



The Safety Zone

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

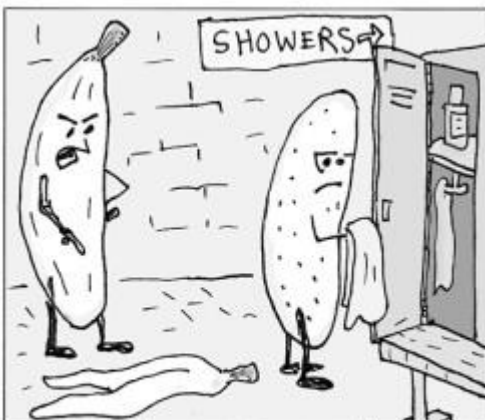
Stand Up to Falls

Take precautions to prevent slips, trips, and falls

According to the U.S. Bureau of Labor Statistics, more than 245,000 workers in the United States sustained nonfatal injuries from slips, trips and falls in 2014. This highlights the importance of paying attention to common hazards that lead to slips, trips and falls.

Fall hazards include:

- Cluttered work areas
- Poor visibility caused by inadequate lighting or burned out lights in halls, stairwells and outside
- Not watching where you're going or carrying something you can't see over
- Running or walking too fast
- Spills and wet or slippery floors
- Clutter on stairs or in walkways
- Open drawers
- Uneven, defective flooring; worn stairs or worn spots in carpets that nobody has reported or fixed
- Wet or slippery surfaces



"Hey, man, you can't just *leave it there!*"

- Failure to use handrails when going up or down the stairs
- Lack of caution on ladders, e.g. using ladders that are defective or slippery
- Wearing shoes that are not appropriate for the workplace or the job

Continued

news & notes

USE SPACE HEATERS SAFELY

If you must use space heaters:

- Get approval from a supervisor or manager before using a space heater at work.
- Make sure all space heaters have the certification of an independent testing laboratory.
- Keep heaters at least 3 feet away from anything that can burn, including people, paper, clothing and rugs.
- Keep space heaters away from high-traffic areas and doorways where they may pose a trip hazard.
- Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which can overheat and cause a fire.
- Do not plug any other electrical devices into the same outlet as the heater.
- Operating space heaters should never be left unattended. Turn them off and unplug them whenever you leave the room and at the end of the workday.



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Stand Up to Falls, Continued

You don't have to fall from a great height to get injured. Many fall injuries occur on level ground when people trip over unexpected objects in their path. Here's how to help eliminate trip hazards:

- **Practice good housekeeping.** Keep your work area neat and tidy. Put things away after use. Pick up items from the floor, even if you didn't put them there.
- **Step over or around obstructions,** not on them.
- **Walk slowly and change directions slowly,** especially when carrying a load.
- **Watch for changes in floor level,** such as flights of one or two steps or a ramp up or down.
- **Report inadequate lighting or burned-out bulbs to Maintenance right away.** Never enter a dark room or area before turning on a light. Outside, use a flashlight at night if you need more light coming to or going from the workplace.
- **Don't leave boxes, tools, or other materials on the floor.**
- **Don't block walkways** with hand trucks, forklifts, cords or other equipment.
- **Don't place anything on stairs.**
- **Don't leave drawers open.**

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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, Vice President 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.