



Football Training Dates This Week

Football Training is coming up for everyone who works game days. You are required to attend one session of your choosing. Sessions are scheduled for:

- August 20 at 8:30am
- August 20 at 2pm
- August 21 at 8am
- August 22 at 10pm

Mark your calendars now! All sessions will be held in FSC 101/102. Please email FSTraining@utk.edu to sign up so we can have an idea of who is coming to each session.

Big Orange Flush This Wednesday

After months of sitting dormant, we need to make sure Neyland Stadium is ready for 100,000+ fans on game day. In order to do that, we have to simulate a game day experience in the restrooms. While Maintenance and Repair does their best to keep everything well-maintained, they can use a little extra help for the Big Orange Flush. If you're available on August 21st and would like to help, meet us at Gate 21 at 9 am.

Annual Compliance Training is Now in K@TE

Compliance Training is now loaded to K@TE for the year. Once you log in, it should show up in your active courses. Make sure you click INTO the course as it's separated out into several different training courses. ALL staff are required to complete this training so please do not shrug it off. Please complete this ASAP as DASH training is about to launch and will make it harder to find time for Compliance Training. If you have questions, reach out to the Training team or FSTraining@utk.edu.

Upcoming Medicare/Social Security Informational Session - 9/26 at 2:30pm

Facilities Services is hosting another Medicare/Social Security informational here at the Facilities Services Complex on Thursday September 26, 2024 from 2:30-3:30pm. Anyone who is curious about how to prepare for retirement and how Medicare and Social Security works is encouraged to attend. This educational workshop will be presented by Karen Kakura from Senior Insurance Specialty Group. Karen has a wealth of knowledge and is passionate about helping folks prepare for retirement. Make sure you come with questions as there will be a time for Q&A at the end.

Please make sure you pre-register here <https://fs.utk.edu/senior-specialty-insurance-group-meetings-sign-up/> or scan the QR code on the attached flyer at the end of this newsletter.



BUILDING SERVICES

Student Union:

- We had a truck load of cardboard dropped off on Sunday which made 5 bales of cardboard then on Thursday we had a partial drop off and we made another 3 bales of cardboard.
- The carpet on the second floor L2 in front of the elevator was cleaned.
- The G1 dining area in front of Chick-fil-A was scrubbed.
- The auditorium was leaf blown and vacuumed several times last week due to the NSO event.
- Stains in the ballroom carpet were cleaned after the DSS event.
- The overlook glass in both phases were cleaned.
- The stairwells were swept and mopped.
- The monumental stairs in both phases were swept and mopped.
- On Saturday the Student Union hosted the SOCK and Tennessee Saturday Night event with projected 7,000 plus guest expected to attend. We tended to the needs of the buildings for the event such as trash removal inside and outside the buildings, bathrooms, event rooms and hallways. A special thank you to our teams for their work during the big events and for the volunteers that helped us during the events.
- The second floor hallway was vacuumed and carpet was cleaned with special attention to in front of ballroom A.

Other Spaces:

- Scrubbing and waxing floors in HPER
- Carpet cleaning in Thornton Athletics

OPERATIONS & LANDSCAPE

LANDSCAPE SERVICES

- No report received

MOVING & EVENT SERVICES

- Picked up furniture and other items from surplus and delivered them to Dougherty Engineering 427C, Walters Academic Building B309, Blount Hall 402, Hoskins Library 191M & 108.
- Moved museum cases inside Baker School to the basement.
- Moved furniture from Communications 267 to 429.
- Moved furniture in Student Services 345 & 486G.
- Moved furniture within Student Union in rooms 270, 174, and dining area.
- Moved glassed-in shelves from Hesler to room 520.
- Assembled furniture at McClung Tower 1106.
- Moved large furniture items from Burchfiel Geography 311 to Walters B311.
- Moved large cabinet at Early Learning Center to another portion of the playground.
- Picked up broken furniture items from Early Learning Center and hauled to trash.
- Moved furniture from McClung Tower 803 to Blount Hall 403A2 and 901B to 803 McClung Tower.
- Rearranged lounge furniture in student space at Baker.
- Moved desks and file cabinets at Nursing Education Building 309.
- Moved table and chairs from Mossman to Hesler 404.
- Moved furniture from HPER 339 to 349.
- Removed furniture from Taylor Law 281 into storage.
- Move furniture and other items from McClung Tower 605 to 614 so renovations can be performed.



MOVING & EVENT SVCS (CONT.)

- Moved furniture from Blount Hall 008 to International House 211 & 216.
- Moved office furniture and boxes from Communications 455 to 453.
- Moved boxes from Service Drive Building B to multiple offices in the old Bursar's office suite in Student Services Building.
- Moved office furniture and whiteboard from HPER 347 to Jessie Harris Building B007.
- Picked up sign language interpreters chairs from Blount Hall and delivered them to various classrooms across campus for Student Disabilities Services.
- Moved office items from HPER closet 322/KRSS office to Jessie Harris 218.
- Moved heavy equipment from basement of Walters Academic Building to the second floor for Key Shop.
- Picked up furniture from Panhellenic Building and Presidential Court Building second floor and delivered to Innovation North Building.
- Moved furniture back into multiple rooms at Jessie Harris Building following room upgrades.
- Moved large heavy items from Central Supply Warehouse to loading dock of Fred Brown for Plumbing Shop.
- Set up for UTIA Awards/Promotions Luncheon Event at ANRB auditorium/101.
- Delivered and set up Interfraternity Council Recruitment Events at Fiji Island and Circle Park.
- Delivered and set up MSSW New Student Orientation Reception Event at HBB Plaza.
- Delivered tables & chairs to SERF 101 for Scientists Solutions Vendor Show.
- Delivered and set up Faculty Meeting Event at Haslam Music Center 110.
- Delivered and set up UTSA Fall Kickoff Event at Student Union Plaza.
- Delivered tables to Presidential Courtyard for New Vol Hangout Event.
- Delivered and set up for Welcome New Graduates Luncheon at Strong Hall Atrium.
- Delivered and set up Authoring Your Story (Big Orange Welcome) Event at Engineering Quad.
- Delivered and set up International Student Orientation Lunch Event at Mossman lobby.
- Delivered A-frame signs to Circle Park for Band Picnic (Chancellor's Office) Event.
- Delivered and set up for CCI College Connect 2024 Event at Communications 3rd floor lobby.
- Delivered and set up CECS Big Orange Pizza Party Event at Claxton Courtyard and lobby.
- Delivered and set up New Vol Fest (Big Orange Welcome) Event at HSS Plaza.
- Delivered tables & chairs to Ayres Hall North Lawn for Nursing College Connect Event.
- Delivered and set up for TCE College Connect/Welcome Back Event at Engineering Quad.
- Picked up pallets of boxes from University Printing & Mail and delivered them to Thompson Boling Arena for Torch Night Event.
- Delivered tables for VIA Fall Kickoff at Strong Hall.
- Delivered and set up for CEHHS College Connect 2024 at Claxton Courtyard.
- Delivered and constructed stage at TRECS Fields for Vol Is A Verb Event.
- Delivered and set up stage & chairs to ANRB Auditorium/101 for Vet School White Coat Ceremony.
- Provided electrical assistance at Ferris Quad, Circle Park, Pedestrian Mall, Ayres Lawn, Sorority Village, Student Union, Presidential Courtyard, TRECS Fields, HSS Plaza for multiple events at each location.



MAINTENANCE & REPAIR

HOUSING

- Residence hall move-in the big focus this week. This extends to Greek Life (Fraternity Park and Sorority Village) as well.

DINING

- Repaired waste compactor at Rocky Top Dining
- Replumbed gas lines and connected new equipment at Volunteer Hall
- Repaired the hot well at Anderson Training
- Repaired a steam kettle at the Student Union Phase II
- Replaced ceiling tiles at Fred Brown
- Cleaned exhaust hoods/fans in all required buildings

ATHLETICS

- Neyland Stadium: Going through all restroom in preparation for the BIG ORANGE FLUSH!!! Also football season.
- Regal Soccer: Doing building checks and general maintenance after One Knox game, and Lady Vol Soccer games.
- Lindsey Nelson Stadium: Assist in construction needs and general maintenance
- Football complex: General maintenance and do building checks for upcoming football season. Also making facility look nice for up coming recruits.
- Sherri Lee Softball: General maintenance and assist in on-going softball camps.
- Allan Jones Aquatic: Help contractors get set up to remove pool deck tile and also prepare to install LED lights on catwalk.

- Goodfriend Tennis: Going through in preparation for Men's and Women's Tennis season.

ZONE 4

- A+A - worked on/restored AC throughout building
- Andy Holt - worked on AC fan in 633
- Communications - working on lights in Room 202
- Student Services - working on/replaced AC fan in 202
- McClung Tower - working on AC in 310
- General maintenance throughout the zone

ZONE 5

- Working hard at HPER to get it up to par: cleaning the air duct system, servicing the chiller & making other needed repairs
- Student Aquatics is getting a check valve installed at the pool which will solve issues we've been dealing with for years
- Finished up classrooms and common areas for arrival of students.
- Changed out bearings in AHU #2 at Hodges

ZONE 6

- No report received.



ZONE 7

- Dougherty: - Assisted on Basement Level with Construction of Women's Restroom, Repair and Replacement of Water HEATER Located on The Mezzanine Level, Assisted in Room 210 & 210A
- Ferris Hall: Fixed exhaust fan for bathrooms, Room 306 fixed door
- Perkins Hall: Room 114 fixed leaking ceiling unit.
- Min Kao: looking at roof leaks, working on ceiling tile, working on doors, helping on water leak.
- SERF: mold inspection, ceiling tile replacement, diagnosed leaks, repaired doors and door handles, replaced VAV box filters, replaced light bulbs, adjusted door closers
- Nursing: Room to room mold checks, Rebuild toilet in 2nd floor women's restroom
- Zeanah: unclogged a urinal on the 1st floor, changed battery's in a sink on the 4th floor, diagnosed a constant tripping gfci, fixed leaking sink drain on the ground floor, Assisted Johnson controls with giving them access throughout Zeanah
- Tickle: tweaked 2 door hinges 1 on the 3rd floor and one on the 4th floor, fixed leaking packing nut on the condensate pump
- AMB: Repair three toilets rooms 146,G38, G18. Working on exterior Lights & readying classrooms
- Walters Academic: Replacing Ceiling throughout the building and installing new led lights on the outside of the building
- Austin Peay: Located air leak in hvac system, Repair duct that was apart, Calibrated all thermostats in the building Change filters in Austin Peaydock. During projects in walters life
- Hesler Biology: Change filters basement Hesler. Put new paper towel holder up in 531 Hesler

- Nielsen Physics: Replaced Toilet Seat 5th Floor Nielsen Physics, Replaced Ceiling Tile Nielsen Physics, Replaced Exit Lights 4th Floor Nielsen Physics
- Dabney/Buehler: Changed belts on ahu4, Changed filters and varicells in AHU's and Replaced more ceiling tiles.
- Ayres Hall: changed pre-filters in all AHU's and Replace flush valve 3rd floor
- South College: Change filters all air handlers South College.

ZONE 8 - AG CAMPUS

- We cleaned the screens for the main vent at the North Greenhouse.
- We installed new exit lights at the Publications and Services building.
- We repaired a leaking ac unit at McCord Hall.
- Our One-Call team has been very busy with our students arriving for Fall Semester.
- We are still dealing with large amounts of condensation with the steam still being off campus wide.
- We have an unusual leak that we are trying to diagnose and treat at the UTIA Eastern Region Extension Office.
- We are still preparing for the arrival of our students for the Fall Semester which begins very soon.



SPECIALTIES TEAM

- Repairing broken window glass at Glazer building and Zeanah Engineering Complex
- Sealing window glass at HPER
- Reattached window sill and caulked window at Dogwood Hall
- Rebuilt window sash and refitted with new glass and stops at Reese Hall
- Repaired window leak at Fred Brown
- Cleaning security cameras around Neyland Stadium
- Repaired pole lights at Andy Holt Tower
- Delivered lifts to various campus locations
- Repaired door operator at Art & Architecture
- Installed outlet for golf cart charger at P2 Andy Holt Tower
- Replaced battery for small generator at Humanities
- Repairing door at International House
- Correcting and cleaning equipment data before data transfer to Oracle
- Corrected PM routing for Whitton and Patterson work teams

SUSTAINABILITY

- Compost from the UT Compost Facility is getting used on campus! In July, Landscape Services picked up 59 cubic yards of finished Compost, and the Grow Lab got 1/3 of a cubic yard. To date in August, Landscape Services has gotten another 10 cubic yards of finished Compost, and we delivered 16 cubic yards to the Organic Crops Unit. If anyone else needs finished compost for use on campus, please contact Ella Dohrmann (edohrma1@utk.edu)!

SUSTAINABILITY (CONT.)

- At the UT Compost Facility, UT's Heavy Equipment folks brought fill dirt to cover the rock provided by Blount Excavating to expand the Compost Facility to the west to more than compensate for the area lost due to the TDOT road construction. Work continues as compost material will be moved to that expanded space on the west so rock and dirt can fill in on the south end in preparation for concrete bays from the TDEC grant!
- 3 new AmeriCorps members will be starting with Sustainability next week: Ben Gouffon in the Alternative Energy and Transportation Coordinator position, Morgan Furman in the Outreach and Engagement position, and Anish Krishnan in the Compost Logistics Coordinator position!

LOCK & KEY SERVICES

- SERF – repair locks, core needs replaced
- Conference Center – Door code not working
- Brehm Animal Science – door lock has fallen off
- Jessie Harris – install combination lock
- McClung Tower – door lock not function
- A & A – swap locks and rekey door
- Phi Mu – keys not working in lock
- Campus – many assisting as needed
- Front Office – Processing key request, key pickup and drop off
- University Housing – many recores and repairs, assisting as needed, move in weekends



COMM & INFO

COMM & PR

- 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!

TRAINING

- Training Calendar is available online! Visit <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!

FS IT

Looking for an update or information on the DASH implementation process? Visit <https://liveutk.sharepoint.com/sites/DASHProgram> to learn more!

- TDX Training
- Software Purchases
- Process Surplus Inventory
- Facilities Services Emergency Management Assistance
- Wireless Troubleshooting
- Adobe Troubleshooting
- Office moves for Building Services on Campus
- Conference Room Setup and Assistance
- Move computers for Sustainability

UTILITIES SERVICES

A/C SERVICES

- Crops Gen- Repaired unit.
- Geier Hall- worked on unit.
- Extension Eastern Region- Repaired unit.
- Publication and Services – Reset unit.
- Mossman – Worked on growth room #420.
- Student Union PH 1 – Repaired Freezer at CFA.
- Student Union- Worked new ice machine.
- Zeta Tau Sorority – Installed new water tap for Geo system.
- Hesler Biology – Worked on greenhouse cold room.
- Stokely Hall -Repaired walk-in freezer.
- Rocky Top – Repaired walk-in cooler #19.
- Hesler - Repair cooling towers
- Soccer - Replace compressor in Trane RTU
- Fred Brown – repair MUA no. 5
- KPB - Repair Daikin Chiller
- Lawson – repair DX systems serving studio area
- Neyland – preseason prep of AC systems
- Claxton – repair no. 1 chiller
- Walters Academic – install new chilled water coils in ahu SWA2

ELECTRICAL SERVICES

Fire Alarm:

- HPER – disable for duct cleaning
- Student Health – replace ceiling tile with duct detector test switch
- Stokely Hall – replace batteries for nac panel
- Brenda Lawson – check trouble on fire panel

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ELECTRICAL SVCS (CONT.)

- Neyland Stadium – reset FA
- HPER – reset FA
- Burchfiel – FA
- Magnolia – replace DD
- 1812 – replace DD
- JARTU – reset FA
- Brehm – assist BST with troubleshooting
- Hodges – assist JCI
- Delta Zeta – reset FA
- Music – replace batteries and PIV tamper
- Hess – hood testing
- Communications – reset FA
- RT Dining – warm start FP
- 1832 – clean dirty SD
- 1848 – clean dirty SD
- Bovine – outage
- Neilsen – replace DD and SD
- Communications – disable beam detector
- SU2 – replace 2 AVs
- Hess – clearly won door trouble
- Daily Assist MASCO with pump tests and inspections.

Electrical Services:

- Repair Lutron lighting Controls System damaged by water at IAMM
- Overhead lighting timer not functioning at Buehler
- Lights out 3rd floor HPER (bad contactor)
- Floor boxes de-terminated at SMC
- Lights flickering at the Communications and Information Building
- Perimeter lights out at Presidential Court
- Lights out on the emergency circuit at Strong Hall
- Breaker tripped & shut the building down at Strong Hall
- Wire mold receptacles not working at the Art and Architecture Building

- Wall pack lights out at Dabney-Buehler
- Circuit breaker bad at Rocky Top Dining
- Power hook-up for equipment at Perkins Hall
- Breaker bad at Neyland Stadium Elevator
- Electrical connection for new office furniture at Strong Hall Room 526
- Responded to all calls on 2nd shift
- Zeneah Engineering Building Fire Alarm Panel Trouble lost Network and communication between Nodes 11, 12, and 13
- Leaking water shorted out a duct detector at Strong Hall
- Fire Watch Sunday for the Event
- Chick-Fil-A restaurant trailer power hook-up at Neyland Stadium Gate 21
- Power hook up for Audio at Neyland Stadium 50-Yard Line

PLUMBING SERVICES

- No report received.

STEAM PLANT

- Maintained air filters on both Compressor
- Plant Shut down
- Replace the gasket on the steam trap for Unit #5
- Replace water level sight Glass on Unit number #2

CONSTRUCTION SERVICES

- Alpha Tau Omega: Replace 6 doors
- Andy Holt: Phase II renovations; Panic buttons on 3 & 5; Door controls P103C; Install cart charger on P1
- Art and Architecture: Install Unistrut grid for camera and lights 235; Repaint front, adjust doors and replace flooring in Ewing Gallery 115; Add walls 431; Add monitor 213; Remove wall and counter, paint 215C; Electric for Coke cooler in market

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CONSTRUCTION SERVICES

- Austin Peay: Paint and carpet 301F, 410B; Paint, carpet, furniture on 2, 3 and 4
- Auxiliary Services: Repair block walls 108, 114
- Baker Center: Office renovations on 1, 2, 3
- Business Incubator: Access controls 114
- Campus: Water meters for cooling water make-up; Classroom Renovations Summer 2024; Dining projects FFE, etc.; Move 2 bus shelters; Sidewalk near Robinson Hall; Rework bollards between Student Union and SMC
- Ceramics: Paint interior walls
- Claxton Education: Paint, flooring, other renovations to 101 and 109A; Remove chair rail and paint wall 199; Carpet 450; Paint 418 and 420; Access controls for 101; Paint 441; Signage 115,235; Patch and paint 118
- Communications: Renovate 45; Demo and new wall 102 and 103; Access controls 061, 091; Paint 66E, 107J, 107X, 101C, 101D; New furniture 209; Demo electric and paint 209; Construct wall 3rd floor corridor; Carpet 66E, 107X; Relocate outlet for digital signage 227; HVAC for WUOT 299I; Paint 202; Paint Scripps Lab; Remove shelving 333B; Remove display case 293; Glass in doors 239; Panic buttons 209, 244
- Conference Center Building: Connect new ovens on 4th floor; Add receptacle to column 224A
- Dabney Buehler: Renovations 675, 676, 677; Electric 216; Fume hood replacement in 402 and 404; Electric 349; Paint and floor tile 531
- Delta Gamma Sorority: Replace 2 showers
- Dougherty Engineering: Renovate restrooms on 1st floor; Paint, carpet, wall 422; Electric work 206
- ETREC Johnson Animal: Paint floor in swine area
- Food Science: Rework lights and counter tops in 105
- Fred Brown: HVAC, exhaust for food areas
- Glazer Building: Replace carpet in Suite 100; Lockable gate on dumpster enclosure
- HPER: Paint B020; Paint and carpet 328; Mesh gates/offices B001, B002; Paint and patch 301; Level floor 113, 120-124; Wall and door 143
- Haslam Business Building: Painting and signage 399A; Renovate 418 Anderson Center
- Hesler Biology: Electric work 114; Renovate 104 and 105 for labs; Repair ceilings on 5; Remove growth chamber 245; Paint and carpet 537; Renovate 606; Add a wall in opening between 519 and 520; Install electric for growth chambers 535
- Hodges Library: Renovate suites on 1st and 6th floors; Renovate 171 for Census Bureau; Paint and wall coverings 235E; Paint and electric 630; Paint 323B; Urinal screens in men's restrooms
- Hoskins Library: Flooring for Air Force; Concrete pad for art work
- Humanities: Monitor power 212
- International House: Interior painting on both floors
- Jessie Harris: Paint B016; Paint and carpet 411; Renovations for B012, B023, B024; Paint and carpet on 3rd floor; Paint 112C; Push button lock B016
- Kappa Delta: can lights
- Law Complex: Paint and carpet suites 161, 166, 248; Add electric outside of study rooms; Offices, conference rooms 212
- McCord: Electric/concrete work 054; Security door 112
- McClung Museum: Access controls and new doors G070; Paint and flooring 103A
- McClung Tower: Replace penthouse ladder; Install LVT 1110; Paint and flooring 711; Renovations on 11th floor; New blinds on 6th floor; Blind on 8 and 10; Additional electric 1001; Paint and flooring 601 suite, 605 and 616; Paint and carpet 301A, 304, 305, 307, 307; Electric for a digital sign 501

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CONSTRUCTION (CONT.)

- Middlebrook Building: Modify door controls on 137; Shelving in Vol Shop storage
- Morgan Hall: Paint and electric 121; Paint and carpet 114 and 225; Carpet 118; Paint and carpet 308C
- Music Building: Bulletin board in corridor
- Mossman Building: Renovate labs 343 E & F, 351 E & F; Electric, paint for new monitors 101A, 101B; Install lockers 640
- Neyland Thompson: Base for General Neyland statue
- Perkins Hall: Renovate multiple rooms for BME
- Pi Kappa Alpha: Pour concrete pad
- Presidential Court: Replace ATM
- Regal Soccer: Dumpster pad, enclosure & landscaping
- Reese: Paint entire building; Resurface deck/parapet
- Senter Hall: Access controls 103; Electric lab 101
- SERF: Renovations for 103, 106, 108, 213; lab renovations 520 and 536; lab renovations 434, 438, 439; Hang a white board 611; Patch, Paint, locking 201
- Sigma Kappa: New flooring in dining & chapter rooms
- Soccer/Softball: Dumpster enclosure
- South and East Stadium: Replace carpet in block shop; Concrete repair
- South Greenhouse: Footing for gantry crane and electric for equipment 132
- SMC: Room signage on 5 and 7; Connect electric to tables in 701; Connect cubicles to electric on 7
- Student Aquatic: Mount and ground diving boards
- Student Health: Renovate 288A and 288B for offices
- Student Rec and Fitness: Hood up motors in gym
- Student Services: Renovate 116B (paint, signage, glass, cubicles); New cubicles and outlet for tv 301; Carpet 401J; Panic buttons 41#A and 413C
- Student Union: Door operator 373; Add weather stripping to door bottom 174N; Paint 174B-D; ADA operators in connector; Paint 180
- Thompson Boling Arena: Access controls 299G, 299H and 199; Pads and electric for balers
- Tickle: Renovations to high bay 110 for robotics lab; Renovate 525C small meeting room; Make 525K an office; Renovations in 509, 509A and 509B
- UT IAMM: Electric and utility work G025; Electric, utilities, pit modifications G007; Electric work G035; Electric work G002/G003; Electric work 240, 172 and G029; Modify fence around nitrogen tank; Panic button at reception desk
- UT Warehouse: New split door and electric work 115; Paint and carpet 210 and 211; Fence and cameras for recycling
- Vet Med Center: Electric and prep work for 2 new x-ray machines
- Vol Hall: Electric for maintenance shop 465; Renovation for Status Dough
- Walters Academic: Wiring for cubicles E204; Rework light switches A313E
- Zeanah Engineering: Card reader \ Add access controls for 8 rooms; Swap door and add access controls 511; Replace key control for doors with push button G117 and G116; Complete access controls on door G199B1
- 1525 University Ave.: Change light switch 211



- Facilities Services Complex Break Room & Shop Area
- Steam Plant (near time clock)
- Steam Plant Hill (Landscape Trailer)
- Hodges Library 1st Floor Service Hallway
- SERF Outside of Room 426
- The electronic employee comment box can be found at tiny.utk.edu/fscommentbox

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WEEKLY SAFETY STAND DOWN

ARE YOU READY FOR SOME FOOTBALL?

Football season is quickly approaching with the first game on August 31. There is nothing like the energy produced within Neyland Stadium on game day! It's no secret Facilities Services has a large part in making sure game day goes off without a hitch. It takes a large Facilities Services team to make game day successful. Our beloved football team makes sure they are prepared for game day, so we also should also make sure we are ready for game day. Below are some health and wellness tips to make sure we stay in the game.



- **HYDRATE!** Our first game is a 12:45 PM kick-off, which means it's going to be HOT. Make sure you start hydrating a few days before. During the game make sure you continue to hydrate. Supervisors keep an eye on your staff and give extra water breaks.



- **STRETCH:** I don't know about you, but I do not normally walk as much as I walk during a football game and I know I don't walk up inclines that much. Stretching is also good if you have a stationary job assignment. Stretching before and after the game can help elevate sore muscles the next day. Stretching also reduces injuries associated with strains and sprains, a common football work related injury.



- **MAKE SURE YOU EAT:** Meals, snacks, and water are provided for every Facilities employee who works football, make sure you eat. Food fuels the body and we need to be fueled up and ready to go on game day, so make sure you grab a meal and some snacks.



- **BRING A CHANGE OF CLOTHES:** If you are part of our team that ends up with a lot of trash from the games on your clothes at the end of the game, consider having a change of clothes available for you to change into before you go home.

Keep an eye out for each other, team work is going to get us through this football season. Let's make this the safest season yet! Go Vols!!