

AHA Workers' Compensation Self-Insured Trust

Don't Slip Up! *Stay on your feet on the job*

Thousands of disabling injuries—and even deaths—occur each year as a result of slips, trips, and falls. But you can do many things to prevent these injuries:

Practice good housekeeping:

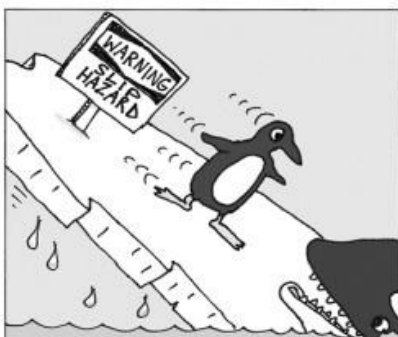
- Keep walkways, aisles, and stairs free of all items.
- Promptly clean up any leaks or spills on floors, stairs, entranceways, and loading docks.
- Repair or report floor problems.
- Block off and mark floor areas that are being cleaned or repaired.
- Keep cords, power cables, and air hoses out of walkways.
- Promptly place trash in proper containers.
- Keep drawers closed.

In addition, always take these precautions on stairs and dock edges:

- Report missing or broken stair rails and slippery or damaged treads.
- Walk, don't run, on stairs.
- Hold onto stair rails while going up and down.
- Don't jump on or off platforms and loading docks, and stay away from edges.
- Don't carry a load you can't see over, especially on stairs or around dock edges.

Pay attention to your surroundings:

- Focus on where you're going, what you're doing, and what lies ahead. Expect the unexpected.
- Wear sturdy shoes with nonskid soles and flat heels.
- Wipe your feet when you come in from rain or snow.



- Report or replace burned out lights or inadequate lighting.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Walk slowly and slide your feet on slippery surfaces.
- Sit in chairs with all four chair legs, wheels, or casters on the floor.

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RENEW YOUR SAFETY KNOWLEDGE

1. Where is the first-aid kit located?
2. What are my work-place's accident reporting procedures?
3. Where is PPE required at the facility? What PPE is required?
4. What clothing is not safe to wear at my facility?
5. What does the evacuation signal sound like?
6. Where do I get the material safety data sheets I need?
7. What are good house-keeping practices in my workspace?

Remember that it is
your responsibility to
know and follow your
company's safety policy
and safety rules.

By doing so, you and
your co-workers can
reduce the risk of an
accident or injury.

AHA Workers' Compensation

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.

Make Safety a Full-Time Habit

Good safety practices help protect you and your co-workers from injury or illness on the job. Because of that, we take safety very seriously here — and that means that you should consider working safely an important part of your job responsibilities.

- Know the hazards of your job.
- Always follow safety rules and procedures.
- Use all personal protective equipment (PPE) that's assigned to you—every time, all the time.
- Pay attention to safety training and apply what you learn on the job.
- Keep on the lookout for hazards and keep asking yourself what could go wrong while you work.
- Eliminate or report any hazards you see right away.
- Pay attention to warning signs and do what they tell you.
- Be aware when you might be exposed to hazardous chemicals and take appropriate steps to protect yourself.
- Read labels, warnings, material safety data sheets (MSDSs), and other safety information before you start a job.
- Practice good housekeeping at all times.
- Report any injury, illness, accident, or near-miss to your supervisor immediately.



"Sir! Methinks you forgot your PPE!"

And remember...When it comes to safety, there's no such thing as a dumb question. If you're not sure about a potential hazard or how to do your job safely, ask your supervisor. Don't perform a task unless you know how to perform it safely!

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