



The Safety Zone

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

What Do You Know?

Don't draw a blank on safety information

Here's a quiz to test your general safety knowledge.

1. If you see a safety hazard you can't safely fix yourself, _____ it.
2. Only use a fire extinguisher to fight _____, contained fires.
3. The _____ on a chemical container warns of safety and health hazards.
4. To protect workplace security, report _____ individuals or activities.
5. _____, such as safety glasses and hard hats, are personal barriers against job hazards.
6. If you don't understand a safety procedure or don't know if something is a hazard, ask a _____.
7. A hazardous space with limited entry and exit areas that only trained, equipped, and authorized personnel are allowed to enter is called a _____ space.
8. Never touch anything electrical with _____ hands.
9. When you have to lift an object, lift with your _____ muscles.
10. Places where fingers, hands, or other body parts can get caught between two surfaces or between moving machine parts are known as _____ points.

Answers:

- (1) Report (2) Small (3) Label (4) Suspicious (5) personal protective equipment (PPE) (6) Supervisor (7) Confined (8) Wet (9) Leg (10) Pinch



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news & notes

SUBSTANCE ABUSE AND SAFETY

September is National Alcohol and Drug Addiction Recovery Month. Why talk about this? Because the majority of Americans abusing drugs, alcohol, or both are employed. And their abuse problem almost always causes a *safety* problem.

People working under the influence of drugs or alcohol are three times more likely to have accidents. And they may not be the only ones hurt. Co-workers are often injured as a result of someone else's substance abuse on the job.

Think about these facts:

- Some 6.5 percent of full-time and 8.6 percent of part-time workers are current illegal drug users
- Alcohol is the most widely abused drug among working adults. An estimated 6.2 percent of adults working full time are heavy drinkers
- Of 12.4 million heavy drinkers, 20.5 percent are also current illegal drug users
- More than 60 percent of working Americans know someone who has reported for work under the influence of alcohol or other drugs
- Up to 40 percent of workplace fatalities and 47 percent of injuries are linked to substance abuse

Now's the time to take action if you or someone you know has a problem. Awareness of the problem and of treatment options is the first step to a healthier, safer life. The next step is getting help. And help is just a phone call away.



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Wake Up and Be Safe!

Don't let drowsiness cause accidents

Sleep experts say many people don't get enough sleep. Statistics show that as many as 40 percent of Americans say that they've been sleepy enough during the day that it interferes with their daily activities. And that can have a negative impact on workplace safety.

To counteract drowsiness on the job and prevent accidents:

- Take a minibreak and do some stretching exercises right at your workstation
- Go to the restroom and splash cold water on your face
- Take a walk during your rest break to help refresh and wake you up
- Drink a caffeinated beverage

Avoid tasks that require sharp physical or mental skills when you're very tired. For example, operating machinery, driving a vehicle or forklift, or handling hazardous materials could be dangerous if you're not fully alert.

- Be honest and don't put yourself or others at risk
- Switch to a less risky task, if possible, until you feel more awake
- Talk with your supervisor if you're concerned about your abilities—or someone else's. Also talk to your supervisor if you're taking a medication that makes you feel drowsy and could put you or a co-worker at risk

There's a direct connection between fatigue and accidents. So keep alert!

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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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