

June 2025

# PROACTIVE HEALTH & SAFETY

## Maintaining Wellness



One of Facilities & Campus Operations (F&CO) key missions is preventative maintenance of the buildings we sustain on all three George Mason campuses. Like the efforts we put into university building health and safety, we champion our team members to have the same level of nurturing of their own good **mental and physical health**.

***This month, we focus on maintaining our health and safety through different sessions of preventative wellness.***

*Check out the schedule below for a list of session dates and times.*

***Remember to REGISTER for all those you're interested in.***

## FAIRFAX

### Wednesday, June 11, 2025

**7AM – 8AM | CPR/AED Training**

*Warehouse Classroom*

**8AM – 9:30AM | Stop the Bleed**

*Warehouse Classroom*

**10AM – 1PM | General Wellness**

*Sessions last about 15 minutes per person*

*F&CO HR Suite*

### Wednesday, June 18, 2025

**7AM – 8:30AM | Routine Preventive Maintenance (RPM)**

*Sessions last about 30 minutes*

*Warehouse Classroom*

**9AM – 10:30AM | Back on Track**

*Sessions last about 30 minutes*

*Warehouse Classroom*

**11:30AM – 1PM | Recharge**

*Sessions last about 30 minutes*

*Warehouse Classroom*

**1PM – 2PM | Open Q&A**

*Warehouse Classroom*



**Scan here to for more information and to register!**  
**[go.gmu.edu/FCOwellness](https://go.gmu.edu/FCOwellness)**

**For any questions or edits to your session selections, email [fachrr@gmu.edu](mailto:fachrr@gmu.edu).**

# PROACTIVE HEALTH & SAFETY

**We focus on maintaining our health and safety through different sessions of preventative wellness.**

**Registration is required due to limited space capacity.**

**Sessions included:**



## **CommonHealth: Routine Preventive Maintenance**

Hit the road to health and wellness with tips and information on employee benefits that can help us thrive in five key areas: medical, physical, emotional, financial, and occupational.



## **CommonHealth: Back on Track**

A session on general spine health and the ergonomics for skilled trades, such as hand ergonomics with tools, while also expanding on back safety and lifting practices.



## **CommonHealth: Recharge**

Have you noticed that you get enough sleep, but you're still not feeling rested? Sleep and rest are not the same thing, and sleep doesn't provide all of the different kinds of rest we need.



## **CPR/AED Training**

Learn the fundamentals of responding to a cardiac emergency by performing hands-only CPR, and how to operate an AED.  
English (with Spanish assistance)



## **Stop the Bleed**

Teaches participants how to provide first aid for large volume bleeding and use a tourniquet.  
English (with Spanish assistance)



## **General Wellness Checks**

F&CO employees will be able to participate in one-on-one sessions checking the following:

- Blood pressure check
- Vision test
- Finger Stick Rapid Cholesterol test and Glucose check for diabetes screening

**BIG Thanks to Our Partners: CommonHealth and George Mason's Employee Health & Well-Being Team!**