



The Safety Zone

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

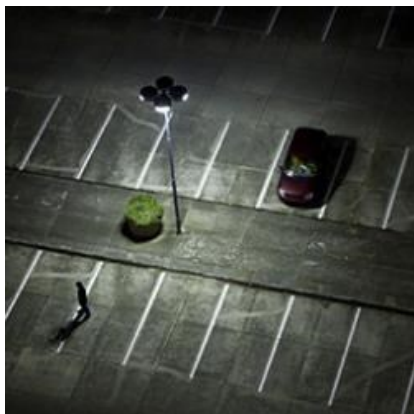
Parking lot precautions

Stay safe and secure as daylight decreases

You probably use parking lots every day, but do you give them the same level of safety attention that you give to your job? The truth is that these areas present their own set of dangers, so you need to be vigilant and proactive.

Take these precautions in parking areas, especially as daylight hours decrease at this time of year:

- If you walk out after hours, don't do it alone. Get a coworker or security officer to walk with you.
- If you do have to walk alone, ask someone to watch from inside, if possible. Turn around frequently to be sure you're not being followed. Pretend to wave at someone ahead to give the impression that you're not alone.
- Park near the building in a visible, lighted area.
- Park near the parking attendant, if there is one, or near a well-lighted exit.
- Use the building's main entrance/exit rather than a side or secluded one.
- Lock any valuables (including your Global Positioning System (GPS) and any shopping or other bags) away and out of sight.
- Have keys and a personal alarm or whistle ready as you approach your vehicle.



- Before you unlock the door, take a good look around, inside, and behind the vehicle. If something looks suspicious, keep walking and get to a safe place where you can get help.
- Once you enter the vehicle, promptly lock all doors and windows.

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news & notes

PARKING LOT AND CAR SAFETY TIPS

Often we find ourselves leaving either our home or workplace during the hours of dawn or dusk when visibility is less than optimal. These simple tips will increase your safety while commuting via car and using parking lots.

In a Car

- Drive with all doors locked and windows rolled up
- Do not pick up hitchhikers
- If someone needs help, signal that you will get help
- If your car breaks down, raise the hood and turn on hazard lights
- Be alert and careful in any type of parking lot or garage
- If you are being followed, drive to the nearest police or fire station or populated area

Parking Lots

- Park in a well-lighted area
- Buddy up whenever possible
- If you are working late and there is no shuttle, call for an escort
- Always lock your car
- If you notice any strangers, notify authorities
- Don't leave valuables in plain view
- When you approach your car, have your key ready and check the inside before entering



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AHAWCSIT



Common colds and frequent flus

Avoid these illnesses

The common cold is an upper respiratory virus, most often the rhinovirus. Common symptoms are runny nose, cough, congestion, and sore throat. Some people get muscle aches, fatigue, headache, and loss of appetite. The flu is also a contagious disease and is often accompanied by body aches, fever, dry cough, and extreme fatigue. Complications can include bacterial pneumonia, ear infection, dehydration, and worsening of other chronic conditions.

There is no cure for the common cold. Hand-washing is the most effective, preventive step. The Centers for Disease Control and Prevention recommends a yearly flu vaccine for those 6 months of age and older. Additional steps to stop the spread of germs include:

- Cover your nose and mouth with a tissue when you cough or sneeze, and then discard the tissue.
- Avoid touching the eyes, nose, and mouth.
- Try to avoid close contact with those who are sick.
- If you have a flu-like illness, stay home for at least 24 hours until the fever is gone.
- If you get the flu, take antiviral drugs if prescribed by your doctor. These can make the illness milder and shorten its duration.

Other preventive techniques include not sharing a pen or cell phone, drinking plenty of water (which can prevent bacteria from taking hold once you've been exposed), keeping stress levels down, and getting regular exercise.

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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 tcreele@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, Vice President 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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