



Up to Speed



LONE STAR AUTOMOBILE DEALERS ASSOCIATION



TexasMutual[®]
Insurance Company
HERE FOR TEXAS. HERE TO STAY.[®]

Toolbox Talks



SAFETY ALERT: GUARD YOUR EMPLOYEES AGAINST MACHINE HAZARDS

LSADA IN THIS ISSUE...

- Safety Alert: Guard Your Employees Against Machine Hazards
- Safe Time Report Online
- The Thermometer Might Not Read 100

We dedicate a lot of space on this newsletter to stressing the value of management leadership, employee involvement and other core principles of workplace safety that don't take root overnight. They need time to permeate every aspect of your company culture, and we promise to continue promoting them on this newsletter and via our other communication channels

We also recognize that some safety issues require immediate attention, and we're nimble enough to help you solve those issues, as well

Case in point: Texas Mutual has seen a disturbing trend in severe injuries caused by employees getting caught in machinery. For privacy reasons, we cannot share details of the accidents. We can tell you that the consequences ranged from amputated fingers to fatalities

Machines have moving parts that can cause severe, even fatal, injuries. We encourage you to stress the importance of these simple safety tips

- Dress properly, with pants and sleeves that are not too long or loose. Shirts should be fitted or tucked in.
- Do not wear jewelry.
- Tuck long hair under a hat, helmet, hair net or into your shirt.
- Follow lockout/tagout procedures before clearing jams in machinery and performing machinery maintenance. Never reach into a moving machine.
- Make sure machine guards are in place before operating machinery.
- Focus on the job. Do not daydream, joke around or multitask.
- Never take shortcuts that jeopardize your safety or a co-worker's safety

SAFETY SPOTLIGHT



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THE THERMOMETER MIGHT NOT READ 100, BUT

Texas Mutual reminds employees that the heat index, not the temperature, is an accurate indicator of how much stress the body feels when working outside in hot temperatures



The work can't get done without them.



Texas summers arrive in stages. In April, we reluctantly say our final goodbyes to cool temperatures. In May and June, our bodies start acclimating to the heat. In July, we typically see our first 100-degree day, followed closely by a few more, and then a few more. You get the idea..

And August through September is crunch time. That's when Texans summon whatever physical and mental strength we have left and plow through, our sights set on the prize: the first fall "front."

Actually, this has been a relatively mild summer by Texas standards. Remember, though, that just because the thermometer doesn't read 100 doesn't mean you're not at risk of heat-related illness. You have the heat index to thank for that.

The heat index is a measure of the temperature and humidity. It is also a more accurate indication of how much stress your body will experience

Navigating summer temperatures can be an especially risky proposition if you work indoors. For example, maybe you dive into a full weekend of yard maintenance or some other strenuous outdoor labor. Unfortunately, your body may not be acclimated to the heat, increasing your risk of heat illness

The simple message is, don't overdo it. As summer sings its customary, excruciatingly long swan song, keep these safety tips in mind

If you experience signs of heat stress, get inside and cool down. But don't get back in the game too soon. You might start to feel better, but your body may still be recovering from the toll taken by the heat.

Heat stress isn't the only potential consequence of heat exposure. Heat can also increase the risk of other injuries resulting from sweaty palms, fogged-up safety glasses, dizziness and contact with hot surfaces or steam

Remember that adults aren't the only demographic at risk during the summer months. Recently, a 10-month-old baby died after being left unattended in a car in South Austin. Stories like this are far too common

In 2014, 31 children died after being left unattended in or around vehicles. Vehicles heat up quickly, and not even a window rolled down two inches can prevent that. The temperature inside a vehicle can reach deadly levels in only 10 minutes if the outside temperature is in the low 80s. Even with temperatures in the 60s or 70s, heat-stroke poses a serious risk. A child will die of heatstroke once their body temperature reaches 107 degrees.

Safety for life

If you have any questions, or would like to discuss any information in this newsletter, please contact Texas Mutual @ 844-