

# AHA Workers' Compensation Self-Insured Trust

## Tornado training *Know how to protect yourself*

If the weather service issues a tornado 'watch,' it means that a tornado is possible in the area, and you should make preparations. A tornado 'warning' means that a tornado is in the area and you should immediately take shelter.

Know what to do when a tornado is approaching.

### If you are inside:

- Stay inside, close windows, and go to a designated shelter area such as a safe room, basement, storm cellar, or the lowest building level.
- If there is no basement, go to the center of an interior

room on the lowest level (for example, a closet or hallway) away from corners, windows, doors and outside walls.

- Put as many walls as possible between you and the outside.
- Get under a sturdy table and use your arms to protect your head and neck.
- In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- If you are in a mobile home, get out immediately and go to a sturdy, nearby building.

### If you are caught outside:

- Get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If your vehicle is hit by flying debris while you are driving, pull over and

park. Stay in the car with the seat belt on, put your head down below the windows, and cover your head with your hands and a blanket, coat, or cushion if possible.

- If you can safely get noticeably lower than the level of the roadway (for example, a trench, ditch, or ravine), leave your car and lie in that area, covering your head with your hands.
- Don't seek shelter under an overpass or bridge. You are safer in a low, flat location.
- Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.
- Watch out for flying debris, which causes most fatalities and injuries.



The last words of the Wicked Witch of the East.

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## news & notes

### EXTREME WEATHER DRIVING

Whenever there is a chance of bad weather, prepare for it by checking the weather report before you hit the road.

- **Know the local radio channel for weather reporting.** If you hit bad weather when you are already on the road, tune in to a local weather report on the radio to find out what may be coming your way.
- **Keep abreast of your current location.** If you have a special weather radio, tune it into the local station, because these channels often have the most accurate information concerning current weather conditions. In some weather events, such as tornadoes, listening to the local weather report can help you avoid traveling into the danger zone. This might not be the case if you have no idea where the tornado is located. Most local stations have a good history of reporting locations to listeners so that those listeners can take precautionary action.
- **Seek shelter.** If you find yourself driving into a danger zone as reported by the local stations, seek shelter if told to do so.

## 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](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.



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## When the emergency alarm sounds

### *Do you know how to exit?*

Do you know how to escape in an emergency? Do you know where the exits are located? Are you certain the doors will be unlocked and that hallways will not be blocked? Knowing the answers can make the difference during an emergency.

OSHA describes an exit route as a continuous and unobstructed path of exit travel from any point within a workplace to a place of safety. An exit route is made up of three elements:

1. **Exit access**—The portion of the route that leads to an exit;
2. **Exit**—The portion that is generally separated from other areas to provide a protected way of travel; *and*
3. **Exit discharge**—The part that leads directly outside or to a street, walkway, refuge, etc.

Normally, workplaces are required to have at least two exit routes to permit prompt evacuation of employees and other occupants during an emergency. But more than two are required if the number of employees, size of the building, or arrangement of the workplace will not allow employees to evacuate safely.

One exit route is permitted if all employees can evacuate safely during an emergency, again based on number, building size and workplace arrangement. Exit routes must be located as far as practical from one another in case one is blocked by fire or smoke.

