



## What is Radiation?

Radiation is energy that moves from one place to another in a form that can be described as waves or particles. We are exposed to background radiation in our everyday life. Some of the most familiar sources of radiation include the sun, kitchen microwaves, and the x-rays we get at the doctors office.



Radiation has many beneficial applications but, as in every activity, when there are risks associated with its use specific actions need to be put in place to protect the people and the environment. At UAMS, radiation is used in a number of areas across campus from healthcare to research.



Fortunately there are very few situations where an average person is exposed to sources of radiation above background. For most UAMS personnel, the risk of radiation exposure is negligible at best. However, it is important that employees and students be aware of areas where radiation is used. These areas are clearly marked with appropriate signage. If you see a radiation sign, check with personnel before entering the area.

Monitoring dosimeters are also placed in these areas to ensure the safety of the public and non-radiation employees. Should you find a misplaced dosimeter, please return it to the Radiation Safety Office located in G158 of the Central Building.

For employees who work in areas where radiation is present, time, distance, and shielding actions minimize your exposure.

- Limiting the amount of time a person is exposed reduces the dose they receive.
- The intensity of the dose decreases as the distance from the radiation source increases
- Shielding is simply a barrier placed between a radiation source and the area or person that needs to be protected.

These three principles combine to work towards the goal of keeping radiation exposure “as low as reasonably achievable”, or ALARA. ALARA means avoiding exposure to radiation that does not have a direct benefit to you, even if the dose is small.

✓ Time

✓ Distance

✓ Shielding

For questions regarding radiation areas and/or radiation safety contact the call center at 501-526-0000 to be connected to the Radiation Safety Office or email Laura Hanson, RSO at lhanson@uams.edu or Kayla Dailey, RSO at kdailey@uams.edu.

# Back to School



It's that time of year again where parents and students across the state are preparing for back to school. With all the changes and challenges this time of year presents, things can get pretty hectic.... Now is the time to familiarize yourself with ways to keep safe and healthy throughout the school year.

Whether a parent, student, teacher, or even someone that lives in, or commutes through, a school zone; the following "Back to School" tips will help keep everyone safe this school year.

## Sharing the Road

School days bring congestion: Buses are picking up and dropping off their passengers, kids on bikes are hurrying to get to school before the bell rings, pedestrian traffic is increased, and working parents are trying to drop their kids off and get to work on time... With all that activity, it's never more important for drivers to slow down and pay attention - especially before and after school.

- Slow down and obey all traffic laws and speed limits, both in school zones and in neighborhoods surrounding the school.
- Comply with local school drop-off and pick-up procedures for the safety of all people accessing the school.
- Avoid double parking or stopping on crosswalks to let passengers out of the car. Double parking will block visibility for other children and other motorists.
- Avoid loading or unloading children at locations across the street. This forces people to unnecessarily cross busy streets—often mid-block rather than at a crosswalk.
- Prepare to stop for a school buses when yellow lights are flashing. Drive with caution when you see yellow hazard warning lights are flashing on a moving or stopped bus.
- Stop for a school bus with its red lights flashing, regardless of the direction from which the driver is approaching. Drivers must not proceed until the bus resumes motion and the red lights stop flashing, or until signaled by the bus driver.
- Watch for persons walking or bicycling (both on the road and the sidewalk) in areas near a school.
- Watch for individuals gathering near bus stops.
- Watch for people walking or biking in school zones when backing up (out of a driveway or leaving a garage).



# New & Returning Students



Going to college is an exciting chapter of every student's life. College allows you to experience new freedom and opportunities. However, it also comes with new responsibilities, like taking care of yourself and staying safe. Personal safety should be top of mind on the list of responsibilities college students have. When you go to a new place, it's important to be safe and that begins with getting familiar with and being aware of your surroundings.

Situational awareness is a safety skill that involves being aware of what's happening around you, including your location, potential hazards, and where you should be. It's a critical component of making good decisions in many situations, especially on campus, where it can affect your health, safety, and performance. A lack of situational awareness is a major factor in accidents caused by mistakes or errors.

As you familiarize yourself with your new schedules, classes and professors, and navigate the halls across campus, be aware of your surroundings. Avoid distractions while walking and driving, be mindful of others in shared spaces like corridors and dining facilities, and make this school year safe and successful.

## Radiation Word Search

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

- ALPHA
- ATOMIC
- BECQUEREL
- BETA
- COSMIC RAY
- CURIE
- DECAY
- ELECTRON CAPTURE
- FISSION
- FUSION
- GAMMA
- GEIGER
- HALF LIFE
- INDUCED
- IONIZATION
- ISOTOPE
- NEUTRON
- NUCLEAR
- PHOTON
- POSITRON
- PROTON
- RADIOACTIVITY
- RUTHERFORD
- URANIUM