



The Safety Zone

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

WINTER WONDERLAND ...

... or winter hazard trap?

Winter Hazard Awareness Week is held every November to remind Americans to follow winter safety tips. For example, preventing slips and falls is a major concern when outdoor surfaces are wet or icy and slippery under foot.

Take these steps to keep your steps secure in slippery conditions:

- **Wear appropriate footwear** with nonslip soles on wet, icy, or snowy days.
- **Take extra care when walking on wet, icy, or snow-covered walkways.** Walk slowly and slide your feet on slippery surfaces. Avoid turning sharply when on a slippery surface.
- **Hold onto the railing** when using outdoor stairways.
- **Be especially careful when carrying packages, equipment, and materials.**
- **Wipe your feet when entering a building** so that your wet soles won't cause you to slip on indoor flooring.
- **Limit your injuries if you slip** and start to fall by bending your elbows and knees and using your legs and arms to absorb the fall. Or roll into the fall, if that's more appropriate.



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news & notes

HELP CO-WORKERS QUIT SMOKING!

If you have co-workers who are trying to kick the smoking habit, do what you can to help. Here's why:

1. **You'll improve your own health.** The 2006 U.S. Surgeon General's report, *Secondhand Smoke: What it Means to You*, states that secondhand smoke can cause lung cancer, heart disease, and elevated cholesterol levels.
2. **You'll improve working conditions.** Now smokers won't be absent as much because of smoking-related illnesses. And when on the job; they won't be taking smoking breaks.

How can you help a co-worker quit?

- Cheerlead the decision to quit
- Be patient if they're irritable
- Allow them to vent their frustration. Don't take it personally.
- Be available to spend time with them in smoke-free environments.
- Invite them to smoke-free activities, such as mini-golf or a movie, to help them keep busy.



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Diabetes Is on the Rise

And many Americans don't know they have it

November is **American Diabetes Month**, a perfect time to get more informed about this disease, in which the body either doesn't produce insulin or doesn't recognize it. Insulin is a hormone that helps convert sugar, starches, and other foods into energy. Most people who have diabetes have other problems, such as being overweight, having high blood pressure, or having high cholesterol. Hence, people with diabetes are generally at risk of developing heart disease or stroke.

The American Diabetes Association (www.diabetes.org) says that 54 million Americans have pre-diabetes—and many don't know it. The good news is that once they find out, they can make lifestyle changes to delay or prevent diabetes.

What You Can Do

First, find out if you are at risk for developing diabetes by taking the diabetes risk assessment under **news & notes**. Also ask your health professional about having a fasting plasma glucose test or an oral glucose tolerance test. If you are diagnosed with pre-diabetes, take these steps:

- Get moderate exercise 30 minutes 5 days a week
- Lose five percent to seven percent of your weight if you are overweight
- Eat low-calorie, low-fat foods
- Visit the National Diabetes Education Program's (NDEP) Small Steps, Big Rewards, Prevent Type 2 Diabetes website for more details: www.ndep.nih.gov/campaigns/SmallSteps/SmallSteps_overview.htm.

AMERICAN DIABETES MONTH

Help your kids develop good habits and lower their risk for diabetes by letting them use the Centers for Disease Control and Prevention's (CDC) interactive website for children called "The Eagle's Nest" at: <http://www.cdc.gov/diabetes/eagle/index.html>.

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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



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