



The Safety Zone

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

news & notes

SAFE LIFTING Q & A's

Q. What's the proper technique for lifting sacks?

- A. (1) Assume the safe lifting position.
 (2) Grasp the sack at opposite top and bottom corners.
 (3) Power your body up with your legs and use your arms to raise the sack to rest on your hip.
 (4) Fully stand and move the sack to rest on your shoulder.

Q. What's the safest way to carry long objects?

- A. Carry lumber, pipe, and other long objects over your shoulder, but remember the tail end of the object. Watch where you're going and pay attention to who and what's in front *and* behind you so you don't whack someone or something.

Q. What should I do if I have to lift something off a shelf above my head?

- A. (1) Use a stepstool or ladder.
 (2) Climb until you're safely in position and slide the load close to you, keeping both a solid footing and a firm grasp on the object.
 (3) Descend slowly and carefully, letting your arms and legs do all the work.

Q. What's the proper way to lift and carry oversized or heavy loads?

- A. Use material-handling equipment or team up with a co-worker and use a two-person lift:
 (1) Designate one person to direct the lift.
 (2) Lift at the same time.
 (3) Keep the load level when carrying.
 (4) Move together smoothly and unload at the same time.

Right or Wrong Moves?

Rate your lifting and carrying technique

When you're lifting and carrying heavy objects, one wrong move could mean a painful strain. So take a few minutes now to rate your technique.

For each of the questions, rate yourself on a scale of 1 to 5, where 1 means Never, 2 means Rarely, 3 means Sometimes, 4 means Usually, and 5 means Always.

- Do you examine an object before you lift it? **1 2 3 4 5**
- Do you plan a move before you lift? **1 2 3 4 5**
- Do you check out your route to look for obstacles? **1 2 3 4 5**
- Do you face the load with your feet shoulder-width apart? **1 2 3 4 5**
- Do you face the load with your feet pointed out? **1 2 3 4 5**
- Do you squat by bending at the knees as opposed to keeping knees locked and bending at the waist? **1 2 3 4 5**
- Do you grasp the load firmly with both hands and slide it close to your body? **1 2 3 4 5**
- Do you use your leg and stomach—as opposed to your back—muscles to power the lift? **1 2 3 4 5**
- Do you raise the load slowly, keeping your head up? **1 2 3 4 5**
- Do you make sure you can see over the load before you move with it? **1 2 3 4 5**
- Do you walk slowly and look where you're going? **1 2 3 4 5**
- Do you hug the load to reduce strain on your back? **1 2 3 4 5**
- Do you turn your body as a single unit when making turns as opposed to twisting? **1 2 3 4 5**
- Do you reverse the lifting process when you unload by bending at the knees and slowly lowering the load? **1 2 3 4 5**
- Do you grip the load on its sides as you lower so that you don't pinch your fingers as you put it down? **1 2 3 4 5**

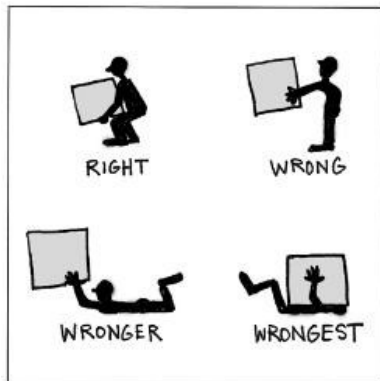
TOTAL SCORE: _____

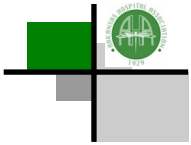
How do you rate?

If you scored anything over 70, you've got a great, safe lifting and carrying technique. A score between 60 and 70 means you're doing a good job, but you need to brush up on your technique.

A score less than 60 but more than 45 isn't very good. You could be looking at an injury soon.

Anything less than 45 and you need to improve your lifting and carrying technique right now.





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What to Watch Out For

Top 10 most disabling workplace injuries

The Liberty Mutual Research Institute for Safety releases an annual Workplace Safety Index that identifies the top 10 most disabling workplace injuries for that year. The most recent list includes the following injuries:

1. Overexertion—injuries caused by excessive lifting, pushing, or pulling
2. Falls on the same level
3. Falls to a lower level
4. Bodily reaction—sprains and strains from slipping or tripping without actually falling
5. Being struck by an object
6. Highway incidents
7. Repetitive motion
8. Being struck against an object
9. Becoming caught in or compressed by equipment or objects
10. Assaults and other violent acts

You can boil that list down a little further to seven basic work-related safety hazards—overexertion, falls, impact, amputation/crushing, repetitive motion, traffic accidents, and workplace violence.

If you face any of these hazards on the job, be extra cautious every day. The injuries that can result from these hazards are often serious, and sometimes fatal.

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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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