



The Safety Zone

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

Are you protected from arc flash?

Know the hazards and precautions

Arc flash is a short circuit, or electric arc, that travels through the air between conductors or from a conductor to the ground. Arc flash incidents can damage equipment, and cause fatalities or severe injuries, including burns, hearing loss, eye injuries, nerve damage and cardiac arrest.

Causes of arc flash include:

- Tools being dropped on conductors, circuit breakers, or other energized parts;
- Improper work procedures, such as working on energized equipment when it should have been de-energized or locked out; *and*
- Buildup of dust, impurities and corrosion on insulating surfaces.

To protect yourself from arc flash, de-energizing equipment before beginning work is the most effective strategy. If you're a qualified worker to work on energized equipment, use personal protective equipment (PPE) and electrical protective equipment such as insulated footwear and gloves, nonconductive tools, and flame-resistant clothing to reduce the hazard. Also, follow safe work practices and use all PPE and other equipment properly.

The Occupational Safety and Health Administration (OSHA) updated its standard for electrical power generation, distribution and transmission. The revised rule, which includes revisions to the requirements for electrical protective equipment, took effect July 1, 2014, with some provisions scheduled to become effective April 1, 2015.



The biggest danger in the classical music scene is sudden arc flashes between conductors.

See *news & notes* for precautions that can be taken when you work on energized electrical equipment.

news & notes

PRECAUTIONS TO TAKE WHEN WORKING WITH ENERGIZED ELECTRICAL EQUIPMENT

- Always inspect equipment and work areas for arc flash hazards and risks when you enter an area with live electrical equipment.
- Whenever possible, always de-energize and lock out equipment before performing work on it.
- Wear all required PPE, and inspect it before each use to make sure it is in good condition and rated for the specific use that your work calls for.
- Exercise caution and follow safe work practices. Human error, such as dropped tools, contact with electrical parts, and the wrong test equipment, is a major cause of arc flash incidents.
- Report and do not use damaged electrical equipment, testing equipment and other tools.



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Text Timeout

Most people probably would not consciously decide to drive the length of a football field with their eyes closed. But when drivers send or receive a text, that is essentially what they are doing, according to [Travelers](#) reports, citing research from Virginia Tech Transportation Institute.

In fact, the research showed that drivers take their eyes off the road for an average of 4.6 seconds when they text. At 55 miles per hour, that translates to traveling about 300 feet with their eyes off the road.

That is a startling statistic that you might want to incorporate into orientations or safety training for employees who drive a motor vehicle on company business, as well as their supervisors.

"Helping employees avoid distraction while driving starts with management and creating a culture committed to safety," said Chris Hayes, second vice president, Travelers Risk Control. "Employees who drive for work often feel pressure to respond to emails and phone calls, especially from their manager. It's important for company leaders to set the expectation that it's better to respond later than while driving."



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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.

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