

S. A. F. E. NEWSLETTER

Safety Awareness For Employees

UAMS®

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Happy New Year

The opportunity of a fresh new year brings a time to reflect upon how we can implement some improvements to our lives. Most people try to commit to leading a healthier lifestyle, saving money, traveling more, spending time with family, learning new skills, etc.

As we contemplate our personal resolutions for the year ahead, we should also reflect on the past year, learn from our mistakes and commit to maintaining a safe and healthy workplace. Resolving to protect both valuable employees and assets allows UAMS a tangible way to be its "best self."

Leadership is the first step in building a culture where safety comes first, but it takes more than just rules. When managers and supervisors follow safety rules, it sends a clear message to all staff that safety matters. Taking workplace safety seriously should be top of mind for each of us as we head into the new year. A good place to start is by establishing a shared responsibility. What that means is we create an environment where we are encouraged to watch out for each other and report unsafe actions without being afraid of getting in trouble or being socially ostracized. This kind of culture grows stronger with open communication, regular safety meetings, and clear ways to report problems.

When making resolutions to improve workplace safety, consider the previous year's successes and failures. What went right? What went wrong? Use mistakes as a guide for improvement in the future. The first step in making these resolutions is to identify areas for improvement, as mistakes can teach more than successes.

Let's embrace the New Year with a commitment to safety, resolving that, in 2026, we stay alert and don't get hurt. Wishing you a happy and safe New Year!



Safety Spotlight

Shed some glove(s). UAMS policy dictates that wearing exam/nitrile gloves in public areas is not permitted. Gloves should only be used during the course of work and disposed of properly when the task is completed. Wearing them in hallways, elevators, waiting rooms, cafeterias and other public spaces can actually increase the risk of exposure for others by touching contaminated surfaces then clean ones.



Environmental Health & Safety



501-686-5536



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



Cozy Tips for Chilly Days.

Now that winter's here, it's time to settle in and make the most of your warmth. From thermostat tweaks to cozy comfort tricks, the following tips, provided by Summit Utilities, provide easy ways to help you stay comfortable and use your energy wisely.

Make mindful moves with your thermostat!

Health allowing, set your thermostat between 65-68°F when you're home and turn it cooler while you're asleep or away. A small adjustment like this can make a big difference in your energy usage.

Invest in smart comfort. A smart thermostat helps you stay in control of your energy use. It learns your schedule and adjusts temperatures automatically, and lets you manage settings right from your smart phone.

Make the most of the sunshine. Open curtains and blinds on sunny days to let the light and warmth in and close them at night to keep out the cold. Sunlight entering through the windows can naturally warm your home during the day, which helps offset heating costs (...it's good for mental health, too).

Keep the air flowing. Make sure that vents are clear of furniture, rugs, and curtains so that the heat can circulate freely. Good airflow evenly distributes heat, prevents cold spots, controls humidity, and reduces energy waste by working with your HVAC system.

Lower your water heater. Setting your water heater to 120°F is the sweet spot for comfort and efficiency; plenty of hot water for daily use while helping to save energy. Some heaters recommend a slightly warmer temperature so always check your heater's manual first.

Cozy up. Layer on your favorite blanket, pull out the flannel sheets, and grab those fuzzy socks – your thermostat will thank you. Layering clothes indoors balances heating efficiency by trapping air between thin layers, creating personal insulation to keep you warm without cranking the thermostat.

Build-up to Boom

Did you know that Arkansas Fire Prevention Code 315.3.3 specifies that combustible materials generally **cannot** be stored in boiler rooms, mechanical rooms, elevator machine rooms, electrical equipment rooms, or fire command centers? These spaces require separation from fire hazards to protect these critical areas...

Combustible materials include any solid, liquid, or gas that can ignite and burn (sustain a flame) when exposed to a heat source, but generally requires more heat to catch fire than a flammable substance. Common examples include wood, paper, cloth, plastics, oils, and some gases like propane, which burn and release heat and light, posing a fire risk, especially when stored or handled improperly.

If your unit/department/office are currently using these spaces for storage of combustible material, please find a more suitable location. If you have questions or concerns, please reach out to the Fire & Life Safety Office at 501-686-5536.

