



# The Safety Zone

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

## Study Emphasizes the Importance of a Good Night's Sleep

A study in the Journal of Applied Psychology looked at how psychological experiences at work influence eating behaviors.

Researchers at the University of Michigan found that workers who have a stressful workday tend to bring their negative feelings from the workplace to the dinner table. As a result, they eat more than usual and opt for more junk food over healthy food.

But all is not lost. The study also found that sleep can help you deal with post-work stressful eating. "When workers slept better the night before, they tended to eat better when they experienced stress the next day," one of the researchers says.

The research involved two studies of 235 total workers in China. One study dealt with information-technology employees who regularly experienced high workloads and felt they never had enough time in the workday. The second study looked at call-center workers who often got stressed from having to deal with rude and demanding customers.

In both studies, workday stress was linked to employees' negative mood while on the job, which in turn was linked to unhealthy eating in the evening.



But the researchers concluded that a good night's sleep can make workers replenished and feel vigorous again, which may make them better able to deal with stress at work the next day and less vulnerable to unhealthy eating.

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## news & notes

### STAY SAFE WHEN DRIVING TO AND FROM WORK

According to NIOSH, research suggests that distraction is present during 52% of normal driving. Common distractions are: interacting with an adult or teen passenger (15%), using a cell phone (6%) and using systems such as climate control and radio (4%).

Here are some tips to help you stay safe and focused behind the wheel:

- Do not text or use a hand-held phone while driving, and avoid using hands-free devices if possible.
- Pull over in a safe location if you must text or make a call.
- Make necessary adjustments to your car before you drive.
- Do not reach to pick up items from the floor, open the glove box or try to catch falling objects in the vehicle.
- Avoid emotional conversations with passengers.
- Focus on the driving environment.



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## Handling Cardiac Emergencies

The American Heart Association (AHA) recently launched a new campaign, AHA Workplace Safety Training Initiative, to promote first-aid, cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) training. Recent research found that most U.S. employees are not prepared to handle a workplace cardiac emergency because they lack training in CPR and first aid. Half of the employees questioned could not locate an automated external defibrillator at work.

Cardiac arrest happens when the heart suddenly stops beating. There are 10,000 cardiac arrests annually in the workplace. According to two online surveys, among more than 1,000 safety managers in industries, one-third said training was offered only after a workplace incident.

According to the findings:

- One-third reported lives were saved at the workplace or home due to workplace first-aid, CPR and AED training.
- Three-quarters said workplace injuries or medical conditions were treated on the basis of the training.
- More than one-third felt it would be valuable to have training more often than every 2 years (the current requirement).
- Although about 45 percent of younger workers took first-aid, CPR or AED training, they were less likely to do so than older workers.

According to the AHA, only about 35 percent of employers offer cardiac training. If you need CPR/AED training, talk to your supervisor.

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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](mailto: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](http://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.