



The Safety Zone

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

Want to Feel Better, Boost Your Energy and Add Years to Your Life?

The answer, according to the famed Mayo Clinic: Just exercise. Mayo cites several ways exercise can lead to a happier, healthier you.

- **Exercise controls weight.** Exercise can help prevent excess weight gain or maintain weight loss. Don't worry if you can't find a large chunk of time to exercise every day. Just increase your activity throughout the day – take the stairs instead of the elevator, for example.
- **Exercise combats health conditions and diseases.** Being active boosts high-density lipoprotein (HDL), or “good,” cholesterol, and reduces unhealthy triglycerides. It also helps prevent or manage a wide range of health concerns.
- **Exercise improves mood.** Physical activity stimulates various brain chemicals that can leave you feeling happier and more relaxed.
- **Exercise boosts energy.** Regular physical activity can improve your muscle strength and endurance. It delivers oxygen and nutrients to your tissues and helps your cardiovascular system.
- **Exercise promotes better sleep.** Regular exercise can help you fall asleep faster and deepen your sleep.
- **Exercise can be fun and social.** Physical activity gives you a chance to unwind, enjoy the outdoors, or simply engage in activities that make you happy.



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news & notes

SAFELY CLEANING UP AFTER DISASTERS

Disaster cleanup work can be hazardous enough, but adding flood conditions can make it even more dangerous. Follow these tips to keep you safe and healthy during disaster cleanups:

- Take frequent rest breaks when lifting heavy, water-laden objects.
- When working in hot environments, have plenty of drinking water available, use sunscreen and take frequent breaks.
- Wash your hands often during the day, especially before eating or drinking.
- Know the established plan for contacting medical personnel in the event of an emergency.
- Use life vests when engaged in activities that could result in deep water exposure.
- Use a wooden stick or pole to check flooded areas for pits, holes and protruding objects before entering.
- Support washouts, trenches, excavations and gullies before entering.
- Do not touch downed power lines or any object or water that is in contact with downed lines.
- Beware of overhead and underground power lines when clearing debris.



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Learn an Apple Employee's "Rules for Success"

Earlier this year, a former employee of tech giant Apple shared a set of tips for success he received from his boss when he joined the company in 2004. The laminated list was attached to his employee badge, and he's held on to it ever since. Here's the advice he continues to use:

1. **Let go of the old.** Make the most of the future.
2. **Always tell the truth.** We want to hear the bad news sooner rather than later.
3. **The highest level of integrity is expected.** When in doubt, ask.
4. **Learn to be a good businessperson.** Being a good salesperson is important, but to truly succeed you need to learn to be a good businessperson.
5. **Everyone sweeps the floor.**
6. **Be professional.** This includes being professional in your style, speech and follow-up.
7. **Listen to the customer.** They almost always get it.
8. **Create win/win relationships with our partners.**
9. **Look out for each other.** Sharing information is a good thing.
10. **Don't take yourself too seriously.**
11. **Have fun.** If you are not having fun, it's not worth it.

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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, 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.