



# The Safety Zone

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

## Night Shift *Feeling the fatigue*

Almost one-quarter of American workers spend more than 40 hours per week at work, and nearly 15 million American workers have full-time evening, night, rotating, or other irregular shifts, according to OSHA. Long work hours can result in high levels of stress, poor eating habits, lack of physical activity, and illness. Working night shifts makes it difficult to get enough sleep. Sleep after night work is typically shorter and not as refreshing. Here are some helpful sleep tips for night shift workers.

### Identify a sleep schedule.

Keep a record or a journal of the time you go to sleep, when you wake up, and how rested you feel. A record will help you identify a sleep schedule that works for you.

### Have more than one "sleep period".

Many workers need a combination of two shorter sleep periods to get enough sleep after the night shift. Get to bed as close to the end of your shift as possible to maximize your sleep time.

### If you can't sleep, at least rest.

Just resting or relaxing is not enough in terms of taming fatigue. Your mind must have sleep. Though rest can still be valuable for body and muscle recovery, you should schedule at least 7 hours of time in bed, even if you don't sleep the whole time.

### Take a nap.

Shift workers, especially night shift workers, tend to nap frequently. When added to your regular sleep, a short

afternoon or evening nap can help fight drowsiness. If it is safe and permissible to take a nap during a work break, make sure your nap is at least 20 to 30 minutes long. Shorter naps can make you sleepier.



© Business & Legal Resources, Inc.

## News & Notes

### PASSWORD PROTECTION: THE 20 WORST PASSWORDS

It seems like we see a new story about a huge data breach hit the headlines every week. The focus often is on the sophistication of today's hackers, but it doesn't take much to crack a weak password. Worse yet, research has found that people with weak passwords tend to use the same password for multiple accounts.

SplashData, maker of a password manager, released a list of passwords it deems the worst, based on passwords that leaked into the public domain and therefore are available to hackers:

- |              |              |
|--------------|--------------|
| 1. 123456    | 11. admin    |
| 2. password  | 12. welcome  |
| 3. 12345678  | 13. monkey   |
| 4. qwerty    | 14. login    |
| 5. 12345     | 15. abc123   |
| 6. 123456789 | 16. starwars |
| 7. letmein   | 17. 123123   |
| 8. 1234567   | 18. dragon   |
| 9. football  | 19. passw0rd |
| 10. iloveyou | 20. master   |

If you see any of your passwords on this list, change it immediately. SplashData recommends phrases of 12 characters or more, with mixed types of characters including upper and lower cases. When you use passwords like that for professional and personal accounts, you can help protect your company and also shield yourself from the risk of identity theft.



## The Safety Zone

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

### Wellness: Catch Some Z's

How much sleep are you getting? More than one-third of adults are not getting enough sleep on a regular basis. The Centers for Disease Control and Prevention (CDC) says most adults need at least 7 hours per night.

In the workplace, discussions about fatigue and sleep deprivation often center on shift workers. Workers who work more than one job, those who work long hours or overtime, and those who work in harsh environmental conditions can be at risk of fatigue. Here are some tips to help you get some sleep and feel better at work:

#### Develop a routine

Go to bed and wake up at about the same time each day, even on your days off.

#### Use your bedroom primarily for sleeping

Avoid using the television, laptop, or cell phone before bed. Use a dim light if you are going to read before sleep. Sleep in a dark, quiet, well-ventilated space with a comfortable temperature.

#### Relax before going to bed

Take a warm bath, listen to soothing music, mediate, or try relaxation or breathing exercises. Avoid household chores, paperwork, or other stimulating activities for at least 2 hours before bedtime.

© Business & Legal Resources, Inc.

### 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 BXS Insurance Services. [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.

## 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