



The Safety Zone

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

Ten Commandments of Body Mechanics



- 1** Clue the patient in: be sure the patient knows what you're going to do - and how you are going to do it - and how he can help.



- 2** Size up load, get help if load (equipment or patient) to be lifted is more than you can handle - regardless of the wait.



- 3** Check your footing: your feet should be apart to give you a broad base of support for better balance and stability.



- 4** Move close instead of reaching from a distance. Move in and hold object close to your center of gravity (concentrated mass in pelvic area).



- 5** Squat: don't use "mobility" (back) muscles. Bend hips and knees and keep back straight.



- 6** Lift: use "work" (thigh) muscles by straightening your legs.



- 7** Be smooth and synchronized: avoid strain produced by jerky movement. Get together (it's a good idea to count 1, 2, 3) with the person helping you.



- 8** Turn: don't twist—Shift position of your feet to turn—don't twist your body.



- 9** Don't lift when you can pull or push the patient. It's safer and easier than lifting.



- 10** Teach and preach: offer a "good word" to others - so all of us will lift well and safely.

news & notes

WHAT IS ERGONOMICS?

Ergonomics is the science of fitting the job to the worker. When there is a mismatch between the physical requirements of the job and the physical capacity of the worker, work-related musculoskeletal disorders (MSDs) can result.

Ergonomics is the practice of designing equipment and work tasks to conform to the capability of the worker; it provides a means for adjusting the work environment and work practices to prevent injuries before they occur.

Healthcare facilities have been identified as an environment where ergonomic stressors exist. Hospital ergonomic exposures that may lead to MSD injuries are multi-faceted. Each exposure needs to be assessed and a remedial plan developed.

RMR Loss Control is available to assist with an assessment. Call 501.664.4173 or 800.863.5045.




The Safety Zone

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

AHAWCSIT



Computer workstation ergonomics checklist

Chair	Response	Suggestions for "no" Responses
1. Familiar with all chair adjustments	<input type="checkbox"/> Yes <input type="checkbox"/> No	Try all adjustments to increase comfort. Locate user manual or check the website of the chair manufacturer
2. Height is appropriate - feet are flat on the floor and thighs are somewhat parallel to the ground 	<input type="checkbox"/> Yes <input type="checkbox"/> No	Raise or lower the chair so that hip, knees, thighs and feet are properly positioned
3. The low back is supported by the back of the chair	<input type="checkbox"/> Yes <input type="checkbox"/> No	Check to see if the backrest can be raised up or down so that the lower back has sufficient support
4. Seat depth is adequate such that there is a little space between the calf and the seat	<input type="checkbox"/> Yes <input type="checkbox"/> No	Check to see if the seat will slide in/out or the back will move in/out
5. Armrests can be adjusted so they are not in the way when keying	<input type="checkbox"/> Yes <input type="checkbox"/> No	Check to see if the arms can be lowered or moved out of the way while keying
6. Casters are appropriate for the flooring (i.e. rubber casters for vinyl, concrete/ hard wood floors)	<input type="checkbox"/> Yes <input type="checkbox"/> No	Contact the chair vendor to replace the casters

**419 Natural Resources Drive
Little Rock, AR 72205**

AHA Services, Inc.

Tina Creel, Group Manager
Phone: 501-224-7878
Fax: 501-224-0519

Risk Management Resources

Phone: 501-664-7705
Fax: 501-664-4849

Linda Collins, COO
Phone: 501-614-1108

RMR Loss Control

Consultants:

Matt Bradshaw, Loss Control Manager
Phone: 501-614-1165
Cell: 501-614-1465

Don Jack, Loss Control Consultant
Phone: 501-614-1191
Cell: 501-454-7287

AHAWCSIT Claims Contacts:

Jill Johnson, Claims Director
Phone: 501-614-1112
Fax: 501-614-1412

Tonya Rodgers, Claims Specialist
Phone: 501-614-1194
Fax: 501-614-1463

Medcor (Injury at work)

800-775-5866

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.