



The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

It's Raining, It's Pouring!

Will you be safe in bad summer weather?

With hot weather approaching, the danger of severe summer storms increases. Find out how much you know about what to do in bad weather with this quiz. Circle "T" for true and "F" for false after each statement.

1. You will always be sent home from work in weather emergencies.
T F
2. Prepare for weather emergencies at home with a family emergency plan.
T F
3. When a weather emergency "warning" is issued, the event is expected to hit your area within an hour or so.
T F
4. During a tornado, go to the center of the building.
T F
5. If you're caught outside in a severe thunderstorm with lightning, take shelter under the biggest tree around.
T F

Answers:

(1) False.
It could be dangerous outside, so take refuge inside until it's safe.

(2) True.
Every family should have an emergency plan and practice it so all family members know what to do in a weather or other emergency.



(3) False.
A "watch" means a weather emergency is possible. A "warning" means it's almost here.

(4) True.
Go to the basement, an inner room without windows, or a closet.

(5) False.
Crouch on the ground in a low place. Keep away from trees, open water, power poles, and metal fences and pipes.

news & notes

SAFETY MEETING MEMO

To get the most from safety meetings:

- Be on time
- Listen up. Think about what you are hearing and seeing.
- Take notes. Write down important information for future reference.
- Speak up. Ask questions. Voice safety concerns. Participate in discussions.
- Follow up. Take what you learn back to the job and put it to use.

SAVE THE DATE

September 18, 2014
 AHAWCSIT
 Annual Education
 Conference
 BancorpSouth Insurance
 Services
 Risk Management Resources
 Pavilion Centre
 8315 Cantrell Road
 3rd Floor
 Little Rock
 8:30 a.m. - 3:30 p.m.



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Electrifying News!

May is National Electrical Safety Month

The main hazards of electricity in the workplace are shocks, burns, and fires. Here's how you can help eliminate electrical hazards.

Take steps to avoid electrical shocks and burns:

- Inspect electrical equipment before use to ensure insulation is in good shape.
- Make sure that plugs have a good, tight connection.
- Report any wires with worn or damaged insulation right away.
- Remove from service, tag, and report any equipment, appliance, or electrical power tool that gives you even a slight shock.
- Don't use anything electrical with wet hands or while standing on a wet surface.
- Don't place electrical cords or equipment in or near water.

Prevent electrical fires:

- Don't overload electrical circuits or outlets.
- Don't tangle electrical cords or fasten them with staples.
- Use extension cords only when necessary and only to meet temporary needs.
- Keep paper, cardboard, flammable liquids, etc., away from electrical equipment and appliances.
- Around flammable material use cords that are designed for that purpose.
- Don't use any electrical equipment or appliance that smokes, smells, sparks, shocks, or trips circuits. Remove it from service and report it immediately.

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AHAWCSIT



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Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at tcreel@arkhospitals.org.

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. www.bxsi.com. In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.