



The Safety Zone

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

Actor Illustrates the Risks of Workplace Injuries

US Weekly has been telling its readers for years that stars are “just like us.” An article in *The New Yorker* reinforces this notion, at least when it comes to the odds of workplace injury when you're not careful and take unnecessary risks.

The article lists the various injuries TV, movie and Broadway actor Bobby Cannavale has suffered on the job, including:

- A torn rotator cuff from punching a bed in a 2011 play,
- Six stitches in his head after hitting it on a table and knocking himself unconscious during rehearsals for the same play,
- Another head cut from walking into a metal beam during a performance of, yes, that same play,
- A pulled back muscle after his character on *Boardwalk Empire* beat someone to death with a shovel, and
- A torn meniscus from jumping off of a table in his most recent play, *The Hairy Ape*.



“And now, after extensive field research, I'm pleased to announce this year's 'Top OSHA Violation.'”

Cannavale's litany of injuries is a good reminder that just about every job comes with a risk of injury.

So, put in to practice the health and safety training you have received and be careful out there!

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news & notes

SIX WAYS TO BE A BETTER LISTENER

With all the noise – literal and figurative – in today's workplace, -listening effectively can be challenging.

Davis Young and Scott Juba, co-owners of communication training firm Fast Is Good LLC, suggest six steps you can take to improve your listening skills:

- Lean in. Close out the world, and minimize other distractions.
- Embrace the awful. Even the most poorly presented information contains something important. The worse the presentation, the greater the need to focus.
- Take notes. This will put you in control of subsequent conversations.
- Pay attention to nonverbal cues. “Listening” to nonverbal cues is largely about listening with your eyes.
- Restate the speaker's point. This not only shows you're paying attention but also assures that you leave with a clear understanding.
- Listen so you can add value. A good rule to follow is to not speak up unless you can add value to the conversation. You'll do that if you pay attention to what is said.



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AHAWCSIT



419 Natural Resources Drive
Little Rock, AR 72205

AHA Services, Inc.

Tina Creel, Group Manager
Phone: 501-224-7878
Fax: 501-224-0519

Risk Management Resources

Phone: 501-664-7705
Fax: 501-664-4849

Linda Collins, COO
Phone: 501-614-1108

RMR Loss Control

Consultants:

Matt Bradshaw, Loss Control
Manager
Phone: 501-614-1165
Cell: 501-614-1465

Don Jack, Loss Control
Consultant
Phone: 501-614-1191
Cell: 501-454-7287

Rusty Freeman, Loss Control
Consultant
501-614-1173

AHAWCSIT Claims Contacts:

Jill Johnson, Claims Director
Phone: 501-614-1112
Fax: 501-614-1412

Tonya Rodgers, Claims
Specialist
Phone: 501-614-1194
Fax: 501-614-1463

Medcor (Injury at work)

800-775-5866

You Can Help Your Grieving Coworker

Let's be honest—it can be awkward when a coworker loses a loved one. You want to acknowledge the loss and offer support, but you don't want to further upset him or her. Plus, you know the work still has to get done.

Dr. Gloria Horsley, founder of the Open to Hope Foundation, offers some advice on Forbes.com about how you can provide assistance while helping to keep the workflow moving:

Show your care and concern. Let your coworker know you are sorry for his or her loss, want to offer support during the difficult time, and are there to listen. You can even acknowledge that you don't have the right words but simply want the person to know that you care and are concerned.

Respect privacy. The situation may be so raw that your coworker can't talk about certain aspects. Don't push or intrude.

Offer resources. Share information on available grief counseling and other services that you know can help with certain types of losses. You may also want to organize a fundraiser or donate to a particular organization in honor of the lost loved one.

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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.