.2024

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- Celebrate Women's History Month
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OCCUPATIONAL HEALTH & SAFETY

- Did You Know? Near Misses
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**Don't forget:
Reasons to Celebrate!**

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



Facilities Management

FEAP
Faculty & Employee Assistance Program



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Tafsiri hapa
यहाँ अनुवाद गर्नुहोस



Scan to attend on
Zoom, enter
passcode: 647823

Let Us Know: You can always email 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.

UVA TRADESWOMEN

WOMEN IN ARCHITECTURE, CONSTRUCTION & ENGINEERING LUNCH

Tuesday, March 26,
11:30 AM-1:30 PM

Shannon Library Seminar Room
160 McCormick Road Room 330



Scan the QR code to
register for the event



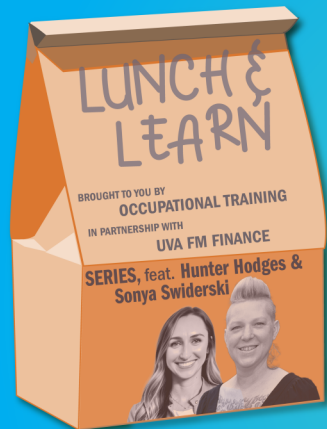
Maxine Platzer Lynn
Women's Center



OCCUPATIONAL TRAINING

April/May Lunch & Learn Series with FM Finance

Each session will begin at 12:00 PM — Pack your lunch and join us!



LUNCH & LEARN with UVA FM FINANCE

brought to you by FM OCCUPATIONAL TRAINING

THREE UPCOMING SESSIONS:

- Apr. 3 • Billable Purchases
- Apr. 17 • Non-Billable Purchases
- May 1 • T&E Purchases & Expense Reports

REGISTER & LEARN MORE:



Bring your laptops!



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:

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

Attendance is not recorded

BRING YOUR LAPTOPS!

Held at Noon, virtually via Teams or in-person* in Skipwith 112.

If you have questions or would like updates on future Lunch & Learns, email FM-Training@virginia.edu.

* Don't forget to pack your lunch!

Future Lunch & Learn sessions will be posted on the FM screens and the [FM Occupational Training site](#).

OCCUPATIONAL TRAINING

Team Training Opportunities

Want the advantages of upskilling your individual employees AND synergizing your team dynamics at the same time? Consider Team Training!

Read more about the Benefits of Team Training:
<https://emeritus.org/blog/benefits-of-team-training-in-the-workplace/>

Contact fm-training@virginia.edu to see what topics are available and to schedule training for your team.



UVA Talent Development Training Highlight

Situational Leadership Program

May 1 & 16, 2024, 10 AM – 5 PM (2 days, 16 hours)
2420 Old Ivy Road, Room 131 (in-person)

In this program, leaders will learn a new language of leadership to help increase the quality and quantity of conversations, accelerate others' development, and support others' autonomy and self-reliance.

Register: <https://at.virginia.edu/GEKT4k>

NEW EMPLOYEE ONBOARDING



Joining FM as of March 11:

Sandra LaFontaine, Senior Construction Project Manager, CC&R

Join the Next Learning Journey for Supervisors

The *Learning Journey for Supervisors* is getting excellent reviews!

Here are some reviews from our previous sessions:

- ★ *I thought the class was very informative and would like to attend more in the future.*
- ★ *Excellent class, thank you very much.*
- ★ *Very Informative.*
- ★ *Great Class, Great Information!*
- ★ *Training was very good and easy to understand.*
- ★ *It was great!*



Pictured: January Supervisor Learning Journey

Are you interested in joining the next cohort? Email fm-training@virginia.edu to learn more about the program or be added to the waitlist.

APPRENTICESHIP

Save the Dates: Upcoming Apprenticeship Info Sessions & School Visits

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

Waynesboro High School Career Fair

April 5, 9 AM-12 PM at WHS.

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, Rockingham, 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

Louisa County High School Student Career & Hiring Fair

April 30, 8:45 AM-1:00 PM, at LCHS

Email 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 if you're unable to attend and want to learn more!

[View Postings & Apply >>](#)

Current UVA Employees must apply using their existing [Workday account >>](#)

Find FREE Resume Help

Pipelines & Pathways

Do you or a friend need help preparing your resume, cover letter, or for your interview?

Reach out to UVA Pipelines & Pathways:

(434) 924-7693 or

uvapipelines@virginia.edu

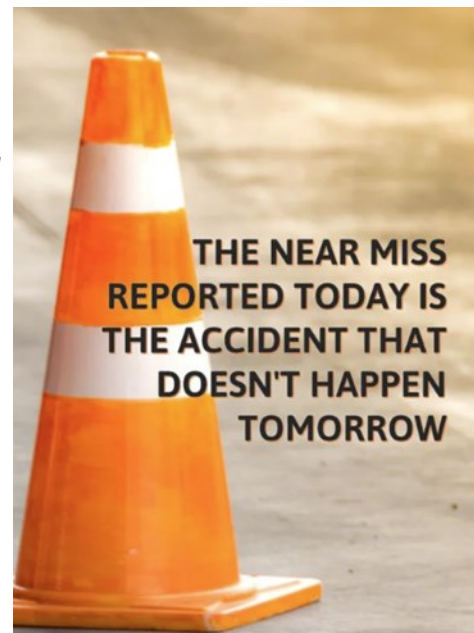
OCCUPATIONAL HEALTH AND SAFETY

Did You Know? Near Misses

A **near miss** is an incident in which no property was damaged and no personal injury was sustained, but where, given a slight shift in time or position, damage or injury easily could have occurred.

Examples of Near Misses:

- A forklift operator not seeing a group of pedestrians and coming within inches of striking them.
- An icicle falling to the sidewalk in front of a pedestrian, but not injuring anyone or damaging any property.
- An electrician discovering live energy in a light fixture before starting work.



Near Miss Reports help all of us learn from and address safety issues before an injury occurs.

If you see a Near Miss, **report it!** <https://at.virginia.edu/UAFMNearMiss>

Tools for Your Toolbox: Financial Wellness

Financial wellness involves having the financial resources to meet practical needs, as well as a sense of control and knowledge about personal finances. The most effective way to obtain financial health is to improve one's financial literacy.

Here are some tips to get started:

- ★ Identify & understand your life goals.
- ★ Lose toxic financial beliefs.
- ★ Be mindful about your finances.
- ★ Set a budget.
- ★ Ask for help.



Check out this [free video](https://at.virginia.edu/OYJo6i) on building financial wellness and literary to learn more:
<https://at.virginia.edu/OYJo6i>

UVA FEAP is also another great no-cost option — Learn more about their financial counseling: <https://uvafeap.com/counseling-services/financial-counseling>

DIVERSITY, EQUITY & INCLUSION

Celebrate Women's History Month with UVA



See what's happening & submit your own events:
<https://womenshistory.virginia.edu/events>

Volunteer Opportunity

A graphic for the Building Goodness Foundation. At the top left is the logo, which consists of a hammer icon inside a sunburst shape, followed by the text "BUILDING GOODNESS FOUNDATION". Below the logo is a circular illustration of a hand holding a wrench, with radiating lines behind it. To the right of the illustration, the text "PLUMBERS, WE NEED YOU!" is written in large, bold, blue, sans-serif capital letters. At the bottom of the graphic, there is a dark blue bar containing contact information: "434-973-0993", "volunteer@buildinggoodness.org", and "128 Carlton Rd, Charlottesville, VA".

PLUMBERS: Local nonprofit Building Goodness Foundation is in need of plumbers willing to donate their time and skills locally and/or internationally.

To learn about this opportunity, visit

<https://www.buildinggoodness.org/volunteer>

Visit the UVA Employee
Volunteer Resources Hub:

<https://hr.virginia.edu/time/volunteer-center>

Questions or comments about DEI updates? FM-DEI@virginia.edu



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 22: Bavarian Crepes Day

March 23: National Tamale Day

March 24: Semana Santa (Spain)

March 25: Holi (India)

March 26: Live Long and Prosper Day

March 27: Manatee Appreciation Day

March 28: World Piano Day

March 29: World Marbles 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

FM JOB LISTINGS*

- R0055280 Construction Project Manager/Senior Project Manager
- R0058385 Operations Coordinator, Facilities and Game Operations
- R0055555 Project & Construction Management Supervisory Team Leader
- R0056861 Construction Administration Managers/Senior Construction Administration Managers
- R0056303 Architecture Student Worker (Student Wage)
- R0057956 Computer Help Desk Tech (Student Wage)
- R0055326 Carpenter - Construction & Renovation Services
- R0057151 Plumber
- R0058296 Mechanical Engineer / Senior Mechanical Engineer
- R0058072 Electrical Engineering Technician or Associate
- R0058076 Mechanical Engineering Technician or Associate
- R0058858 Mason Apprenticeship Program
- R0058859 Carpenter Apprenticeship Program
- R0058751 General Services Worker
- R0058869 Multicraft Apprenticeship Program
- R0058675 HVAC Mechanic
- R0056414 Sign Shop Worker Assistant
- R0057441 BAS Supervisor
- R0057119 Senior HVAC Mechanic, Evening Shift, 3:00pm - 11:30pm
- R0054148 Prop Shop Manager
- R0057586 Mason - CC&R
- R0058765 Mason - CC&R
- R0057096 Electrician
- R0057115 Utility Locator/Damage Prevention Technician
- R0056251 Heat Plant Operator
- R0056252 Heat Plant Operator Assistant
- R0056250 Heat Plant Supervisor
- R0047982 Student Assistant, Geospatial Engineering Services (Student Wage)
- R0057979 Custodial Services Worker, Housing: M-F 8:00am-4:30pm
- R0047639 Senior Trades Utility Worker
- R0055819 Custodial Worker, Housing: M - F, 4:30pm to 1:00am
- R0055818 Custodial Worker, Housing: Sunday - Thursday, 11:30pm - 8am
- R0057117 Senior Trades Utility Worker
- R0055302 Electronic Pneumatic Tube System Technician
- R0055433 IT Business Systems Analyst
- R0058175 HVAC Assistant or HVAC Senior Assistant
- R0053414 HVAC Senior Assistant
- R0057634 Part-Time Plumber, Weekend Day Shift (Minimum 20 hours)
- R0049417 Licensed Tradespeople (HVAC, Electrical or Plumbing)
- R0049672 Fire Suppression Systems Technician
- R0055378 Custodial Services Worker (Part Time) 5am - 10am
- R0056614 Custodial Services Worker - Multiple shifts available!
- R0057037 Custodial Services Worker - Evening Shift (2 shift possibilities)
- R0057123 Senior HVAC Mechanic
- R0057122 Electrician
- R0057675 BAS Network Engineering Analyst
- R0057102 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weekday Evening Shift Monday - Friday 3:30pm to 11:30pm
- R0057106 Plumber, Night Shift
- R0057099 Licensed Tradespeople (HVAC, Electrical or Plumbing), Weeknight/Weekend Day Shift
- R0053226 HVAC Mechanic or HVAC Senior Assistant
- R0057125 Plumber Senior Assistant

* As of 3/19/2024