



The Safety Zone

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

Don't slip up! *Avoid slips, trips, and falls*

Slips happen when there is a loss of grip between a person's shoe and the floor. Trips happen when a person's foot hits a low obstacle in his or her path, causing a loss of balance. Here are several situations and actions that can cause slip and trip hazards:

- Floor contaminants such as water, oil, grease, dust, and metal shavings;
- Floor surfaces, which require sufficient grip to prevent slipping;
- Uneven flooring, trailing cables, loose mats, and changes in floor surface level;
- Poor visibility caused by inadequate lighting, including burned out lights in halls, stairwells, and outside;
- Other environmental factors, including unexpected loud noises;
- Behaviors such as talking on a cell phone or not holding the handrail on stairs;
- Footwear, which should be suitable for the type of work and environment and comfortable with adequate nonslip sole and tread pattern;
- Not picking things up off the floor;
- Not watching where you're going, or carrying something you can't see over;
- Running or walking too quickly;
- Spills and wet or slippery floors;
- Clutter on stairs or in walkways;
- Open drawers; *and*
- Lack of caution on ladders.

Here are several ways to help eliminate slip and trip hazards:

- **Practice good housekeeping.** Don't leave boxes, tools, or other materials on the floor.
- **Clean properly** to ensure that contaminants are effectively removed and there is no buildup of cleaning product residue on walking surfaces.
- **Step over or around obstructions**, not on them.
- **Walk and change directions slowly**, especially when carrying a load.
- **Watch for changes in floor level.**
- **If lighting is inadequate or bulbs are burned out, report the problem to maintenance right away.** Never enter a dark room or area before turning on a light. Outside, use a flashlight at night if you need more light coming to or going from the workplace.
- **Don't block walkways** with cords or other equipment.
- **Don't place anything on stairs.**
- **Don't leave drawers open.**



"Jack and Jill have registered an official complaint about some trip hazards on the hill."

news & notes

SLIP AND TRIP STATISTICS

Slips, trips, and falls make up the majority of general industry accidents. They cause 15 percent of all accidental occupational deaths, second only to motor vehicles.

Furthermore, in most years, slips, trips, and falls result in somewhere between 15 percent and 20 percent of all nonfatal workplace injuries, the highest frequency of injury of any single regulated activity.

In one recent year, for example, the federal Centers for Disease Control and Prevention reported that more than 230,000 workers in the United States sustained nonfatal injuries from slips, trips, and falls, each resulting in one or more days away from work. Although some of those injuries were only temporarily disabling, others left workers permanently disabled.

You don't have to fall from a great height to get injured. Many fall injuries occur on level ground when people trip over unexpected objects in their paths.



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AHAWCSIT



A good night's safety sleep

Be committed to safety - even in your sleep

According to the Centers for Disease Control and Prevention (CDC), "Good sleep is as important as proper nutrition and exercise." During sleep, the body repairs wear and tear and gets you in shape for a new day.

Lack of sleep can lead to safety and health problems, including:

- Slower reactions, a cloudy mind, or a bad mood;
- Weakening of body defenses, increased risk of infection, high blood pressure, and
- diabetes; and increased appetite, overeating, and obesity.

The CDC recommends the following strategies for improving sleep quality:

- Block out all light. Close curtains or use an eye mask.
- Block out noise. Use earplugs or a white noise machine to block out sounds. Silence phones and minimize distractions.
- Make sure your mattress and pillow are comfortable. We spend one-third of our lives in bed and a good mattress is probably worth the cost.
- Avoid heavy or spicy meals or liquids before bedtime - especially alcohol, caffeine, nicotine and other stimulants.
- Get 7 to 9 hours of sleep each day and exercise regularly. Any daytime exercise that does not take away from sleep time can actually improve sleep.

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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, 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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