



The Safety Zone

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

Summer Safety

June is National Safety Month

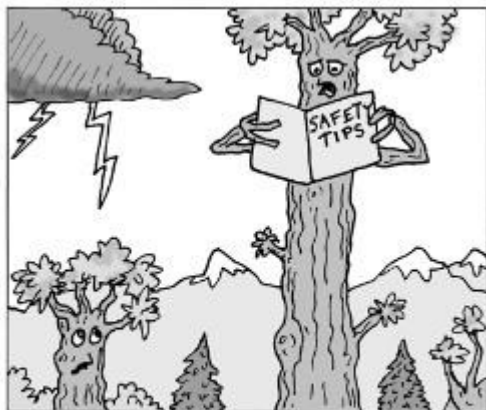
One hazard of summer weather is lightning, which has been the #2 weather killer in the United States over the past 30 years. In fact, lightning kills more people than hurricanes and tornadoes combined.

Understand that no place OUTSIDE is safe during a thunderstorm. Being caught outside with no safe shelter is a severe emergency. Follow these suggestions, which won't protect you but may improve your odds:

- Do not seek shelter under tall, isolated trees.
- Do not seek shelter under partially enclosed buildings or in tents.
- Stay away from metal objects, such as fences, poles, or golf clubs.
- Stay away from water.
- Find the lowest spot around and crouch down.

The SAFEST location is a fully enclosed building with wiring and plumbing. Such buildings are safe because of their wiring and plumbing. Unsafe buildings include picnic or beach shelters, large outdoor tents, or other buildings that do not have electricity or plumbing.

The second safest location is a hard-topped car, SUV, bus, or other hard topped vehicle. Do not seek shelter in a soft-topped convertible. Close all the windows and doors and do not touch any metal surfaces.



"It says: In a lightning storm, don't seek shelter under a tall... Oh crud!"

If someone is struck by lightning, call 911 or your local emergency number to get immediate medical care. You are in no danger of an electrical charge if you touch a lightning victim or administer CPR.

Check out the sidebar for tips on how to be prepared and to **"Beat the odds"** of a lightning strike. Stay safe in summer storms.

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news & notes

BEAT THE ODDS

The odds of an average person being a lightning casualty over your lifetime are about 3,000 to 1. Those are pretty good odds. But you can make them even better by following the 30-30 rule.

Here's how:

1. Watch for dark skies, threatening clouds, or increasing winds, even if it is not raining.
2. When you see lightning, count the seconds until you hear thunder.
3. If that time is 30 seconds or less, the thunderstorm is within 6 miles of where you are and is dangerous. You are close enough to be struck.
4. Seek shelter immediately.
5. Wait at least 30 minutes after the last clap of thunder before leaving shelter.
6. Don't be fooled by sunshine or blue sky!

Furthermore be smart by being prepared when you participate in outdoor summer activities:

- Listen to weather forecasts—have a radio with you—and plan ahead for possible shelter in case of a thunderstorm.
- Know that lightning is most likely to occur in hot, humid, summer weather, during the late afternoon or early evening.



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Prescription Drugs

National Safety Month

According to the National Institute on Drugs (NID) *Prescription Drugs Abuse and Addiction* report (<http://www.nida.nih.gov/PDF/RRPrescription.pdf>), the most commonly abused prescription drugs are:

1. Opioids, used mostly to manage pain
2. Central nervous system depressants, used for anxiety and sleep disorders
3. Stimulants, used for sleep disorders and ADHD

Certain over-the-counter (OTC) medications can also have dangerous side-effects and be abused. Make sure you know the possible addictive or abusive dangers in OTC meds such as:

- Cough suppressants
- Sleep aids
- Antihistamines

The NID report recommends these tips to avoid becoming addicted:

- Tell your healthcare provider all the prescriptions, OTC medicines, and dietary and herbal supplements you are taking.
- Give your healthcare provider a full description of your condition before you obtain any other medications.
- Follow the prescribed directions.
- Know the potential interactions with other drugs.
- Don't stop or change a dosing regimen without checking with your doctor.
- Don't use another person's prescription.

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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 tcreele@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, 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.