

S. A. F. E. NEWSLETTER

Safety Awareness For Employees

UAMS®

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The Wheels on the Bus...

As summer break comes to an end, thousands of Arkansas students are jumping on buses and heading back to classrooms, sports practices, and after-school activities. While the excitement of a new school year is contagious, it's also the perfect time for families to focus on safety. A few simple precautions can help ensure your students stay healthy, safe, and ready to learn throughout the school year.

As a new school year begins, it's the perfect time for students and families to establish healthy routines and reinforce safe habits that support success both inside and outside the classroom. Simple practices such as getting enough sleep, eating nutritious meals, staying hydrated, practicing good hygiene, and remaining physically active can improve focus, energy, and overall well-being. Equally important are safety habits like wearing seat belts, following school bus and pedestrian safety rules, carrying backpacks correctly, and staying aware of surroundings. By making these healthy and safe behaviors part of the daily routine, students can reduce their risk of illness and injury while building a strong foundation for a successful, productive, and enjoyable school year.

For more information and back to school safety tips check out the resources available via the [National Safety Council](#), [American Red Cross](#), [National Highway Traffic Safety Administration](#), and the [Arkansas Department of Public Safety](#).

A safe and healthy school year starts with the small choices we make each day, and those habits can have a lasting impact on student success. By working together to promote safety, wellness, and preparedness, families can help every Arkansas student begin the school year with confidence and return home safely each day.



Safety Spotlight

Creating a safe workplace, providing high-quality care, and delivering exceptional service are shared responsibilities across UAMS. As part of that commitment, you have been assigned the UAMS 2026 Annual Safety Refresher in Workday Learning.

This required course provides important information and practical guidance to help you perform your role safely and responsibly, in accordance with UAMS policies. Please complete the training by September 30, 2026.



Environmental Health & Safety



501-686-5536



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



Workplace Violence

Healthcare workers dedicate their careers to caring for others, but they also face one of the highest risks of workplace violence. Violence can range from verbal abuse, threats, and intimidation to physical assaults by patients, visitors, or even coworkers. Workplace violence is not “part of the job.” While healthcare settings cannot eliminate every risk—awareness, preparation, and teamwork can significantly reduce the likelihood of an incident.

Recognize the Warning Signs. Recognizing early warning signs is essential. Agitated behavior, yelling, clenched fists, pacing, threats, or sudden changes in behavior may indicate that a situation is escalating. When these warning signs are identified early, staff can use de-escalation techniques, request assistance, or remove themselves from unsafe situations before violence occurs.

Respond Safely. Every employee has a responsibility to help maintain a safe work environment. Follow your organization's workplace violence prevention policies, report concerning behaviors promptly, participate in required training, and never hesitate to call for help when you feel unsafe. The UAMS Workplace

Violence Team, UAMS Police, supervisors, and co-workers are valuable resources during potentially dangerous situations.

Report Every Incident. Reporting is one of the most important steps in preventing future incidents. Many employees believe only physical assaults should be reported, but that is not the case. Verbal threats, intimidation, harassment, attempted assaults, unwanted physical contact, and inappropriate sexual and other behaviors that make you feel threatened or unsafe should all be reported.

At UAMS:

- All workplace violence incidents involving patients or visitors should be reported through the Press Ganey Workplace Violence Reporting System.
- All employee-to-employee workplace violence incidents should be reported through iSafe.
- If there is an attempted or actual physical assault, physical contact, or an immediate threat to safety, contact UAMS Police immediately at 501-686-7777 and notify the Behavioral Emergency Response (BERT) team at 501-940-6417. The BERT team will be able to provide guidance for patient incidents, UAMS resources and support if needed.

Every report provides valuable information that helps identify trends, recognize repeat behaviors, implement targeted interventions, and improve the safety of our patients, visitors, and employees.

You are not alone. The UAMS Workplace Violence Prevention Team is available to provide guidance, education, resources, and support before, during, and after workplace violence incidents. Whether you have questions about reporting requirements, de-escalation strategies, workplace violence prevention, or need assistance following an incident, we are here to help. Contact the UAMS Workplace Violence Prevention Team at 501-940-6417 or via email at bert@uams.edu.

Creating a safer workplace is a shared responsibility. By recognizing warning signs, reporting concerns, and supporting one another, we can continue building a culture where every employee feels safe, supported, and empowered to provide exceptional patient care.

Remember, workplace violence is **NOT** part of the job.

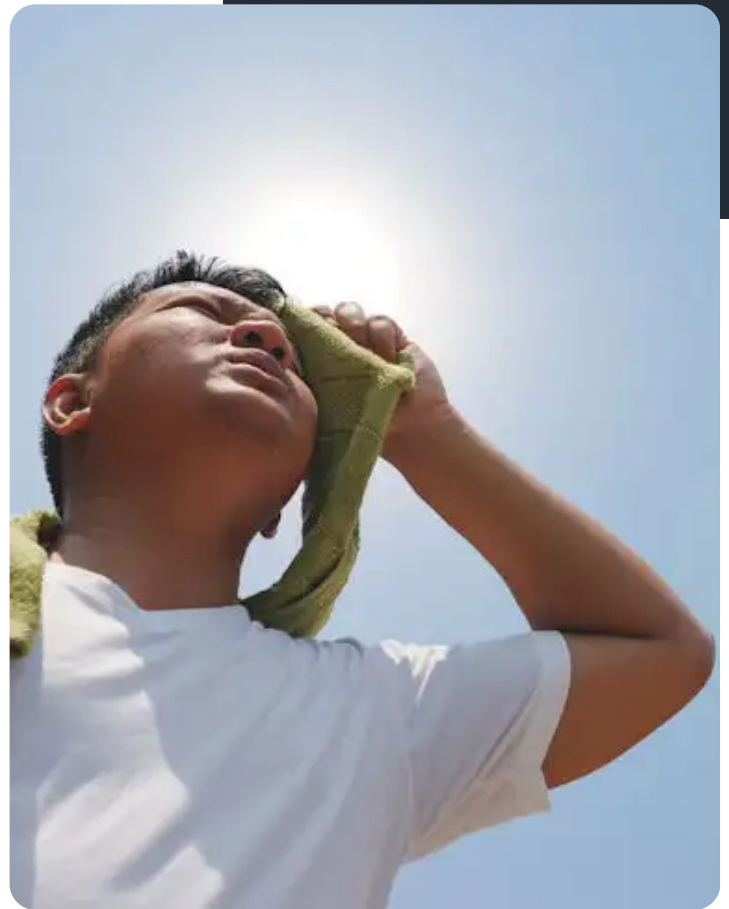
Safety Awareness For Employees

Beat the Heat

Working (and playing) in hot environments can quickly lead to heat stress, especially during the summer months or when performing physically demanding tasks. Heat stress occurs when the body is unable to cool itself effectively, increasing the risk of heat exhaustion or the life-threatening condition of heat stroke.

Protect yourself by drinking water frequently, wearing lightweight clothing, taking scheduled breaks in cool or shaded areas, and pacing your work during the hottest parts of the day. Be alert for early signs of heat stress, including heavy sweating, dizziness, headache, muscle cramps, nausea, or unusual fatigue.

If you or a coworker begins showing symptoms, stop work immediately, move to a cooler location, hydrate if able, and notify a supervisor. Prompt recognition and response can prevent a medical emergency. Remember: Recognize the signs, Respond quickly, and Recover safely before returning to work.



Practicing Wellness at Work

When you're feeling tired, mentally stressed, or unsupported at work, your body feels it, too. Tense muscles, poor posture and fatigue can all increase your risk of musculoskeletal disorders (MSDs).

MSD is a broad term used to identify common issues experienced by employees related to muscle discomfort, back pain, and sprains or strains. Making small changes in how you work, rest, and feel on the job can make a big difference. Try these:

Move your body. Go for a walk, stretch or do some light exercise to improve your posture, strengthen muscles, and help protect you from musculoskeletal pain and injury.

Take small breaks to pause and reset your posture. Increased mental workload can lead to riskier or more awkward working postures. When possible, step away from your workstation, move your body, rest your eyes, and hydrate.



Focus on one task at a time. A clear mind helps your body move safely.

Talk with trained professionals if you're feeling depressed or anxious. Anxiety and depression can increase your perception of pain, making musculoskeletal symptoms feel more intense and disabling.

Taking care of your mental well-being is an important part of protecting your physical health, and small daily habits can help reduce the risk of musculoskeletal disorders while keeping you healthier, safer, and more comfortable at work.

Safety Awareness For Employees

SUMMER

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BEACH
BICYCLE
CAMPFIRE
COCONUT
COOKOUT
CORAL
CRAB
FIREFLY
FLIPFLOP
HAMMOCK

ICE CREAM
JELLYFISH
JULY
JUNE
LAGOON
LEMONADE
LIGHTHOUSE
LIFEGUARD
MINNOW
OCEAN

POPSICLE
SAILBOAT
SANDCASTLE
SEASHELL
STARFISH
SUNBURN
SUNSCREEN
SURFBOARD
SWIMSUIT
WATERMELON

