

The Safety Zone

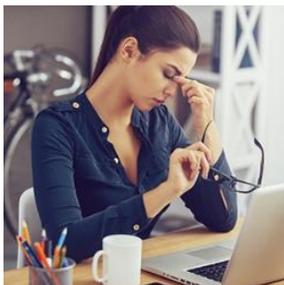
The Newsletter of the AHA Workers' Compensation Self-Insured Trust

Common Causes of Accidents at Work

These 8 issues can happen in any workplace

Writing in *Reliable Plant* magazine, Tom Reddon of the National Forklift Exchange (www.nfe-lifts.com), has identified eight of the most common causes of workplace accidents.

1. **Lifting.** Lifting an object that is too heavy can lead to muscle sprain, strain or tear. Ask for help with objects that are difficult to lift alone. You can also use material handling aids.
2. **Fatigue.** Failing to take a break, especially to recover from physical labor, can lead to inattention and accidents. Inadequate sleep is also associated with a variety of health concerns, including obesity and heart ailments.
3. **Dehydration.** Not drinking enough, especially in hot weather or hot environments, is a serious health risk. So keep yourself hydrated by drinking water even if you're not yet thirsty.
4. **Poor lighting.** Insufficient lighting is responsible for many slip and fall incidents. The Occupational Safety and Health Administration (OSHA) requires adequate lighting in all workplaces, so report lighting issues anywhere in the workplace including offices, warehouses and parking garages.
5. **Hazardous materials.** Improper handling of hazardous materials or not wearing personal protective equipment as required are common causes of incidents. Hazard communication is commonly on the OSHA list of top violations.
6. **Workplace violence.** Violence continues to plague workplaces across diverse industries. About 550 people die each year from workplace violence. Last year, OSHA published guidelines for violence prevention in social service and healthcare settings.
7. **Trips and falls.** Slips, trips and falls continue to be a leading cause of injury. Culprits include slick floors and high-traffic corridors, improper footwear, rushing and inclement weather.
8. **Stress.** Stress has a huge impact on the human body and mind and also on job performance. Take advantage of any employee assistance programs or stress-reduction opportunities like walking, yoga, etc., that your organization offers.



news & notes

SURVEY REVEALS EXTRAORDINARY COST OF SERIOUS INJURIES

A new study of workplace incidents that cause employees to miss six or more work days has been released.

According to the *2017 Liberty Mutual Insurance Workplace Safety Index*, the most serious incidents cost \$59.9 billion per year. While that figure sounds fairly astronomical, it actually represents a decline from \$61.9 billion in 2016. The findings reflect injury data from 2014, the most recent year available.

Liberty Mutual says the 10 leading causes of these injuries account for \$49.9 billion, or 83.4 percent of the total. The top three causes, which reflect half the total cost, are overexertion, falls on the same level, and falls to a lower level. The 2017 index found that overexertion decreased substantially, while falls on the same level and roadway incidents continued to trend upward.

Liberty Mutual's Debbie Michel says these incidents impact both employees and employers. "Injured employees face potential physical, emotional and financial harm. Employers face the direct costs of workplace injuries – medical care related to the accidents and some portion of an injured employee's pay – and indirect costs such as hiring temporary employees, lost productivity, and quality disruptions."

This is the 17th year Liberty Mutual has produced the report. You can view the full study at

<https://lmi.co/wsi>



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Office Space

Avoid trips and falls

The Albert Einstein College of Medicine at Yeshiva University cites data from the Centers for Disease Control and Prevention (CDC) suggesting that falling is not only the most common office accident, but also is responsible for the most disabling workplace injuries. Perhaps surprisingly, office workers are two to two-and-a-half times more likely to suffer a disabling injury from a fall than other types of workers.

Know the risks, and follow these tips for prevention:

- **Look before you walk**, and make sure the walkway is clear. And never walk while using a cell phone.
- **Close drawers** as soon as you're done with them.
- **Clean up spills (even if you didn't cause the spill)**, pick up objects from the ground, and stay vigilant to fall hazards.
- **Don't stretch to reach something while seated.** Get up instead.
- **Use a stepladder**, and not a chair, to reach something overhead.

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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.