



The Safety Zone

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

How and When to use Fire Extinguishers

Fight or flight?

In the event of a fire, pull the fire alarm to notify others in the building of the emergency. Only trained employees should extinguish fires. If you are not trained in portable extinguishers use, you should evacuate. If you are trained, carefully consider whether to fight the fire or take flight and evacuate. Small fires can often be put out quickly, but you should not take on larger fires yourself.

How do you use the extinguisher?

If you can safely extinguish the fire, you must:

- Position yourself between the fire and your escape route.
- Get the fire extinguisher.
- Back away from an extinguished fire in case it flames up again.
- Evacuate immediately if the extinguisher is empty and the fire is not out.
- Evacuate immediately if the fire becomes bigger.
- Remember the acronym PASS.

Pull the pin that unlocks the operating handle.

Aim the extinguisher low, at the base of the fire.

Squeeze the lever on the extinguisher to discharge the agent.

Sweep the nozzle or hose from side to side, and continue to sweep the extinguisher back and forth at the base of the flames until the fire is out or the extinguisher is empty.

Which extinguisher should you use?

There are five basic classifications of fires and extinguishers.

Class A fires involve ordinary combustible materials, such as cloth, wood, paper, rubber and many plastics, and these require an extinguisher labeled A.

Class B fires involve flammable liquids, such as gasoline, alcohol, oil-based paints and lacquers. These require an extinguisher labeled B.

Note: Do not attempt to extinguish a fire involving flammable gas unless you're sure the source of gas can be shut off.

Class C fires involve energized electrical equipment and require an extinguisher labeled C.

Class D Fires involve combustible metals, such as magnesium, titanium and sodium. These fires require a special extinguisher labeled D.



Use a "Type O" extinguisher to put out Olympic flames.

Continued

news & notes

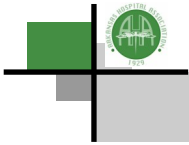
WINTER DRIVING CHECKLIST

This winter, make sure you are prepared for the road with this materials and safety checklist. Inside your car, you should always have:

- Warning devices, such as emergency flares or triangles
- Flashlight
- Tire jack and tools
- Inflated spare tire
- First-aid kit
- Jumper cables
- Spill-proof container of an abrasive material, such as sand or cat litter, or use floor mats or old roof shingles to provide needed traction if stuck in snow or ice
- Ice scraper, snow brush, and small folding shovel
- Blanket
- Emergency food and water
- Important medications
- Cell Phone

You should also:

- Have a mechanic check your battery
- Replace your windshield wipers regularly
- Check tire condition and inflation
- Check the oil, coolant, brake fluid and power steering fluid tanks.



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AHAWCSIT



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

Rusty Freeman, Loss Control

Consultant

501-614-1173

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

How and When to Use Fire Extinguishers, continued

Class K fires involve vegetable oils, animal oils or fats in and around cooking appliances, and these require an extinguisher labeled K.

Multipurpose extinguishers with an ABC label are suitable for use with fires involving ordinary combustibles, flammable liquids and energized electrical equipment.

Fire extinguishers: Quiz

1. If you are not trained with a fire extinguisher, you should still try to use one to stop a fire. **True** or **False**
2. You must back away from an extinguished fire. **True** or **False**
3. In the acronym PASS the "P" stands for:
 - A. Push
 - B. Pull
 - C. Pry
4. There are five basic classifications of fires and extinguishers. **True** or **False**
5. Class D fires require a Class D or a multipurpose extinguisher to eliminate the flame. **True** or **False**

Answers

1. False. Only trained employees should attempt to extinguish a fire. If you are not trained, you should evacuate the building immediately. **2. True.** You must back away from even extinguished fires in case the fire flares up again. **3. B. Pull.** "P" in the acronym PASS stands for Pull. You must first pull the pin that unlocks the operating handle on a fire extinguisher in order to use it. **4. True.** There are five basic classifications of fire extinguishers, and each is labeled with a letter-shaped pictorial symbol that indicates for what types of fires each is used. **5. False.** Multipurpose extinguishers are only suitable for A, B or C fires that involve ordinary combustibles, flammable liquids and energized electrical equipment. Class D fires involve combustible metals, and only Class D extinguishers can be used.

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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.