Click here to listen to announcements.

UT Conference for Women’s Leadership, May 24-25

The UT System Conference for Women’s Leadership will be held on May 24-25 at the Knoxville Convention Center to address the professional development needs of UT women. The Conference for Women’s Leadership will explore the meaning of women’s leadership in our current higher education environment. We are duty-bound to prepare women who lead at all levels to learn, develop, and grow their leadership abilities. In our current environment, there are calls for persistent, tenacious, and resilient leadership. The 2023 CWL theme is Sustaining Growth: Grow and Glow! This year’s event includes a luau. Wear your boots and sundresses for the “We wear sundresses at night!” luau. Cost for this event is $250. Register for this event on K@TE.

New! FS Mini Train: Total Clean

Facilities Services has a number of teams that never stop! Find out how the biggest one – Building Services – keeps all of campus clean and sanitary for students, faculty, staff, and visitors to Rocky Top. Check out this Mini-Train to learn more about the Total Clean program, and how you can help! Watch here.

Know the Signs of Heat Related Illness

The Tennessee heat is just around the corner. Make sure you know the signs of heat related illnesses and emergencies. We’ve included a graphic at the end of today’s newsletter for your reference.

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**BUILDING SERVICES**

- We had events in Baker and Strong
- Auto scrubber was ran at Mossman, Law, and Strong
- Stairs at Mossman, Blount, and Fibers were vacuumed
- We are still cleaning out closets in all buildings as time permits
- We are working on detailing the kitchens at Jesse Harris
- Student Union: G1 in the dining seating area, the areas around the tables and chairs were scrubbed. Phase 2 the back corridors on the first and third floors were cleaned. The G1 hallway in Phase 2 was auto scrubbed. Spot cleaning carpets in the event rooms. Ballroom A, the carpet, was cleaned. The dock floor area was swept. We serviced multiple events in the Student Union and on the plaza.

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**OPERATIONS & LANDSCAPE**

**Landscape Services:**

- Season Flower Beds: Crews are planting approximately 10,000 flowers in seasonal beds throughout campus.
- Landscape crews are busy supporting semester-end outdoor events.
- Irrigation Systems: Spring start-up and test of all systems (cont)
- Native Burial Mound and Garden: Repair damages to mound and stone council ring from truck incident (cont)
- Sidewalk project between G-16 and Haslam Practice Field: Installation of landscape plantings. (cont)
- Urban Forest Master Plan (City of Knoxville): Serving on advisory board
- Dead plant replacements: Plant inventory and replacement planning for dead plants associated with the winter freeze on December 24, 2022 (cont)
- CDL Driver Training and Licensing: Alexander McConnell is attending a four week course which includes course instruction, on-road training, and licensing test (cont)
OPERATIONS CONTINUED:

- Military War Dog Memorial: Landscape irrigation and planting renovation in preparation for the 25th anniversary celebration in July (cont)
- Morgan Hall: Ongoing landscape protection support associated with roof repairs, window replacement, and brick tuck-pointing project (cont)
- College of Law Landscape Renovation: Order materials and schedule installation work for April (cont)
- Carrick Hall: Plan for surface repairs following the excavation support for steam and condensate repairs (cont)
- McCord Hall: Plan for surface repairs following the excavation support for new sanitary sewer connection (cont)
- Neyland Drive Campus Entrances: Demolition and installation of landscape renovations. (cont)
- Vet Med Addition: Participate in the final irrigation and landscape punch list walk with the designer and contractor (cont)
- Landscape Academy: New series of refreshed training for all team members (cont)
- Irrigation Systems: GPS locate all underground valves, meters, and components. (cont)
- TREC: Provide excavation support to the Plumbing team for repair of steam condensate leak (cont)
- Ayres Hill ADA staircases: Coordinate with FS Design on landscape plan for new staircases (cont)
- Recruiting to fill vacant positions

Rapid Response Team:

- Events: 3 events at HSS Plaza, Vet School, Lindsey Nelson Stadium, Ped Walkway, 5 events at Student Union Plaza, 6 events at Strong Hall Atrium, 3 events at ZEC Atrium, Mossman Lobby, Circle Park, Communications Building, 2 events at Fiji Island, Vol Bookstore, 3 events at Ayres Lawn, F.S. Central Supply Vendor Fair, Gate 19 Big Orange Vendor Fair, UT ETREC, SMC, Bass Building, & HPER Breezeway.
- Moves & Miscellaneous: Hauled away glass from Morgan Hall, Disposed of unwanted furniture at SMC & Haslam Business Building, Moved furniture from offices at Andy Holt Tower to Kingston Pike Building, Transported 200 poster boards with stands to UT Ballroom and back to Melrose, moved and uncrated freezers at Plant Biotech, transported percussion instruments for UT Orchestra, set out iPad signs for Tyson Alumni, other moves at Walters, AHT, Conference Center, Student Services, Zeanah, Morgan Hall, and Disability Services.
- Banners: Repaired banners at Circle Park & Ayres Hall.

Sanitation Safety:

- Completed pest control requests

ZONE MAINTENANCE

Zone 1:

- Staying caught up with work orders in the resident halls.
- Had multiple buildings vandalized over the weekend .
- Third weekend in a row the 5th fl. J & K at Hess Hall has had all the ceiling tile and exits signs tore down .
- This week is quiet week.

Zone 2:

- Answering calls
- Doing P/M’s
- Unlocking doors
- Added a shut off valve to Temple Hall

Zone 3:

- Taylor Law Installed a Bearing in A.H.U. #2- Conference Center Issues with Main Drain
- S.M.C.-Took Down 8 White Boards upon Customer request.
- Hodges Library issue with New Main Door’s that we're recently Installed.
- Assisting Environmental Health and Safety with Their requests
- Throughout Zone 3, cleaning coils in air handlers

Zone 4:

- Repaired a sprayer leak in the Student Union Phase II
- Repaired a dish conveyor at Anderson Training
- Repaired a steamer at Stokely
- Replaced pulpers at Rocky Top Dining and Stokely
- Cleaned AHU coils at Presidential Court and Cumberland Ave. Food Court
- Repaired a freezer at UT Culinary
ZONE MAINTENANCE CONTINUED:

Zone 5:
- Neyland Stadium: checked and made repairs as needed and went through 1 South bathrooms
- Allan Jones Aquatic: checked and adjusted chemicals in pools
- Football Complex: checked and adjusted chemicals in pools
- Sherri Parker Lee Stadium: worked on stadium check and made repairs ahead of South Carolina
- Lindsey Nelson Stadium: Checked and made repairs after Mississippi State
- All throughout zone General building maintenance.

Zone 6:
- No new report

Zone 7:
- AAMB: General Maintenance, working on PM’s, repair toilet’s on ground and 2nd floor restrooms, working shows and events, assist contractors.
- Ferris Hall: Conducted daily walkthroughs and weekly walkthroughs. Rebuilding fan coil units for new tenants. Rehabbing offices for new tenants.
- Perkins Hall: Conducted daily walkthroughs and weekly walkthroughs. Replacing old style paper towel dispensers.
- SERF: Walk throughs changed filters on water fountains changed faucets
- NEB: Walk throughs started leaning coils
- Jessie Harris: Walk through’s, changed window crank.
- Senter Hall: Done walk through’s.
- Fiber & Composite: Done walk through’s.
- Min Kao: Working on lights, working on restrooms, working on ceiling tile, doing building checks.
- Dougherty: General maintenance, assist zone, assist shops, replaced soap dispenser, replaced light bulbs, replaced ceiling tiles, replaced water fountain filter, mold inspection, adjusted door closers, diagnosed cooling issues, diagnosed door lock issues, sink repair.

Zone 8:
- We are working to get dark out blinds/curtains installed at the UT IAMM building.
- We are working to find a contractor to make storm repairs at the TVA Greenhouse.
- We will continue to clean our cooling towers this week as we start work at the UT IAMM building.
- Our One-Call team has been doing garage lighting inspections at all of the UT parking garages.

Zone 9:
- We replaced two roof exhaust fan assemblies last week at the Middlebrook building.
- We will make all of our monthly April Archibus an area of focus for completion this week.
- We recently changed a complete toilet at the Middlebrook building.
- We will be cleaning our cooling towers soon before hot weather gets here.

ZM Specialties:
- Replaced window at North Carrick
- Boarded up window at Communications window
- Cleaned up broken window at G16 garage
- Conducting emergency lighting inspection at G16 garage
- Installed door operators at Thompson Boling Arena
- Repaired door operator at Ayres Hall
- Transported lifts to various campus locations
- Provided Biology Services Facility with autoclave inspection certificates
- Scrubbing equipment data for migration to Oracle
- Categorizing equipment standards into asset groups for Oracle

Lock & Key Services:
- Dougherty Engr. – rekey lock
- Panhellenic Bldg. – install exit hardware and key doors
LOCK & KEY CONTINUED:
• Haslam Music – install hardware
• Sigma Kappa – install lock on supply closet
• Burchfiel – install locks & key doors
• Zeanah Engr. – rekey locks
• McClung Tower, Hesler Biology & Student Union – Phase II – repair locks
• On Campus – assisting as needed
• Front Office – Processing key request, key pickup and drop off
• University Housing – many recores and repairs

UT Office of Sustainability/Recycling:
Weekly Recycling Totals:
• Bottles/Cans: 3,300 lbs.
• Paper: 8,640 lbs.
• Cardboard: 0 lbs.
• Total: 11,940 lbs.

Fiscal Year Recycling Totals:
• Bottles/Cans: 178,637 lbs./89.32 tons
• Paper: 323,660 /161.83 tons
• Cardboard: 184,620 lbs./92.31 tons
• Pallets: 159,972 lbs./79.99 tons
• Electronics: 5,893 lbs./2.95 tons
• Batteries: 1,978 lbs./0.99 tons
• Plastic Film: 2,242 lbs./1.12 tons
• Scrap Metal: 102,685 lbs./51.34 tons
• Yearly Total: 959,686 lbs./479.84 tons

•完成了STARS报告并获得预期的银牌评级。官方评级尚未发布
•零废料垒球赛季结束，平均废物回收率为85%。数据来自最近几场比赛尚未添加。
•Ella Dohrmann和Wyatt Miner在WVLT接受了采访

COMMUNICATIONS & INFO SERVICES
Communications & Public Relations:
• Send any photos of your work team that you'd like to see featured on FS social media directly to Sam at sjones80@utk.edu or 865-771-1531

• The electronic employee comment box can be found at tiny.utk.edu/fscommentbox.

Employee Training & Development:
Upcoming Training:
• Aerial Lift Training will take place on Tuesday, May 9th from 8a-12p at FSC 101 and Concord. To attend this training, email troy@utk.edu, and be sure to bring your harness as it’s required for the hands-on portion of training.
• Arc Flash Training will be held Wednesday, May 10th from 8:30a-9:30a in FSC 101. All new employees who work with electrical components have been contacted to sign up for this training. Supervisors can sign their employees up for this session by emailing FSTraining@utk.edu.
• Forklift Assessments will be conducted at the Central Supply Warehouse on Thursday, May 11. You must complete the K@TE training program for “Forklift Safety Awareness 2023” prior to attending the assessment. To schedule assessments, reach out to Troy at troy@utk.edu.
• Stress Relief Class with Be Well: On May 18th, we’ll host a 30-minute lunch and learn style session where participants will learn about stress relief and how it may impact their health and wellness. During this presentation, there will be opportunities for engagement and Q&A. This session will take place in FSC 101 at 2pm.
• APPA has already started a great list of webinars available to all of us for free! Take a look at the list of available learning opportunities at the link here. Register now for those that are in a topic area that interests you. If you have your CEFP, AIA, or any other professional certification, register for these webinars to work on your continuing education credits. Bookmark the link above to check in throughout the year for additional learning opportunities.
• Design Your Life! – This program offers you an opportunity to connect the dots between who you are, what you believe, and what you do to construct a story of meaning and purpose that encompasses your life and career. This process will help you understand why you do what you do, and more importantly, why it matters. To express interest in registering for this course, please contact Rebecca Alcorn at ralcorn@utk.edu.

Training News:
COMM & INFO CONTINUED ON PAGE 5
Facilities Services Weekly
May 8, 2023

COMM & INFO CONTINUED:

- **Training Calendar is available online!** Visit [https://fs.utk.edu/comminfo/training/](https://fs.utk.edu/comminfo/training/) to view upcoming training dates, times and information throughout the year. The calendar is located below the "Login for online training" link. Check back often as new events and opportunities are added often!

Information Technology:

- Looking for an update or information on the DASH implementation process? Visit [https://liveutk.sharepoint.com/sites/DASHProgram](https://liveutk.sharepoint.com/sites/DASHProgram) to learn more!
- Laptop Upgrades
- Student Training
- Department Inventory
- Surplus Inventory
- New Computer Setup
- Dept Calendar Maintenance
- Listserv Maintenance
- Adobe re-install

UTILITIES SERVICES

A/C Services:

- Troubleshoot chiller issues at the Humanities building.
- Verified pump issues at the Zeannah building.
- Adjusted the controls at Temple Room 201.
- Reset the AHU P4 at Strong Hall.
- Repaired the controller in room G-9 at Haslam Music.
- Repaired the communication issue at TREC ground floor.
- Adjusted the alarm notifications.
- Troubleshoot heating issues in room 224 of the A&A building.
- Adjusted the controller settings at the Baker Bldg.
- Finished installing the new duct heater at the Glazer building.
- Adjusted the humanities chiller program.
- Repaired unit in Drive room 127.
- Installed new condenser fan motor and cleaned chiller at Tyson House.
- Repaired unit in drive room 128.
- Repaired #3 Chiller @ SERF
- Replaced 3-way chilled water control valve at Student Aquatic.
- Reset unit at NEB room #109.
- Replaced the compressor contractors in the fresh air makeup unit at Fred Brown.
- Repaired the unit at Geier Hall.
- Rewired fresh-air makeup unit at Robinson.
- Worked on the unit at Dougherty rooms # 218 & 220A.
- Insulated the piping on the Presidential Court Freezer.
- Repaired the air leak at Hodges Library.
- Installed a new 20-gallon air compressor at Dunford Hall.
- Repair the AC Unit at the South Greenhouse.
- Replaced the coupling in the heating water booster pump at Mossman.
- Repaired the AC system serving elevator equipment room at Pratt

Electrical Services:

- Disabled/enabled fire alarm panel for maintenance at the Plant Bio-Tech.
- Worked on the clock issue on the 5th floor at the Dougherty Building.
- Reset the fire alarm and disabled the device for maintenance at the Student Union.
- Reset the fire Alarm that was set off by contractors at Neyland Stadium.
- The AC in the Chiller room at the Taylor Law building caused a smoke smell on all floors, and a bearing went out on the AHU2.
- Reset the fire alarm at Chi Omega
- Cleaned dirty duct detector at the Jewel Building.
- Disabled the smoke detector caused by a steam leak at the Nielsen Building.
- Troubleshoot why the doors are not locking at Hess Hall. (the hotkey on the fire alarm panel was on).
- Relocated the A/V on the 1st floor at the Brehm building.
- Replaced smoke detector and base due to a water leak at 1848 Frat building.
- Troubleshoot Card trouble on the panel at Perkins Hall.
- Hodges Library is having some zone trouble.
- Troubleshoot smoke removal fan power trouble at TBA.
- The high-pressure switch on the sprinkler system went into alarm, Called MASCO to reset it at Delta Gamma.
- Troubleshoot the A/V’s they are not working properly, called in BST to reprogram the device at Burchfiel.
- Replaced two bad smoke detectors and one base at Geier

UTILITIES CONTINUED ON PAGE 6
UTILITIES CONTINUED:

- Hall.
- Assisted Simplex with the fire suppression system in the kitchen at the international house.
- Disabled and enabled smoke detectors for maintenance at Jessie Harris.
- Disabled/enabled smoke detectors for plumbers at South Carrick.
- Reset the fire alarm at the Vet school and disabled the device for contractors.
- Reset smoke detectors on the 1st floor at the 1848 Frat.
- Replaced batteries on the 5th-floor fire panel at Strong Hall.
- Replaced batteries in the main fire panel at Nielsen.
- Disabled/ enabled smoke detectors on the first floor at Ferris Hall for Maintenance.
- Disabled duct detectors for the AC Shop at Third Creek.
- Responded to a sprinkler leak at IAMM room G002, Called MASCO in to repair.
- Marked and logged daily Tennessee 811’s on Campus.
- Monthly Maintenance on the LA Substations.
- Checked and pumped H.V M.H.’s
- G10 Parking Garage reported no power. On arrival, the garage lights were on. While we were there, there was a report of a power outage on the West side lower level. Upon further investigation, it was found that the breakers were turned off. They were turned back on. Now all is good.
- Morgan Hall has a scheduled power outage to replace the elevator.
- OIT (Telephone Services) started pulling new cables for the new cameras in the switch house at the main substation.
- Monthly Check of LA1 Circuit and checked batteries at both substations.
- Picked up locks from the key shop to be installed on the new meters and panels of the power pedestals.
- Checked and pumped several Manholes on the AG Campus.
- Cleaned graffiti off several transformers on campus.
- Installation of the electrical components for Hesler Cooling tower upgrades.
- Troubleshooting and repair of lighting control power at Baker Center Rooms 208-209

- Troubleshooting and repair of faulty exhaust fan at Hesler Cooling Tower/ Chiller
- Troubleshooting and repair of lighting control circuitry at Thornton Athletic Center
- Troubleshooting and programming of building lighting controls at Zeanah Engineering Building
- Troubleshooting and repair of AC unit power at Dougherty Engineering Building
- Scheduled Power Outage for Miller Electric at Morgan Hall
- Troubleshooting and programming of building lighting controls at Zeanah Engineering Building
- Installation of electrical power components for Mossman Engineering Building Duct Heaters Project
- Repair of Campus Standard Pole light at Vol Hall Parking Lot
- Repaired Light Pole at Vet School Parking Lot
- Repair of Campus Standard Pole Light at Fraternity Park
- Troubleshooting and repair of pole lighting at Vet School

Plumbing Shop:

- No new report.

Steam Plant:

- Test ran 2mw generator
- Worked on the stainless chemical line for DA Tanks
- Repaired the O rings and flange on the water softener
- Cleaned out basements

CONSTRUCTION SERVICES

- Alpha Delta Pi: Renovate 1st floor restroom
- Art and Architecture: Renovate 455; Carpet 103A & B
- Ayers Hall: New work station 313
- Bailey Education: Electric A232; Paint and carpet A227; Paint and carpet several rooms on 3rd floor; Paint and carpet 413, 419, 420, A218; ADA Upgrades; Patch and paint 208,406, 210
- Baker Center: New offices on 3rd floor
- Bass Building/Body Farm: Replace storage shed
- Biosystems Office Building: Wiring for cubicles
- Burchfiel Geography: Divide 402 and 403 into smaller rooms
CONSTRUCTION CONTINUED:

- Business Incubator: Paint 207
- Campus: Refurbish outdoor basketball courts behind Fraternities; VFI winners 2022; Trash and recycling pads on Lake Ave.; Aramark assistance at several locations; Water meters for cooling water make-up; Sculpture Maintenance; New sidewalk between Vol Parking Garage and Anderson Practice
- Carrick Hall North: Paint all floors
- Classroom Renovations 2023: Multiple buildings on campus
- Claxton Building: Paint 342; Remove Cabinets and door-patch and paint 425; Move 4th floor furnishings; Paint A525; Paint, door, electric 426; Mount monitor 234
- Clement Hall: Install trash compactor
- Conference Center Building: Move State Comptroller 307; Paint and carpet 4th floor; Renovate Suite 313; Redesign suite 309; Paint 308B
- Dabney Buehler: Replace fume hoods in 408, 507, 508, 607, 608; Install dishwasher 302
- Dougherty Engineering: Paint and carpet 423; Carpet 434, 435; Remove lab equipment 103A; Renovate restrooms on 1st and 3rd floors
- Early Learning Center: Work on White Ave. playground; Hang magnetic boards for playground; 2010 Lake Ave.-hang a TV and assist with furniture removal;
- Equity and Diversity: Install a ramp
- Facilities Services: Reinstall wind turbine; Add grill in supply duct equipment 101; Stabilize marble on Office Building; Tint 4 windows in Central Supply warehouse; Window graphics
- G-13 Garage: Install counting system
- Glazer Building: Renovation for classroom
- HPER: Fire Alarm paging; Paint and repairs B025A; Paint and carpet 119
- Haslam Business Building: Switch access controls to UTPD server; New atrium signage
- Hesler Biology: Electric work 114; Additional room exhaust 544; Rework HVAC and add mini split 234; renovate 104 and 105 for labs; Emergency electric receptacles 207
- HPER: Install concrete pit 135E; Paint and floor repair B025A; Paint 335, 347, 338
- Hodges Library: Voice transmittal over Fire Alarm; Replace 6 light fixtures in Special Collections; Ceiling and light work in Comm. Closet; Cubicles near One Stop; Renovate suites on 1st and 6th floors; Assist with installation of people counters at Melrose entry
- Humanities and Social Sciences: New office and other renovations in Reading Center
- Kingston Pike Building: Paint and carpet majority of building
- Lindsey Nelson Stadium: Electric and fire suppression 208
- McClung Museum: Paint and floor work in Egypt gallery; Fence around IT equipment
- McClung Tower: Install peep holes in doors on 11th floor
- McCord Hall: Renovate 109; Electric work 113
- Melrose Hall: Move signage
- Middlebrook Building: Renovate offices on 1st floor, front of building; Move Emergency Management to 218
- Morgan Hall: Paint 104 and 308F; Paint, carpet, lighting and blinds Suite 225; Paint and electric 121; Paint and carpet 308B
- Neyland Stadium: Structural inspection and repairs Gate 22
- Nielsen Physics: Paint, flooring, ceiling M105A
- Panhellenic Building: POCA Renovations
- Pendergrass Library: New entry doors
- Phi Delta Theta: Install new flood lights
- Pi Kappa Alpha: Renovate bathrooms
- Plant Biotech: Reroute sewer line; Replace grow lights 321
- Plant Science Unit (Alcoa Highway): Guardrail and ditch work on new road; Install poles for hops yard
- Presidential Court: Renovation for University Printing and Mail
- Senter Hall: Electric and utility work for JEM unit
- SERF: Utility work and drains for polisher in 309; Renovations for 106 and 108; Plumbing 519; Electric and lab exhaust 109
- Sigma Chi Fraternity: Replace window and add bottle filler; Replace HVAC system
- Sigma Kappa Sorority: Replace carpet in library
- Sorority Village: Add card reader to gate; Convert open space to offices on 2nd floor
- South and East Stadium: Repair pedestrian bridge
- South College: Paint and flooring 101 and 101A
- Steam Plant: Paint and flooring 101 and 101A
- Steam Plant: Gates and bollards
CONSTRUCTION CONTINUED:

- Stokely Hall: Digital signage for cafe
- Strong Hall: Lab renovation in 720F; Add ventilation to equipment 324
- Student Aquatic Center: Convert 102B into an office
- Student Health: Renovate 288A and 288B for offices; Fire Alarm paging
- Student Rec: Remove wall between studio 8 and 10
- Student Services: Renovate Suite 413
- Student Union: Painting in Suite 383; Hold open closers on 2 connector doors; Move Big Orange Pantry to Smokey’s Closet; Remove panic buttons 383; Digital signage for deli; Paint 193R
- Thompson-Boling Arena: digital signage Arena Café
- UT Drive Services Building A: Move cubicles to 103
- UT IAMM: Electric and utility work G025; Electric work G026
- UT Warehouse: Make 2 offices into 1 large office 123/106
- Vet Med Center: Paint study rooms in Pendergrass Library
- Volunteer Hall: Paint stairways
- Volunteer Parking Garage: Repair block at water line repair
- Walters Academic: New work station A303; Install receptacles and white boards 2nd floor; Install receptacles on 4th floor; Carpet E210
- Zeanah Engineering: Additional electric work in wood and metal shops; Electric and lab exhaust 402; Move lab from SERF 108 to 517; Add a door to 210B; Electric work in G112; Exhaust work in 237; Electric work 211
- Zeta Tau Alpha: Paint bathroom; Replace some indoor lights; Interior painting; Paint shutters and columns
- 1610 University Ave.: Hold open on corridor door
- 1817 Melrose Av.: Install a door between 101 and 102
- 2023 Classroom Upgrades: Renovate several classrooms on campus
- 22nd Street Duplex: Make restroom accessible

FACILITIES SERVICES
Employee Comment Box Locations:

- Facilities Services Complex Break Room & Shop Area
- Steam Plant (near time clock)
- Steam Plant Hill (Landscape Supply Room)
- Hodges Library 1st Floor Service Hallway
- SERF Outside of Room 426
- The electronic employee comment box can be found at tiny.utk.edu/fscommentbox
<table>
<thead>
<tr>
<th>HEAT-RELATED ILLNESSES</th>
<th>WHAT TO LOOK FOR</th>
<th>WHAT TO DO</th>
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<tbody>
<tr>
<td><strong>HEAT STROKE</strong></td>
<td>• High body temperature (103°F or higher)</td>
<td>• Call 911 right away—heat stroke is a medical emergency</td>
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<td></td>
<td>• Hot, red, dry, or damp skin</td>
<td>• Move the person to a cooler place</td>
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<td>• Fast, strong pulse</td>
<td>• Help lower the person's temperature with cool cloths or a cool bath</td>
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<td></td>
<td>• Headache</td>
<td>• Do not give the person anything to drink</td>
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<td></td>
<td>• Dizziness</td>
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<td>• Nausea</td>
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<td>• Confusion</td>
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<td></td>
<td>• Losing consciousness (passing out)</td>
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<tr>
<td><strong>HEAT EXHAUSTION</strong></td>
<td>• Heavy sweating</td>
<td>• Move to a cool place</td>
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<tr>
<td></td>
<td>• Cold, pale, and clammy skin</td>
<td>• Loosen your clothes</td>
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<td></td>
<td>• Fast, weak pulse</td>
<td>• Put cool, wet cloths on your body or take a cool bath</td>
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<td></td>
<td>• Nausea or vomiting</td>
<td>• Sip water</td>
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<td></td>
<td>• Muscle cramps</td>
<td>Get medical help right away if:</td>
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<tr>
<td></td>
<td>• Tiredness or weakness</td>
<td>• You are throwing up</td>
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<tr>
<td></td>
<td>• Dizziness</td>
<td>• Your symptoms get worse</td>
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<td></td>
<td>• Headache</td>
<td>• Your symptoms last longer than 1 hour</td>
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<td></td>
<td>• Fainting (passing out)</td>
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<tr>
<td><strong>HEAT CRAMPS</strong></td>
<td>• Heavy sweating during intense exercise</td>
<td>• Stop physical activity and move to a cool place</td>
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<td></td>
<td>• Muscle pain or spasms</td>
<td>• Drink water or a sports drink</td>
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<td>• Wait for cramps to go away before you do any more physical activity</td>
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<td></td>
<td>Get medical help right away if:</td>
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<tr>
<td></td>
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<td>• Cramps last longer than 1 hour</td>
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<td>• You're on a low-sodium diet</td>
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<td>• You have heart problems</td>
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<td><strong>SUNBURN</strong></td>
<td>• Painful, red, and warm skin</td>
<td>• Stay out of the sun until your sunburn heals</td>
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<td>• Blisters on the skin</td>
<td>• Put cool cloths on sunburned areas or take a cool bath</td>
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<td>• Put moisturizing lotion on sunburned areas</td>
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<td>• Do not break blisters</td>
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<td><strong>HEAT RASH</strong></td>
<td>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</td>
<td>• Stay in a cool, dry place</td>
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<td>• Keep the rash dry</td>
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<tr>
<td></td>
<td></td>
<td>• Use powder (like baby powder) to soothe the rash</td>
</tr>
</tbody>
</table>