



The Safety Zone

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

What goes Up Must Come Down *Use ladders safely*

According to the Occupational Safety and Health Administration, falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries. Here's what you need to know about ladder safety requirements:

- Maintain ladders free of oil, grease and other slip hazards.
- Do not load ladders beyond their maximum intended load or rated capacity.
- Use ladders only for their designed purposes.
- Use ladders only on stable and level surfaces, unless secured, to prevent accidental movement.
- Do not use ladders on slippery surfaces unless secured or provided with slip-resistant feet.
- Secure ladders placed in areas such as doorways or passageways or where they can be displaced by workplace activities or traffic. Or, use a barricade to keep traffic or activity away from the ladder.
- Keep areas around the tops and bottoms of ladders clear..
- Do not move, shift or extend ladders while they are in use.
- Use ladders equipped with nonconductive side rails if the workers or the ladder could contact exposed, energized electrical equipment.



- Face the ladder when moving up or down, and maintain three points of contact with the steps, rungs and/or side rails of the ladder at all times.
- Use at least one hand to grasp the ladder when climbing.
- Do not carry objects or loads that could cause loss of balance and falling.

news & notes

CREATE A WORKPLACE OF RESPECT

Whether or not your workplace has an official policy on respect in the workplace, here are some tips that we can all use to help do our part, adapted from a policy created by Sunnybrook Health Sciences Centre of Toronto.

Respectful behavior is everyone's responsibility.

Engage yourself and others to build a respectful work environment.

Support your co-workers; their success is your success.

Patience is a virtue, practice it often.

Empathy towards others will help us understand our differences.

Communicate with care, learn when to talk, learn when to listen.

Thoughtful and tactful behaviors will improve work relationships.

Listening to each other and respecting the diversity of your colleagues, including their opinions, helps build a strong team.



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Three CDC Tips for Avoiding the Flu *Take action to protect yourself*

It's that time again – flu season. The flu can knock you out of commission both at work and at home. The U.S. Centers for Disease Control and Prevention (CDC) urges people to take the following actions to protect themselves and others from the flu.

1. **Get a flu shot.** Getting an annual flu vaccine is the first and most important step. The flu vaccine protects against the flu viruses expected to be most common and is recommended for everyone six months of age and older. The CDC says you should get your shot before the end of October every year. So, if you haven't already gotten yours, now is the time.
2. **Stop the spread of germs.** Avoid close contact with sick people, and, when sick yourself, limit your contact with others. If you have flu symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue), stay home at least 24 hours after your fever is gone.
3. **Take your prescribed flu antiviral drugs.** Antiviral drugs can make the flu milder and reduce the duration of illness. They also can prevent serious complications. Follow your doctor's instructions.

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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, 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.

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