

S. A. F. E. NEWSLETTER

Safety Awareness For Employees



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Serve. Safe.

Tis the season! Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the joy can change to misery if food makes you or others ill.

Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags.

The first rule of safe food preparation in the home is to **keep everything clean**. This includes washing hands frequently, cleaning cutting boards and utensils between uses, and wiping down countertops before and after food preparation.

Undercooked foods can make friends and family sick. Food is **safely cooked** when it reaches a high enough internal temperature to kill harmful bacteria. Cooking thoroughly makes sure all parts of the food—especially the center—reach a safe temperature. Always use a food thermometer—don't rely on color alone!

Keep food out of the "danger zone." Germs can grow rapidly in the danger zone between 40°F and 135°F. After food is prepared, keep hot food hot (135°F or above) and cold food cold (40°F or below). Never leave food out for more than 2 hours at room temperature. For storage, the temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.

There will be leftovers. **Follow the "2-2-4 Rule"** for holiday leftovers: refrigerate perishable food within 2 hours (1 hour if temperature is above 90°F), use shallow containers no more than 2 inches deep for quick cooling, and eat or freeze leftovers within 4 days to prevent bacteria growth. Only reheat once—don't keep reheating leftovers multiple times. **If in doubt, throw it out.**

Safety Spotlight

As temperatures begin to cool across the state, space heaters have begun making their way into patient care areas. In accordance with UAMS Policies 11.4.21 and 11.4.07, and regulatory guidelines, space heaters and personal electrical appliances are strictly prohibited in all patient care areas and employee sleep rooms. These restrictions are in place to ensure safety and compliance. If you have questions or concerns, please contact OH&S.



Occupational Health & Safety



501-686-5536



<https://uams.edu/campusopsstaging/depts/ohs/>



Only Rain Down The Drain

On a stormy day in Arkansas, as rain covers the pavement, the sides of the roads become streams and usually grassy areas turn into ponds. As the rain keeps falling, water rushes to the closest storm drain, being redirected to natural bodies of water in our communities. Stormwater is a concern when we step in a puddle or we worry about hydroplaning during our commute, but we typically don't think about it when the sun is shining...

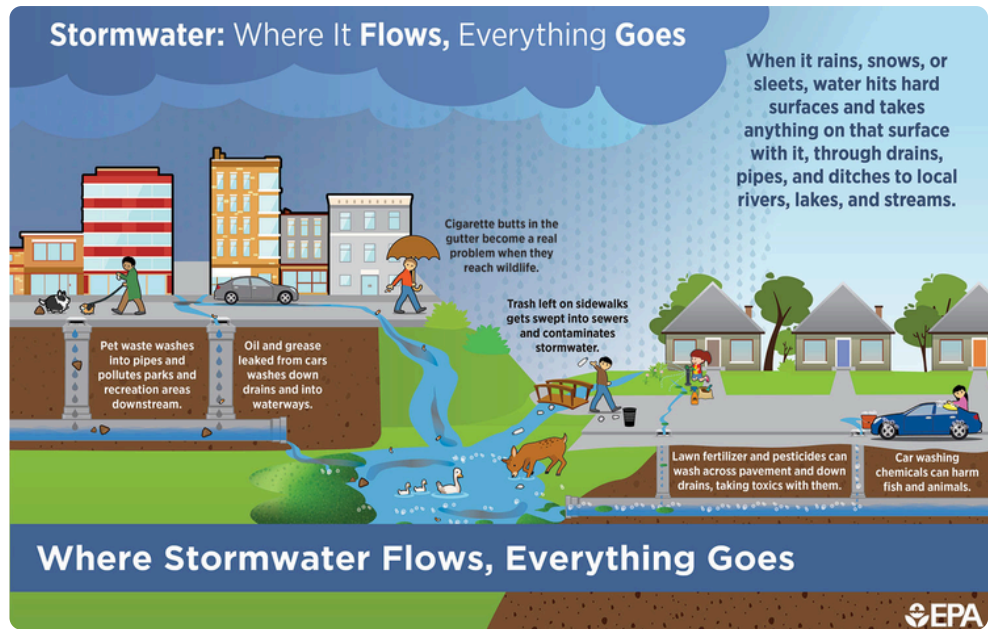
Stormwater runoff is generated from rain and snowmelt that flows over land or impervious surfaces, such as paved streets, parking lots, and building rooftops, and does not soak into the ground.

Most storm drain systems are designed to quickly move rainwater and surface runoff into the nearest watershed. Unlike sanitary sewers, storm drains do not treat water. Whatever enters the drain — rainwater, oil, trash, chemicals — flows untreated into the environment. Construction debris, hazardous materials, pet waste, and illegal dumping are also potential sources of local stormwater pollutants.

Stormwater pollution is a major environmental challenge, but it's also preventable. To protect water resources, communities can employ management practices to control stormwater and prevent pollution at its source.

There are things we, the UAMS community, can do to help reduce stormwater pollution, too.

- Use refillable water bottles
- Place litter in the proper container
- Never wash spills down the storm drain
- Dispose of chemicals in the proper receptacle
- Keep dumpsters under cover or have working lids
- Repair vehicles that are leaking oil or fluids
- Remove dirt/sand that has washed into stormwater drains
- Use lawn or garden chemicals sparingly



Stormwater pollution directly threatens our drinking water, aquatic ecosystems, public health and local economies. Preventing it is far easier and more cost effective than cleaning up the damage later. Even small actions—like picking up a piece of trash or choosing a green cleaner—can ripple outward to protect entire watersheds.

Caring about stormwater pollution means protecting our environment, health, and future. Whether you're an employee, faculty, staff, or student, small actions—like picking up litter or planting native vegetation—can make a big difference.

Remember:

**ONLY RAIN
DOWN THE DRAIN**

Safety Awareness For Employees

Tips That Could Save Your Life...

I recently stumbled upon an online thread where a user asked: "What's a fact that could actually save your life" - and the responses were eye-opening. Below are some lifesaving facts you'll definitely want to remember.

- **Sleep with the door closed.** If a fire happens while you're sleeping, having the door closed could leave the room completely untouched.
- In the event you need to **break a car window**, don't aim dead center. Car windows are much more brittle along their edges.
- If you get **trapped on thin ice**, lie down on your stomach and crawl/wiggle your way back to shore. Dispersing your weight across more surface area will likely help the ice hold.
- **Chemical burns** are not like fire or heat burns - many will not immediately trigger a reflex action of pain.
- Most **drunk driving** deaths occur on Saturday night between midnight and 3am. Avoid the roads during these times if possible.
- If your car's **accelerator pedal gets stuck** or something else is causing unintended acceleration, put it in neutral.



If you're stranded with little to no cell service, your phone is about to die, or your car battery is dead, etc. change your voicemail message to your location, status, and any special instructions! Even if your cell phone dies, a caller can still connect to your voicemail.



- If you get **lost in the woods**, stay where you are. Trying to find your way out just creates a larger search area.
- **Flammable and inflammable** mean the same thing! Both mean capable of burning.
- Whether you're being **attacked or taken**, try to scratch the person. This way you'll have their DNA under your nails.
- Purple flags at the beach mean **dangerous sea life** in the area. It serves as a warning to exercise caution and be alert for these animals.
- Not all **medications** can be taken together, even OTC meds. Many medications have dangerous interactions.
- If you are **choking**, you can give yourself the Heimlich Maneuver.
- If you find yourself on or near **railroad tracks**, remember, trains move much faster than they appear to.
- A **wagging tail** does not always mean that the dog is friendly.

Safety Awareness For Employees

NOVEMBER



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- ACCELERATOR
- ARKANSAS
- CHOKING
- COMMUNITY
- DANGEROUS
- DANGER ZONE
- FAMILY
- HEALTH
- HEATERS
- HOLIDAYS
- INFLAMMABLE
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- MEDICATION
- POLLUTION
- REFRIGERATE
- SAFETY
- SPOTLIGHT
- STORMWATER
- THANKSGIVING
- THERMOMETER
- VETERANS
- WATERSHED
- WINDOW

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