

# S. A. F. E. NEWSLETTER

*Safety Awareness For Employees*

UAMS

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## What is a Muster Point?

You've probably heard that muster points are critical to an emergency action plan. But how do they fit into the rest of our UAMS emergency plan?

A muster point is the location where personnel evacuate and gather in the event of an emergency. With a large footprint like ours, multiple muster points are distributed around the campus. This ensures everyone inside has a safe area they can quickly reach outside should an emergency arise.

Do you know where **your** muster point is located?



WORK  
SAFETY

Hazards

Protection

Risks

Health

Procedures

## Situational Awareness

Situational awareness is one of the most important life skills that help in improving safety, productivity, and better decision-making. It's the ability to perceive what's happening around you, understand how it affects your tasks or team, and anticipate what might happen next. It means being wholly aware of the environment, identification of possible hazards, and proper response to changed circumstances. Awareness of your surroundings allows you to make informed, real-time choices.

Are you aware of what's going on around you? The difference between being a victim and a survivor often comes down to your level of situational awareness.



Occupational Health & Safety



501-686-5536



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



## Preparing for the Unexpected

Emergencies can strike with little to no warning, disrupting our lives and potentially causing harm. Being prepared for these situations is crucial, not just for our own safety, but also for the well-being of our loved ones and community.

Each September we observe **National Preparedness Month**. This annual event encourages individuals, families, and communities to prepare for emergencies and disasters. It's a great time to review emergency plans, assemble disaster kits, and learn about potential risks in our area.

National Preparedness Month aims to remind everyone that being prepared can make a significant difference in the face of adversity. By taking proactive steps, individuals can increase their resilience and ability to respond effectively during emergencies.

Emergencies can range from natural disasters like floods, tornadoes, wildfires and earthquakes, to more localized events

like power outages, medical emergencies, or even unexpected personal crises. Having a plan and being prepared can significantly reduce the impact of these events.

Emergency preparedness is an ongoing process that requires planning, practice, and awareness. By taking steps today to prepare for potential emergencies, you can increase your resilience and protect yourself and your loved ones. Start today by creating a plan, building an emergency kit, and staying informed about potential threats that may arise in our communities. Emergency preparedness experts say that preparation can make all the difference when disaster strikes.

Are you prepared for the unexpected? Ready.gov and FEMA.gov are two great resources that offer information on various types of emergencies, planning, and supply lists to make sure everyone stays safe when it matters most.

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## Be Safe. Be Smart.

As summer draws to a close and kids start heading back to school, family life can get hectic. It's important to remember, and share with your kids, some key tips that will help keep them safe and healthy throughout the school year.

**Adjust Sleep Schedules:** Ease back into earlier bedtimes and wake-up times to help kids adjust to the school schedule.

**Establish Routines:** Create predictable routines for mornings and afternoons to reduce stress and ensure smooth transitions.

**Plan Ahead:** Get organized with school supplies, clothing, and meals to minimize last-minute chaos.

**Communicate with Teachers:** Get to know your child's teachers and stay involved throughout the year.

**Address Emotional Concerns:** Listen to your child's worries about returning to school and help them navigate any anxieties.



Doctors and safety experts are increasingly concerned about the risk associated with distraction while walking. Preoccupied and distracted pedestrians have become more common and not just on the streets. This loss of situational awareness is similar to that of a distracted driver. The result can be injury or death.

## A Pretty Penny...

Emergencies can happen at any time and when they do, they could put a strain on your finances if you're not prepared for them. Many people create dedicated savings to help with any unplanned costs. According to Vanguard, over time, you should aim to build somewhere between 3 and 6 months of living expenses. That doesn't mean 3 to 6 months of your salary, but how much it would cost you to get by for that length of time.

Unexpected expenses may take a toll on your stress levels and your bottom line. But if you prepare for them ahead of time and start setting money aside now, you're helping set yourself up for success when the unexpected happens.

Even a small amount set aside in your emergency fund now can help bring you peace of mind and financial security for the future. Your emergency fund is built for the unexpected. But if life stays steady, it can also support short-term goals—like a vacation, move, or that new refrigerator you've had your eye on.

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# AWARENESS

Z U O T X E Q O K E Q U I P M E N T Z F P L B  
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ACTION  
ALERT  
ATTENTION  
AWARENESS  
COGNIZANT  
COMMUNITY

CONTEXT  
ENVIRONMENT  
EQUIPMENT  
EXIT  
EXPENSES  
FIRE EXTINGUISHER

FLOOR  
HAZARD  
INJURY  
MINDSET  
MUSTER  
OBSERVE

PARKING  
PEDESTRIANS  
PREPAREDNESS  
RESILIENCE  
RISK  
SAFETY  
WEATHER

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