



The Safety Zone

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

Keep Your Guard Up

Be a relentless hazard inspector

Many common workplace accidents occur because people let their guard down. They get to thinking that nothing bad has happened so far, so nothing *could* or *will* happen today or tomorrow.

Unfortunately, that isn't true. If you stop looking for hazards, one of these days, one of them is probably going to get you. How bad you're hurt will depend on how bad the hazard is.

So don't let your guard down. Don't let that hazard sneak up on you. Inspect your work area at the beginning of your shift and periodically throughout the workday.

Check tools and equipment before you use them. Inspect personal protective equipment (PPE) before *each* use to make sure it will protect you as it's supposed to. While you work, keep your guard up and keep checking for potential problems.

In other words, be a hazard inspector all the time. Here's what to look for:

- **Obvious hazards** such as wet floors, poor housekeeping, leaking chemical containers, or poorly stacked supplies that could topple over on someone.
- **Hidden hazards** such as shocks from electrical equipment, burns from surfaces you don't realize are hot, trips over objects you don't see, and hazardous chemical vapors you can't see or smell.
- **Hazards that weren't there the last time you looked.** Remember that things change all the time in the workplace.
- **New hazards** introduced by new procedures or equipment. You'll learn about new hazards in safety meetings. Then it's your job to keep alert for them.



"What am I doing? Inspecting hazards, just like you asked!"

- **Old hazards** you thought had been corrected. Sometimes fixes don't work as well as you anticipated, and hazards you thought had been eliminated come back to haunt you. Don't be lulled into a false sense of security about safety.

It isn't hard to protect yourself from hazards when you understand them and can recognize them. So keep your guard up all the time and inspect, inspect, inspect!

news & notes

INSPECT YOURSELF FOR SAFETY

When safety experts talk about workplace inspections, they're usually talking about inspecting things. But what about people? Shouldn't they be inspected for safety, too? At the start of every workday give yourself a good once over.

- Are you wearing required PPE?
- Do you have on sensible shoes with nonslip soles or safety shoes?
- Have you secured long hair, long sleeves, or other items that could get caught in moving parts if you're going to be working around machinery?
- Are you wide awake and fully alert?
- How's your safety attitude?
- Have you covered cuts and scrapes with a bandage to keep them clean while you work?
- Have you talked to your supervisor if you're taking any medications that could make you drowsy or slow to respond to danger and place you at risk of an accident?
- Have you taken a couple of minutes to stretch and loosen up your muscles if you're going to be doing physical work?
- Is your work posture relaxed and correct so that you avoid stresses and strains on your body while you work?
- Is your mind fully focused on your work, and not on personal problems or what you're going to do after work?
- Is all the information you need to work safely firmly fixed in your mind?



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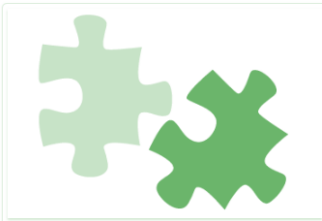
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New Educational Web Resource

U.S. Department of Labor's Occupational Safety and Health Administration

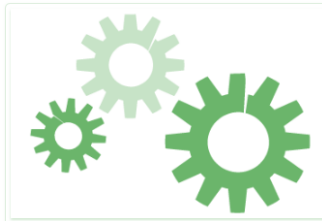
Did you know that a hospital is one of the most hazardous places to work? In 2011, U.S. hospitals recorded 253,700 work-related injuries and illnesses, a rate of 6.8 work-related injuries and illnesses for every 100 full-time employees. This is almost twice the rate for private industry as a whole.

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) created a suite of resources to help hospitals assess workplace safety needs, implement safety and health management systems, and enhance their safe patient handling programs. Preventing worker injuries not only helps workers—it also helps patients and will save resources for hospitals.



Understanding the Problem

Hospitals are hazardous workplaces and face unique challenges that contribute to the risk of injury and illness.



Safety & Health Management Systems

A safety and health management system can help build a culture of safety, reduce injuries, and save money.



Safe Patient Handling

Safe patient handling programs, policies, and equipment can help cost-effectively reduce the biggest cause of workplace injuries

You can view the materials at this website: <https://www.osha.gov/dsg/hospitals>.

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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