

USB News
Facilities Management
July 2013

HAPPY 4TH OF JULY!

JMU Awarded Outstanding University Recycling Program

JMU and the FM Recycling team recently received the Outstanding University Award for Excellence by the Virginia Recycling Association (VRA). Each year the VRA recognizes the best waste reduction and recycling programs in the state.

Highlights of JMU Recycling efforts include diverting approximate 64% of campus waste from the landfill, recycling a wider variety of materials, food donations, using sustainable materials and implementing a large scale composting program. By 2012, over 542,000 pounds of food waste were composted.

Jason Rexrode, Sam McGee, Tony Smith from FM along with Caroline Rust from Dining Services received the award on behalf JMU. Jason

credits the success of the recycling program to the Recycling/Housekeeping staff, JMU Dining Services, and Dawn Knight who assists with tracking information.



FM Notes

- JMU Faculty Staff Picnic: Friday, August 16; 5:00 p.m. - 8:00 p.m.; Festival
- Upcoming university holidays: July 4 and July 5. Don't forget to submit 1 hour of Presidential Recognition Leave for July 4 and 4 hours for July 5!
- Any health benefit changes made during open enrollment will take effect July 1.
- Salary increases that have been awarded will be reflected in the August 16 pay advice for classified staff and the August 30 pay advice for wage staff. The link below provides eligibility information and answers to frequently asked questions. (Found on HR's home page under Announcements)

http://www.jmu.edu/humanresources/wm_library/2013_Base_Salary_Increase_FAQs_Final.pdf

Banquet Committee Announcements:

- FM Summer Picnic will be on Wednesday, August 14 from 11:30 a.m. - 1 p.m. at the Festival
- Monthly ham, roast beef, and pork sandwich sales are the third Wednesday of the month at 12:00 p.m. in the hallway in front of the USB lunchroom.
- Ice cream sales Tuesdays and Thursdays at noon in the USB hallway in front of the lunch room. Ice cream available most other times in Work Control.

 **FM Snapshots**



Housekeepers at Rockingham Hall



Paul Layman at construction site for ropes course at University Park



Recycling Worker Jimmy Gill

Safety Zone: Summer Safety **by Brett Sinclair**

Extreme caution needs to be taken when working in high temperatures. The human body tries to maintain a constant internal temperature through a process called thermoregulation. In the summer you sweat to cool off and in the winter you shiver to try and warm up. When thermoregulation breaks down in the heat it can lead to heat related illnesses and injuries. Dehydration, sun burn and heat cramps are examples of minor heat related illnesses. Heat exhaustion where a person has excessive dehydration associated with heavy sweating, extreme fatigue, nausea, blurred vision, a rapid pulse and fainting is a more serious heat related illness. Move the person into the shade or air conditioning. Treat with fluids and rest. The person should not work for the rest of the day. Monitor closely as they may need further medical attention. Heat stroke occurs when the body stops sweating; the skin is red, hot and dry; and the victim is dizzy and has a rapid pulse. **TREAT THIS AS A MEDICAL EMERGENCY and call 6911, DO NOT GIVE FLUIDS.**

Protection is the key to avoid heat related illnesses. Wear light colored clothing that is made of breathable material. Wear a hat and sunscreen to protect yourself from the sun. Drink plenty of fluids throughout the day. Smaller amounts spread out over the entire day are better than large quantities 2 or 3 times per day. Make sure that you are eating throughout the day as well. Allow your body to acclimate to the heat by using extra caution on the first hot days of the year as your body is not yet use to the extreme temperatures. Rest in the shade or air conditioning during breaks and lunches. When possible, rotate between working in the sun and working in the shade and perform the most strenuous tasks early in the morning before the hotter parts of the day. Carry a water bottle with you all day to stay hydrated.

FM Birthdays for July

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|--------------------|-----------------------|-----------------------|-------------------------|--------------------|
| Ken Demastus 7/1 | Kevin Landes 7/1 | Najat Salihi 7/1 | Dimple Moyer 7/2 | Donna Moyer 7/2 |
| Marlina Rendon 7/2 | Vickie Wilt 7/3 | Colton Ringgold 7/4 | Nola Smith 7/4 | Carol Davis 7/5 |
| Nancy Wright 7/5 | Dawn Knight 7/6 | Rick Miller 7/6 | Jeff Smallwood 7/6 | Dean Botkin 7/7 |
| Cindy Rexrode 7/7 | Pam Wilberger 7/7 | Joyce Wilkins 7/7 | Glen Myers 7/8 | Susan Hensley 7/9 |
| Mike Bennett 7/11 | Chris Dove 7/11 | Christine Estep 7/11 | Linda Shull 7/11 | Carrie Comer 7/12 |
| April Godbey 7/14 | Nathan Mitchell 7/14 | Sandra Casady 7/15 | Wes Westfall 7/15 | Stephen Good 7/17 |
| Joyce Hensley 7/17 | Candie Pence 7/17 | Carrie Shifflett 7/17 | Craig Short 7/17 | Sam McGhee 7/19 |
| Lee Fultz 7/20 | Gary Thayer 7/20 | Stacey Grimsley 7/21 | Charity Malcolm 7/22 | Holley Arnott 7/23 |
| Joe Moshier 7/23 | TJ Cupp 7/24 | Tamara Hott 7/24 | Greggory Robertson 7/24 | Amanda Short 7/25 |
| Jimmy Truax 7/25 | Mike Hart 7/26 | Sandra Shifflett 7/26 | Dustin Smith 7/26 | Ryan Wagoner 7/26 |
| Nathan Baker 7/27 | Debbie Gordon 7/27 | Jamie Wyant 7/27 | Kevin Dinges 7/28 | Dennis Dove 7/28 |
| Mike Borrer 7/29 | Jack Martin 7/29 | Sharon Freeze 7/30 | Debra Bogan 7/31 | Mike Hott 7/31 |
| Chris Keagy 7/31 | Teresa Wilkerson 7/31 | | | |