

Updates



Back to Pilot 2A/B

- Going back to 1000 enters per day (Slowly reducing)
- NSD going back to 20 slots per day (had 47)
 - No change in enter requirements
- * Good time to check training profile and take online courses that are coming due

Updates



COVID Policy (Pub 3000 – New Chapter)

- Includes Lab Business Travel and Workers coming to the Lab
- Update being made
- No change in quarantine period (14 days)

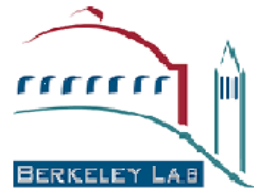
Telework Policy

- New guidance for beyond 150 miles

COVID Testing

- Lab still working on having onsite testing available in January

Holiday Break



- **Secure your labs**

- Know who is doing what – Who needs to come in
 - Water Connections
 - Power to equipment
 - Chemicals and RAD into storage

- **Enjoy Your Time Off**

- Lab Management has asked that everyone take the break
“Please plan to enjoy the holidays as a time to relax and rejuvenate following this exceptionally challenging year.”
- Spend time doing activities you enjoy
- Unless approved, no onsite work
- Try to limit reading and sending work emails
- No video work meetings – Zoom Fatigue

Holiday Break



Zoom Fatigue

From an ASU study - Zoom burnout impedes your mental and physical health and compromises career success over the long haul.

Robert Half Staffing Firm Survey (October)

- 38% experienced video call fatigue
- 30% reported spending at least a third of their workday on camera
- 24% indicated virtual meetings are inefficient and exhausting and they prefer to communicate via email or phone

Video calls require more focus than a face-to-face

People are exhausted – Loss of regular sleep schedule

When You Return



Lab

- Go Slow
- Use the EH&S [Checklist](https://ehs.lbl.gov/coronavirus/) (<https://ehs.lbl.gov/coronavirus/>)
- Report Problems to EH&S, Building Manager, or Me

Video Meetings

- Use “Speedy Meetings”
- Before setting up a video call, always determine the goal and if it can be accomplished via other means
- Check the guest list
- Send agendas and other materials in advance
- Set the tone that it is okay to move around (virtual, shut video off, laptop/phone)
- Must be OK to say “NO” (All Levels)

Not Over Yet



Scientists have identified several actions you can take to mitigate the harmful effects of Zoom burnout and maximize your energy, job performance and workday productivity.

- Blue Light Glasses – Better night sleep
- Time in Nature – Minimum of 120 minutes a week
- The 20-20-20 Rule – 20 minutes of screen time / 20 second break / look at something 20 feet away
- Open Awareness Mindfulness - the peaceful observing what's happening around you as it's happening

**Happy
Holidays!**

Questions?