



# The Safety Zone

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

## Always on the Job

*Use your safety sense at home, too*

More people die and are injured in accidents at home than at work. Over 20,000 people die in home accidents every year, and more than 30 percent of all injuries occur at home. Like accidents on the job, most of these can be prevented. The largest number of serious accidents at home result from:

- Falls
- Fires
- Drowning
- Poisoning

Here's how to protect your family from falls:

- Keep floors, and especially halls and stairs, free of clutter. Don't stack magazines, tools, laundry, toys, or other items on the floor or steps.
- Make sure stairways are well lit.
- Check that all stairs, including those to the basement, have sturdy railings.
- Tack down any loose pieces of carpet or linoleum.
- Use nonskid mats or decals in bathtubs or showers.

Small children can drown in bathtubs, so NEVER leave them unattended. If you have a pool, make sure everyone knows how to swim and take these precautions:

- Never let anyone swim alone.
- Never let anyone swim when they're tired or have used drugs or alcohol.
- Fence in the pool and keep it locked when no one's there.
- Cover the pool when it's not in use.
- Learn CPR, so if there is an accident you'll be able to act quickly.

Here's how to prevent poisoning:

- Read labels on household cleaners, paints, and garden supplies, and follow their instructions for use, storage, and clean-up.
  - Store cleaning solutions, pesticides, and other hazardous chemicals in places where children can't reach them.
  - Keep containers closed when not in use.
  - Dispose of old, used, or unlabeled substances properly. Find out about your town's or region's hazardous materials collection days.



Most accidents occur around or under the house.

Bring your safety sense home so you can always be on the job for the safety of yourself and your family.

### news & notes

#### NOT LIKE A HOUSE ON FIRE

Bring workplace fire safety smarts home:

- Store flammable materials in tight, labeled containers away from heat and electricity. Keep them in a separate garage or storage building.
- Use oil-based paints in well-ventilated areas with no ignition sources.
- Put flammable-liquid-soaked rags outside or in closed containers.

To prevent electrical fires at home:

- Check wires for intact insulation.
- Don't overload circuits, such as with too many appliances in the kitchen.
- Don't run cords under rugs.

Keep ignition sources away from flammable materials:

- Use a fireplace screen and clean the chimney yearly.
- Keep kerosene heaters away from burnables.
- Use only kerosene in a kerosene heater and fill it when it is cool.
- Don't smoke around flammable liquids or vapors
- Don't tuck in electric blankets or pile things on them.
- Turn pot handles away from the stove edge and other burners.

Use workplace emergency steps at home:

- Install smoke detectors on every floor.
- Practice an evacuation plan.
- Test fire extinguishers monthly.
- Teach everyone to STOP, DROP, AND ROLL if their clothes catch fire.



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**AHAWCSIT**



# Wash away illness

## *How to prevent colds and flus—including H1N1*

The second week of December is **National Handwashing Awareness Week**. According to the Centers for Disease Control and Prevention (CDC), frequent and careful handwashing is one of the best ways to prevent infection—and to keep you healthy and on the job.

Believe it or not, there's a right way to wash your hands effectively:

- Wet hands with clean running water (warm water if available) and apply soap.
- Rub hands together to make lather and scrub all surfaces. Pay particular attention to fingers, fingertips, and under fingernails where germs love to breed. Palms are heavy germ zones, too.
- Continue rubbing hands for 15-20 seconds—about the time it takes to sing “Happy Birthday” twice.
- Rinse hands well under running water.
- Dry hands using a paper towel or air dryer. If drying hands with a paper towel, use it to turn off the faucet.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

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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, 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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