



The Safety Zone

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

OSHA's top violations

The more they change the more they stay the same

Here are the top most frequently cited standards:

- 1. Hazard communication.** Common mistakes include failing to have a written program, failing to have safety data sheets (SDSs) for each chemical in the workplace, labeling mistakes, and lack of employee training, including training on the hazards of chemicals in the workplace.
- 2. Respiratory protection.** Lack of a written program is the most common citation. Other common mistakes include not performing a medical evaluation on employees who must wear respirators, failing to select and provide a respirator appropriate for the activity, failing to conduct fit testing and failing to train employees.
- 3. Lockout/tagout.** Many citations are issued for the lack of a hazardous energy control program. Other mistakes include failing to apply locks and tags as necessary and failing to remove unauthorized employees from the area during service and maintenance.
- 4. Electrical, wiring methods.** Citations often occur when flexible cords are used in place of fixed wiring, conductors enter boxes unprotected, employees are exposed to live contacts and circuit boxes are not designed to prevent moisture from entering.



"And now, after extensive field research, I'm pleased to announce this year's 'Top OSHA Violation.'"

- 5. Machine guarding.** Avoid violations by making sure to guard point-of-operation hazards: ingoing nip points, blades, rotating parts and other machinery parts that may pose a hazard.
- 6. Electrical, general requirements.** Avoid violations by ensuring that qualified and unqualified workers are appropriately trained for their job tasks.

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news & notes

CHEMICAL LABEL COMPONENTS

What HazCom labels must contain:

- Name, address and telephone number of the chemical manufacturer, importer, or other responsible party.
- Product identifier can be (but is not limited to) the chemical name, code number, or batch number. The manufacturer, importer, or distributor can determine the appropriate product identifier, but the same identifier must appear on both the label and in Section 1 of the safety data sheet.
- Signal words are used to communicate the severity of a chemical's hazard: "Danger" for more severe hazards; "Warning" for less severe hazards.
- Hazard statements describe the nature of a chemical's hazards and their severity. All applicable hazard statements must appear on a label and chemical users should always see the same statement for the same hazards no matter what the chemical is, or who produces it.
- Precautionary statements describe preventive measures chemical users should take to reduce the risk of handling the chemical. There are four types of precautionary statements: prevention to minimize exposure, response in case of accidental spillage or exposure, storage and disposal.
- Supplementary information is any additional information a chemical manufacturer or distributor decides to provide, such as hazards not otherwise classified on the label, recommended personal protective equipment, directions for use, expiration date or fill date. This section must also state the percentage of ingredients of unknown acute toxicity when present in a concentration of 1 percent or higher.
- Pictograms consist of a symbol on a white background framed within a red border, and each represents a distinct hazard. There are eight mandatory pictograms.



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AHAWCSIT



9 tips for a good night's sleep

Create a good sleep environment and good habits

1. **Stick to the same bedtime and wake time every day, even on the weekends.** This helps regulate your body's clock so you can fall asleep and stay asleep.
2. **Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bed conducted away from bright lights helps to separate sleep time from activities that can cause excitement or anxiety and make it more difficult to fall—and stay—asleep.
3. **Avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminate naps.
4. **Exercise daily.** Vigorous exercise is best, but even light exercise can help.
5. **Evaluate your room.** Your bedroom should be dark, cool and free from any noise that can disturb your sleep. Check your room for noises or other distractions.
6. **Sleep on a comfortable mattress and pillows.** The mattress you have been using for years may have exceeded its life expectancy—about 9 or 10 years for most good-quality mattresses. Get comfortable pillows and make the room inviting for sleep, but also free of allergens and trip hazards.
7. **Use bright light to help manage your circadian rhythms.** Avoid bright light in the evening and expose yourself to sunlight in the morning to keep your circadian rhythms in check.
8. **Avoid alcohol, cigarettes and heavy meals in the evening.** Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. Try to finish eating at least 2-3 hours before bedtime.
9. **Wind down.** Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity like reading.

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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.

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