



# S.A.F.E. Newsletter



## Safe & Sound



Healthcare workers face a number of serious safety and health hazards. They include bloodborne pathogens and biological hazards, potential chemical and drug exposures, waste anesthetic gas exposures, respiratory hazards, ergonomic hazards from lifting and repetitive tasks, laser hazards, workplace violence, hazards associated with laboratories, and radioactive material and x-ray hazards just to name a few...

Along with medical and research staff, large healthcare facilities like UAMS, employ a wide variety of trades that have additional health and safety hazards associated with them. These include various maintenance groups, housekeeping, food services, laundry, and administrative staff. With the wide range of employees across the industry, there's a reason that healthcare workers report more incidents and injuries than any other sector. Just last year, the healthcare industry recorded the highest number of injuries and illnesses nationwide, with 308,000 cases, [according to VelocityEHS](#).

In our hazardous work environment, how are you keeping yourself safe? Personal accountability for following safety procedures is crucial for workplace safety because it fosters a culture where everyone takes responsibility for their actions and their impact on the safety of their colleagues. If you have safety questions or concerns, please reach out to the UAMS Health & Safety office at 501-686-5536.

## Look Twice

Millions of people across the United States ride motorcycles – some as a primary or secondary form of transportation, and others as a leisure ride. In Arkansas alone, there are over 76,000 registered motorcycles with biker's on the road for a large portion of the year. Those that ride are significantly more likely to be injured or killed in traffic crashes than occupants of passenger vehicles, with a fatality rate nearly 28 times higher in 2023. TX, MS, and AR have the highest number of motorcycle fatalities in the country.



### Tips for Motorcyclists

- Observe all traffic laws and always obey the speed limit.
- Wear a DOT-compliant helmet and other personal protective gear. NHTSA estimates that helmets saved the lives of 1,872 motorcyclists in 2017. An additional 749 lives could have been saved if all motorcyclists had worn their helmets.
- Never ride while impaired or distracted. A DUI costs an average \$10,000 and can lead to jail time, loss of your operator's license, and higher insurance rates.
- Complete rider education courses and ride with a current motorcycle license.
- Drive and ride defensively.

### Tips for Motorists

- Remember that motorcyclists have the same rights on the road as any other motorist.
- Observe all traffic laws, use signals, and always obey the speed limit. Yield to motorcyclists, especially when you are turning at intersections.
- Motorcycles are smaller than most vehicles and can be difficult to see. If you are turning at an intersection with an obstructed view of oncoming traffic, wait to see around the obstruction, scan for all roadway users (pedestrians, bicyclists, and motorcyclists), and proceed cautiously.
- When following a motorcycle, allow for plenty of space around the motorcycle to maneuver or stop in an emergency. Monitor speed, or adjust lane position to avoid hazards.
- Never drive distracted.



## Stop. Look. Lock.

You say you'd never let them out of your sight, but never happens. Did you know about 37 children a year die from heatstroke, either because they were left or became trapped in a car. During the summer, that's about two children every week killed in a hot car.

The majority of hot car deaths — 52% — happen because someone forgets a child in a car. You may be asking yourself: How does this happen? Families who lost a loved one thought the same thing at one point, but then the tragedy happened to them. Hot car deaths don't just occur in the summer heat. On average, the first vehicular heatstroke of the year happens in March, according to Jan Null, who has been tracking such deaths since 1998. Among the trends he discovered over the years:

- About 47% of the time when a child was forgotten, the caregiver meant to drop the child off at a daycare or preschool.
- Thursdays and Fridays — the end of the workweek — have had the highest deaths.
- More than half of the deaths (55%) are children under 2 years old.

Arkansas summers are hot and children's bodies heat up much faster than adults', making them especially vulnerable to heatstroke, even on relatively mild days. Parents and caregivers, get in the habit of always checking the back seat of your car before locking the doors. Remind your friends and family that have children: **Once You Park — Stop. Look. Lock.**

For more information on keeping your child safe in and around your vehicle, visit the National Highway Traffic Safety Administration website on [Keeping Kids Safe](#).

# picnic

## Word Search



- BASKET
- BLANKET
- BURGER
- COOKIES
- COOLER
- CUPS
- DESSERT
- FAMILY
- GAMES
- KIDS
- PARK
- PAVILION
- RELAX
- REUNION
- SANDWICH

