



S.A.F.E. Newsletter



Breast Cancer Awareness

October is Breast Cancer Awareness Month which can mean different things to different people. For some, it's a trigger — 31 days in the fall of pink-ribbon reminders of a disease that forever changed them. For others, it's a chance to show their support for the more than 2 million women around the world who are diagnosed with the disease each year.



According to the [National Breast Cancer Foundation, Inc.](#), in 2024, more than 360,000 people will be diagnosed with breast cancer in the United States. But there is hope. Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S.

The two most common risk factors of breast cancer are **being born female** and **getting older**.

In 2024, it is estimated that nearly 43,000 people in the U.S. will **die from breast cancer**.

[Susan G. Komen](#) encourages you to dedicate this October as a time of action — both for yourself and others. Living a healthy lifestyle is within your control and may lower your risk of breast cancer. Maintain a health weight, limit alcohol intake, and exercise regularly. It all matters when it comes to your overall health and risk of disease.

Hear Today, Gone Tomorrow

Did you know that sounds that are too loud for too long can damage your hearing permanently? The louder the noise, the faster it can damage your hearing. This October, during National Protect your Hearing Month, the National Institute on Deafness and Other Communication Disorders (NIDCD) encourages everyone to learn about noise-induced hearing loss (NIHL) and steps you can take to prevent it.



NIHL can happen to anyone at any age. Up to 24 percent of American adults under age 70 may have hearing loss due to noise exposure in one or both ears. Other studies have suggested that 13 to 18 percent of U.S. teens have signs of possible hearing loss from noise.

By taking simple steps to protect your hearing, you can prevent long-term damage and maintain healthy hearing throughout your life. For more information and steps to protect your hearing, visit the [NIDCD website](#).



National Substance Abuse Prevention Month is celebrated in October and highlights the importance of preventing substance abuse for the health of individuals and our communities. It also recognizes those who have died from substance abuse, and those who are in recovery, as well as their families and friends.

Given the substance use and overdose challenges facing our country, prevention has never been more important. As a nation, we continue to face significant substance use and mental health challenges, especially among youth and young adults. Prevention works and can help us get ahead of these challenges so that youth, families, and communities can thrive.

This month, each of us can inspire action by sharing how prevention is improving lives in our communities and those across the nation. For more information and resources visit the [Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov) website.

Ergonomics Awareness

Regardless of your location, it's important that your workspace fits your needs. That's where ergonomics can help. This month, it's a time to consider the relationship between your body and your work environment, and how to optimize your workspace to fit your needs. Did you know half of Americans have a musculoskeletal disorder (MSD) – an injury to the muscles, nerves, tendons, joints, cartilage, or spine? These MSDs are often caused by repetitive movements, excessive vibration, awkward postures, extreme temperatures, heavy lifting, and overexertion.

It's important to remember to take breaks. Especially with sedentary work, such as sitting at a computer for multiple hours, breaks should be a priority. By taking breaks, you can increase blood flow throughout your body, improve your mood and decrease stress, all the while improving your range of motion and boosting performance.

Your body sends you signals, such as by feeling fatigued or stiff, to tell you you may need a break. Throughout the day, pay attention to those signs while working. Fatigue is inevitable but this can help indicate that your body needs a change in position or movement. Instead of working through fatigue, take a break instead!

For more information on ergonomics and to access the UAMS interactive ergonomic self assessment, check out the [OH&S landing page](#) and click on Ergonomic Office Workstation Setup.



Is This Hazardous??



Did you know that, across the UAMS campus, there thousands of various materials in use? While not all of those materials are considered hazardous, a small percentage are. Because we utilize hazardous materials, UAMS also maintains a Hazardous Materials and Waste Management Plan.

The Hazardous Materials and Wastes Management Plan is an “umbrella” plan that defines the mechanisms for safe handling and disposal of different hazardous waste streams. These waste streams include chemical, biological, radiological, pharmaceutical, and universal wastes.

The Management Plan addresses methods both to identify materials that need special handling and to prescribe processes to minimize the risk of their unsafe use and/or improper disposal. All UAMS personnel are required to familiarize themselves with the plan and be knowledgeable about the types of waste(s) their workspace generate.

The [Hazardous Materials and Waste Management Plan](#) is available for review via the Occupational Health and Safety landing page. If you have any questions or concerns please contact Mary Garza, Chemical Hygiene Officer, via email at mgarza3@uams.edu.

FALL WORD SEARCH

H	J	N	I	F	I	P	J	K	R	F	H	R	E	T
A	D	M	B	Z	O	R	U	E	T	F	J	E	Y	H
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J	Q	R	S	L	X	R	E	B	M	E	T	P	E	S
Y	E	T	E	V	G	Y	T	H	W	I	C	K	U	J

ACORN	APPLES	AUTUMN	CANDY	CIDER
FOOTBALL	HALLOWEEN	HARVEST	HAYRIDE	LEAVES
NOVEMBER	OCTOBER	PUMPKIN	RAKE	SCARECROW
SEPTEMBER	SUNFLOWER	SWEATER	THANKSGIVING	TURKEY

Flu Shot Reminder

SEHS will begin offering vaccines at flu shot clinics on campus on Oct. 4.



All vaccines will be provided on the ground floor concourse in ED II.

Log in to your MyChart account and complete the consent form within 48 hours of your appointment. You can find this form by clicking on your upcoming appointment.

The deadline for fulfilling the mandatory flu shot vaccine requirement or approved exemption is Nov. 16. SEHS is not administering COVID vaccines.