



The Safety Zone

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

When disaster strikes

Know what to do

September is **National Preparedness Month**, so make sure you know what to do if a disaster—whether natural or man-made—should strike your workplace. Your response to an emergency must be automatic, and based on clear communication and participation in training and drills.

The first step in emergency preparedness is knowing the hazards in your work areas. In addition, you need to know:

- How and to whom to report an emergency.
- The sound of an emergency alarm (or how to recognize any other kind of alarm system, such as a flashing light, that may be used in your facility).
- How to alert coworkers to evacuate the area.
- Your assigned responsibilities, if any, during an emergency, including shutdown procedures and manning critical operations, providing medical or other assistance, participating in a fire brigade, and helping others evacuate the facility.
- Where fire extinguishers and first-aid supplies are located and how to use these items correctly.
- The location of emergency exits and how to reach them quickly in an orderly fashion. Every employee should have a primary evacuation route and at least one alternate route in case the primary route is blocked in a real emergency.
- Your assigned point for assembling after evacuation so that the whereabouts and safety of all employees can be accounted for.

Keep yourself prepared by participating in regular emergency drills so that you will be able to respond quickly and calmly in any real situation. Don't let time on the job make you too comfortable to be prepared.



"Hey! The flare warehouse is on fire! How can we alert people?"

In other words, stay as eager and alert during refresher emergency preparedness training as you did during initial orientation training when you were a new employee. And if you're given special duties, such as medical and rescue response, participate in all required specialized training and refresher sessions to keep your skills sharp.

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news & notes

EMERGENCY SITUATIONS

Here's what you may face:

- Fires are the most common type of workplace emergency.
- Explosions resulting from fires, bombs, or other causes can kill, injure and destroy property.
- Natural disasters such as earthquakes and tornadoes can strike with little or no warning. Hurricanes and floods may be forecast, but effective emergency action is still required.
- Toxic chemical releases can require emergency response within the workplace and in the community.
- Workplace violence can erupt at any time in any department. Everyone must be prepared to respond quickly and appropriately in these dangerous situations.
- Terrorism is still a very real danger. We must be prepared to face the possibility of terrorist attacks in the workplace at any time.



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Manage your meds

Know their potential dangers to workplace safety

Prescription drugs, including medical marijuana in states where it is legal, can have side effects that affect your—and your coworkers'—safety. So before you take any medication, speak with your medical professional about potential side effects. In addition, follow this prescription for safety at work while on medication:

- **Check the label** for warnings, proper dosage and possible side effects.
- **Always follow instructions** for use and take only the proper dosage and only for the approved treatment period.
- **Do not use expired medications** and dispose of them safely.
- **When your doctor prescribes medication, tell him or her about medical conditions you have** or other medications you are taking.
- **Alert your doctor to allergies** or reactions you've had to drugs.
- **Understand when and how to take a medication.**
- **Ask if medication side effects could affect job safety**, driving, etc.
- **Report unusual or disturbing side effects to your doctor** right away.
- **Report to your supervisor the use of any medication** that could affect safety on the job.
- **Work with your supervisor to ensure everyone's safety** when you are taking medications with safety-related side effects.
- **If you have been prescribed marijuana for medical reasons under a state law, report this to your employer** and discuss possible accommodation.

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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 tcreeel@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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