



# The Safety Zone

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

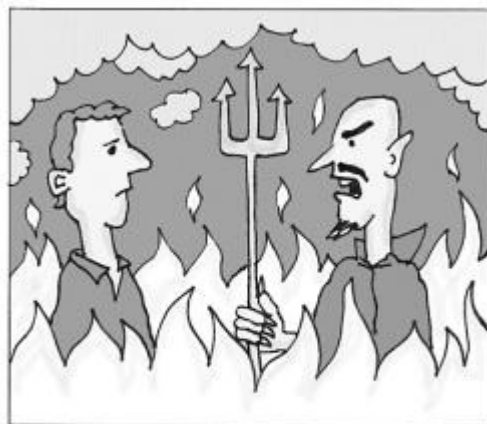
## Fight fires before they start

### *Take precautions to prevent common causes*

Each year, fire erupts at approximately 70,000 U.S. workplaces, killing 200 employees, injuring thousands, and causing billions of dollars in property damage. Most workplace fires are the result of human behavior rather than equipment failure. Maine Municipal Association's Risk Management Services lists these common workplace fire hazards and prevention controls.

**Heating equipment**, such as improperly installed, operated, or maintained furnaces. Every furnace or heater has minimum clearance distances on all sides and above; keep material and building components away from this area. Never store combustible material in furnace rooms.

**Electrical**. Misused, overloaded, damaged, or improperly maintained electrical equipment is a common cause of workplace fires. Do not leave cords coiled up when plugged in. Only use extension cords for temporary power for equipment in use at the moment. Use multiple outlet strips for computer equipment, not for appliances or other electric equipment. Avoid overloading circuits.



"There is no fire exit.  
That's kind of the point."

#### **Cooking equipment.**

Microwaves, coffeemakers, and stoves can cause fires if they are misused. Make sure all break room equipment is equipped with smoke detectors. Never leave cooking unattended, and follow microwave popcorn instructions.

**Continued**

## news & notes

### FIRE PREVENTION TIPS

#### Housekeeping

- Keep work areas free of dust and lint; put waste in proper containers.
- Keep combustible materials (e.g., paper) away from heat and machines.

#### Electricity

- Replace cords and wires that are frayed or have worn insulation.
- Don't overload circuits, motors, fuses, or outlets.
- Make sure you have good ground connections.
- Don't let heating equipment or machinery run overnight if unattended.
- Keep machines and motors clear of dust and grease. Keep bearings lubricated.

#### Fuel and Ignition Sources

- Smoke only where permitted.
- Use space heaters only in well-ventilated areas where they can't fall over.
- Perform welding and cutting in protected areas.
- Use chemical label and SDS information to keep incompatible substances away from each other.



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## AHAWCSIT



### ***Fight fires before they start (Continued)***

**Mechanical friction.** Improperly maintained or cleaned mechanical equipment can lead to a fire. Keep bearings properly lubricated and aligned. And keep conveyors and mobile equipment cleaned and free of accumulations of combustible material.

**Housekeeping.** Poor housekeeping practices are a common cause of fire. Avoid excessive storage of boxes and other combustible material. Make sure stored material never blocks exits, walkways, electrical panels, or emergency equipment.

**Proximity hazards.** Watch out for hazards outside of buildings, such as other buildings within 100 feet of your site. Other hazards include nearby fuel tanks, dumpsters, and weeds, grass, and brush.

**Smoking.** Unauthorized smoking or poor setup of smoking areas can put everyone at risk for fire.

**Special hazards,** such as cutting/welding and other hot work that can produce flames, slag, or sparks. Other special hazards include flammable liquid storage and handling; spontaneous combustion from oily rags, chemicals, hay and leaves; commercial cooking equipment; and LPG and natural gas.

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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](mailto: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](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, Vice 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.

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