



# The Safety Zone

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

## Happy New Year!

*Resolve to stay safe in 2014*

It's hard to believe that another year has passed and that we're beginning 2014. Before you know it, we'll be celebrating New Year 2015! But in the meantime, it's time to commit to some safety-oriented New Year's resolutions.

This year resolve to:

- Use your knowledge, skills, and common sense to avoid accidents and injuries.
- Wear appropriate personal protective equipment (PPE) whenever it is necessary to protect you against workplace hazards.
- Keep alert for safety hazards, and report any hazards you spot that you can't safely eliminate yourself.
- Pay attention to safety signs and safety rules.
- Use safe lifting techniques.
- Handle hazardous chemicals safely.
- Operate machinery and equipment correctly.
- Warn co-workers of the risks when you see them doing something unsafe.
- Attend all safety meetings and training sessions.
- Take the safety information you learn at work home with you and teach your family how to prevent accidents and injuries.



You can probably think of many more safety resolutions that apply to your job and the specific hazards you face when you work. Add those to the list and review your resolutions frequently during the coming year. Stay safe in 2014!

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### news & notes

#### IS IT A COLD OR THE FLU?

Although people often use the terms "cold" and "flu" interchangeably, they're actually quite different.

The common cold is a virus that infects the nose and throat. Colds are not caused by bacteria. But bacterial infections—usually sinusitis or ear infection—can occur as complications of a cold.

There are 200 viruses known to cause the symptoms of a cold. Some infect the nose, while others infect the upper respiratory system.

Nose viruses are most active during early fall, spring, and summer, while upper respiratory viruses are most active in winter and early spring. Colds can occur anytime during the year. Symptoms appear gradually, a couple of days after the initial infection.

Influenza, or the flu, is an infection of the respiratory system caused by the influenza virus. The most severe flu is caused by the influenza type A and B viruses.

The flu is most commonly spread when viral particles are emitted to the air by coughing and sneezing. The virus also spreads when a person touches a surface contaminated with viral particles, and then touches his or her eyes or nose.

The flu is most common during the winter into spring. Symptoms begin abruptly (often with a fever), are usually more severe than cold symptoms, and typically last a week or more. Complications from the flu can lead to pneumonia.



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# Safety First

## Fill in the blanks

Each of the statements below has something important to say about safety. Your job is to fill in the blank(s) with the word(s) that best complete the sentence.

1. Never touch electrical equipment, switches, or plugs with \_\_\_\_\_ hands.
2. To ensure a safe lift, bend at the \_\_\_\_\_ and power the lift with your \_\_\_\_\_.
3. The best place to find complete safety and health information about a hazardous chemical is the \_\_\_\_\_.
4. \_\_\_\_\_ provides a personal barrier between you and workplace hazards.
5. When you hear a fire alarm, \_\_\_\_\_ and go to your designated \_\_\_\_\_ area outside the building.
6. If someone is unconscious following a workplace accident, the first thing to do is call \_\_\_\_\_.
7. To help prevent workplace fires, keep \_\_\_\_\_ sources away from \_\_\_\_\_ and \_\_\_\_\_ materials.
8. The point of operation on a machine generally has a \_\_\_\_\_ to prevent hands and other body parts from getting caught in the machine's moving parts.

### Answers:

(1) wet (2) knees; legs (3) MSDS (material safety data sheet) (4) PPE (personal protective equipment) (5) evacuate; assembly (6) 911 (7) ignition; flammable; combustible (8) guard

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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.

## AHAWCSIT



419 Natural Resources Drive  
Little Rock, AR 72205

### AHA Services, Inc.

Tina Creel, Group Manager  
Phone: 501-224-7878  
Fax: 501-224-0519

### Risk Management Resources

Phone: 501-664-7705  
Fax: 501-664-4849

Linda Collins, COO  
Phone: 501-614-1108

Lela Taskey, Self-Insured  
Administration  
Phone: 501-614-1551

### RMR Loss Control

#### Consultants:

Martha Wright  
Phone: 501-614-1575  
Cell: 501-517-1144

Bob Dwinell  
Phone: 501-614-1191  
Cell: 501-680-5204

Ray Robinson  
Phone: 501-614-1139  
Cell: 501-912-1335

### AHAWCSIT Claims Contacts:

Korrine Lancaster  
Phone: 501-614-1194  
Fax: 501-614-1463

Jill Johnson  
Phone: 501-614-1112