

S. A. F. E. NEWSLETTER

Safety Awareness For Employees

UAMS®





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How Do You Do Safety?

Each June, we celebrate National Safety Month! This annual observance is sponsored by the National Safety Council to stress the importance of safety at work, home, and on the road, and to highlight the leading causes of preventable injuries and fatalities. National Safety Month is a great opportunity to reinforce your commitment to workplace health and safety. This year's weekly themes include:

-  Moving Safety Forward (June 1 - 6)
-  Staying Safe on the Roads (June 7 - 13)
-  Promoting Holistic Worker Health (June 14 - 20)
-  Preventing Slips, Trips, and Falls (June 21 - 30)

To kick off the month, week one focuses on advancing a culture of safety with proactive strategies that prioritize employee health and safety. This includes making safety a core organizational value and focusing on preventing incidents and accidents before they happen.

Injuries resulting from roadway incidents involving motorized vehicles are the leading cause of work-related deaths. According to the Department of Transportation, roadway fatalities had been declining consistently for 30 years, but progress has stalled over the last decade. With that in mind, week two highlights the importance of focusing on all aspects of driver safety including distracted and impaired driving as well as speeding.

Week three's emphasis focuses on the importance of supporting total worker wellbeing—including mental, physical, and emotional health. They also explore the connection between employee wellbeing and safety. According to the NSC, a comprehensive approach to workplace safety must factor in the underlying causes leading, or contributing, to injuries.

Based on recent data, incidents related to slips, trips, and falls are the second leading cause of workplace fatalities, and the third leading cause of workplace injuries. In many cases, these types of injuries are preventable. Prevention strategies include maintaining clean, dry, and non-slip flooring; requiring the use of proper footwear; avoiding distractions such as cell phone use while walking; and addressing spills immediately to prevent slipping hazards.

How do **YOU** work safely?



Environmental Health & Safety



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Moving Safety Forward

The first week of National Safety Month centers on “Moving Safety Forward,” which focuses on strengthening safety culture through proactive strategies, modern tools, and continuous improvement.

This theme emphasizes the importance of creating a forward-thinking safety program at work. Your employees deserve a safety program that doesn't simply react to incidents but actively works to prevent them. It involves:

- Encouraging employees to report hazards and near misses
- Updating outdated policies and procedures
- Leveraging technology for safety monitoring and reporting
- Conducting regular safety training and audits

Organizations are encouraged to foster a culture where safety is a shared

responsibility across all levels, from frontline workers to leadership.

Why It Matters in the Workplace. A strong safety culture is the foundation of all workplace safety initiatives. Without it, even the most robust policies can fail due to lack of engagement or accountability. When employees feel empowered to speak up about risks and actively participate in safety practices, organizations can identify hazards earlier before they result in injuries or costly incidents.

Additionally, businesses that prioritize proactive safety measures often experience:

- Reduced workplace injuries and associated costs
- Improved employee morale and trust
- Better compliance with OSHA and regulatory standards
- Increased productivity and operational efficiency

Ultimately, Week 1 sets the tone for the entire month by reinforcing that safety is not a one-time effort. It's an ongoing commitment to continuous improvement.

Moving safety forward in a healthcare organization requires shifting from a compliance-focused approach to a systems-focused approach. Healthcare organizations move safety forward when they transition from reacting to incidents to proactively designing safer systems.

The most effective safety programs combine leadership commitment, employee engagement, human factors principles, risk management, and operational reliability to create an environment where both patients and employees can thrive. Safety becomes not just a department's responsibility, but a shared organizational value that influences every decision.

How are **YOU** moving safety forward?

Safety Awareness For Employees

Staying Safe on the Roads

The second week focuses on roadway safety, addressing one of the leading causes of work-related fatalities: motor vehicle incidents.

“Staying Safe on the Roads” highlights the risks associated with driving — whether employees operate company vehicles, commute for work, or travel between job sites. Key focus areas include:

- Preventing distracted driving
- Practicing defensive driving techniques
- Maintaining vehicles properly
- Promoting safe behaviors among drivers, pedestrians, and fleet operators

Why It Matters in the Workplace. Motor vehicle crashes consistently rank among the top causes of occupational deaths, making roadway safety a critical workplace issue.

Beyond the roadway industry itself, employees driving fleets (or even commuting) for business travel still present risks. Employers have a responsibility to ensure that employees who drive for work are properly trained and equipped to do so safely.

By promoting safe driving habits, organizations can:

- Reduce accident-related injuries and fatalities
- Lower insurance costs and liability risks
- Protect company assets and brand reputation
- Improve employee well-being both on and off the job

Healthcare organizations often overlook roadway safety even though vehicle-related incidents are among the leading causes of occupational fatalities.



A comprehensive roadway safety program should address employees who drive organization-owned vehicles, operate personal vehicles for work purposes, transport patients, or travel between facilities.

Taking steps such as implementing driver safety programs, offering defensive driving training, and establishing clear policies on distracted driving can significantly reduce risk in this area.

UAMS employees should feel comfortable reporting roadway hazards, unsafe driving behaviors, if you see something, say something.

How do **YOU** stay safe on the road?

Safety Awareness For Employees



Holistic Worker Health

Week 3 of National Safety Month shifts the focus from physical hazards to overall employee well-being, recognizing that safety extends beyond the workplace environment to include mental, emotional, and physical health.

“Promoting Holistic Worker Health” encourages organizations to adopt a comprehensive approach to safety by addressing factors like:

- Stress and burnout
- Fatigue and sleep quality
- Mental health challenges
- Physical fitness and wellness

The goal is to support the whole employee—not just prevent physical injuries—because well-being directly influences safety outcomes

Why It Matters in the Workplace. There’s a growing recognition that employee health and safety are deeply interconnected. Issues like fatigue, stress, and poor mental health can impair judgment, reduce focus, and increase the likelihood of workplace accidents.

For example:

- Fatigued employees are more prone to errors and injuries
- Stressed workers may struggle with concentration or decision-making
- Burnout can lead to disengagement and decreased compliance with safety protocols

By prioritizing holistic health, organizations can create an environment where employees are better equipped to perform safely and effectively.

How do **YOU** keep your mental, emotional, & physical health in balance?

Preventing Slips, Trips, & Falls

The final week addresses one of the most common—and preventable—types of workplace injuries: slips, trips, and falls. According to the National Safety Council’s most recent data, 844 workers died in falls, accounting for 17% of all workplace deaths. Nearly 480,000 workers were injured badly enough at work to require talking time off.

While slips, trips and falls might feel minimal, they can clearly lead to a cascade of consequences, lost productivity, and crushed employee (and employer) morale. This National Safety Month theme focuses on identifying and mitigating everyday hazards that can lead to serious injuries. Common prevention strategies include:

- Maintaining clean and clutter-free workspaces
- Ensuring proper lighting in all areas
- Using appropriate signage for wet or hazardous surfaces
- Encouraging proper footwear
- Regularly inspecting and maintaining walking surface

Slips, trips, and falls can occur in virtually any environment. Despite being common, these incidents are often underestimated and can result in significant injuries. In fact, slips, trips, and falls are among the leading causes of workplace injuries across industries, making them a critical focus area for employers.

How do **YOU** avoid slips, trips, and falls?

