



The Safety Zone

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

Feet First

National Foot Health Awareness Month

The National Safety Council reported that in a recent year there were 130,000 disabling foot injuries, plus another 40,000 toe injuries on the job. Most of those could have been prevented by wearing the proper shoes.

Because of these frequent injuries, OSHA's foot protection standard (29 CFR 1910.136) states that "Each affected employee shall wear protective footwear when working in areas where there is a danger of foot injuries due to falling or rolling objects, or objects piercing the sole and where such employee's feet are exposed to electrical hazards."

The main hazards to your feet on the job are:

- Having heavy objects fall on them
- Having heavy objects roll on them
- Stubbing or banging your toes on something heavy

Another on-the-job hazard that doesn't usually cause foot injuries but is a result of not wearing the right shoes is slipping. There is also the possibility of burns or chemical contact if safety shoes don't fit correctly or aren't made of the right material to protect against the hazards of a particular job.

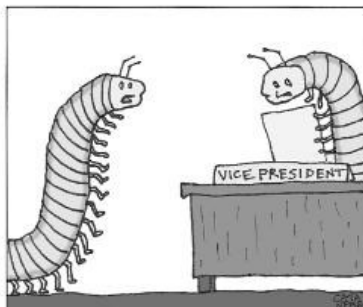
The type of footwear required by the standard—and common sense—obviously depends on the kinds of hazards you encounter on the job. You need sturdy shoes no matter what you do. But you also have to think about the specific hazards you face to decide what to wear on your feet.

You need protective shoes of some sort if there could be a risk of having something fall on your feet, roll over them, or bump them because you:

- Work with or around heavy equipment, or
- Do material handling

You also need protection for your feet if you work:

- On wet surfaces
- With electricity
- Where nails or other sharp objects could puncture your shoes



"Those figures are accurate. We had 3.2 million foot injuries in the first quarter alone."

Working with corrosives or hazardous substances requires foot protection, too, because those substances could penetrate normal shoes. And we all need protection from slipping and falling. See the sidebar for shoe selection tips.

news & notes

SAFETY SHOE SELECTION

Basic foot protection is a sturdy shoe or boot made of leather, rubber or a synthetic. It has an impact-resistant toe—usually steel—and nonskid soles with rubber or synthetic treads to prevent slips and falls.

The American National Standard for safety-toe footwear referred to in the OSHA standard deals with the strength of the toe box. The top classification, 75, will withstand the impact of 75 pounds per square inch falling on your foot. As further protection in jobs where heavy objects could land on your feet, you might also wear footguards made of aluminum alloy, fiberglass or galvanized steel over your shoes.

Other possible protections you may need in your shoes or boots are:

- Metal insoles or reinforced soles to protect against puncture
- Non-conducting soles and no nails in the shoes themselves if you work with electricity
- Rubber boots or shoes or leather shoes with wooden soles if you work in wet conditions
- Heat-resistant soles if you work in areas where the floor gets hot
- Easy-to-remove gaiters if you could get splashed by hot metal or by welding sparks
- Impermeable rubber or neoprene boots to wear over or instead of work boots if you work with corrosives or hazardous chemicals.



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Tornado Trainer

What you need to know

Watch for these danger signals of tornadoes this spring:

- Severe thunderstorms with frequent lightning, heavy rain and strong winds
- Hail or pellets of ice from dark-clouded skies
- A roaring noise
- A funnel or a dark, spinning "rope" or column from sky to ground

When skies look threatening, listen to a local radio or television station. Be prepared to take shelter and keep informed of the latest storm conditions. When a warning is issued, take cover immediately.

- **Abandon mobile homes or cars** and find cover in a well-constructed building. If no buildings are nearby, lie flat in the nearest ditch, ravine or culvert, with your hands shielding your head.
- **In shopping centers or large buildings**, look for a designated shelter. The next best place is the basement or the middle of the building, behind an interior wall or on the lowest floor. Stay away from large windows or glass.
- **If you are outside**, do not stand underneath a tree in an open area, on a hilltop, in an open field or on the beach. Stay away from open water and metal equipment. Also keep away from wire fences, clothes lines, metal pipes and rails, and other metallic paths that can carry lightning to you from far away.
- **In a forest**, seek shelter in a low place, such as a ravine or valley.
- **In open areas**, go to a low place, such as a ravine or valley.
- **Be alert for flash floods.** Get to high ground.

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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.

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