



The Safety Zone

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

PPE Does a Body Good

Don't get caught without protection

Imagine you're the first person to set foot on Mars. You're about to step out of the landing craft and plant your feet on the red soil of Mars. Do you say, "Nah, I don't think I'll bother with that bulky spacesuit. I'll just go out in my jumpsuit and a pair of sneakers?" Not likely!

Now let's come back down to Earth. Imagine you're a firefighter about to enter a burning building. Black, choking smoke is pouring from the windows. Do you say, "That SCBA (self-contained breathing apparatus) is so heavy and hot. What the heck, I'll skip it?" If you do, you're in big trouble the minute you take a breath inside.

Maybe as a kid you used to dream of being a sports star. Let's say you're a hockey goalie trying to stop a puck flying at you at high speed. Do you say, "I'm a tough gut. I don't need the pads, the gloves, or the mask?" I don't think so!

OK, now you're you again starting your work shift. Let's say you're required to wear safety glasses, a hard hat, and safety shoes on the job. Do you say, "Who needs all that stuff, I'll be careful?" If so, you could end up with one eye, a hole in your head, and missing a few toes.

Personal protective equipment (PPE) is specially designed by engineers and safety experts just to protect you. It's specially assigned by our safety personnel for you to wear to protect your safety. Why would you choose not to use it any more than the astronaut, the firefighter, or the hockey goalie would decide not to use their PPE? It doesn't make sense, does it?

So remember:



"Bummer... I don't think my PPE was made for this!"

- Always use assigned PPE.
- Make sure it fits properly.
- Inspect it first to make sure it's in good condition.
- Replace it when it's damaged or wears out.
- Check with your supervisor before starting a job if you're not sure if PPE is required or which kind to use to protect against the specific hazards you face.
- Keep your PPE clean and store it where it won't get damaged.

news & notes

WHAT KIND OF PPE DO YOU NEED?

Head protection to protect against:

- Bumps
- Falling objects
- Electricity

Hearing protection to protect against loud noises (generally above 85 decibels)

Eye protection to protect against:

- Flying particles, sparks, and other objects that can hit the eyes
- Splashing hazardous liquids
- Hazardous vapors, gases, fumes, and dust
- Molten metal and hot liquids
- Harmful light radiation

Hand protection to protect against:

- Sharp objects
- Splinters, rough surfaces, or dirt
- Chemicals
- Sparks, molten metals, and hot liquids
- Extreme heat or cold
- Electricity
- Bloodborne pathogens and other biohazards

Foot protection to protect against:

- Falling objects
- Sharp objects
- Heat or cold
- Electricity
- Slips and falls



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Rate your Safety Sense

What would you do in these situations?

1. You have to reach some supplies on a high shelf. Should you:
a. Stand on a chair? b. Get a ladder?
2. You need PPE to work with a hazardous material. Should you:
a. Consult the label or MSDS? b. Figure your usual PPE will work?
3. You see a hazard in a location outside your work area. Should you:
a. Ignore it, since it's not in your area? b. Report the problem?
4. You see a co-worker doing something unsafe. Should you:
a. Shake your head and walk away? b. Talk to your co-worker about it?
5. A machine you operate is malfunctioning. Should you:
a. Shut it down and let maintenance fix it? b. Try to repair it?
6. You see some cartons blocking a fire exit. Should you:
a. Figure it's not your problem? b. Move the cartons?
7. You're running behind on a job. Should you:
a. Rush through the job? b. Ask your supervisor about the schedule?
8. You forgot your safety glasses in your locker. Should you:
a. Go back and get them? b. Work without them?

Safe Choices: (1) b (2) a (3) b (4) b (5) a (6) b (7) b (8) a

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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, 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

Lela Taskey, Self-Insured

Administration

Phone: 501-614-1551

RMR Loss Control

Consultants:

Martha Wright

Phone: 501-614-1575

Cell: 501-517-1144

Bob Dwinell

Phone: 501-614-1191

Cell: 501-680-5204

Ray Robinson

Phone: 501-614-1139

Cell: 501-912-1335

AHAWCSIT Claims Contacts:

Korrine Lancaster

Phone: 501-614-1194

Fax: 501-614-1463

Jill Johnson

Phone: 501-614-1112