

LOSS CONTROL

Newsletter



Thriving in the Summer Heat

Claims counts were relatively low for the first part of this year, but have ticked up in the past few months. Did the early onset of summer heat contribute to this higher frequency? Heat is a workplace hazard and can contribute to other injuries as well. Don't ignore it.

Train employees on how to recognize heat stress, how it affects the body, and how it can be prevented. Heat stress causes not only heat stroke, exhaustion, cramps, and rashes, but it also increases the risk of other injuries due to fatigue, sweaty palms, fogged-up safety glasses, and dizziness. Skin burns may result from contact with hot surfaces, pressurized fluids or steam. Exercise additional caution whenever heat is a factor.

Common heat exposure conditions are:

1. **Heat Stroke** – diminished or no sweating, hot and dry skin, or a high body temperature (106 degrees F. and rising). Uncontrolled heat stroke conditions can lead to death.

THIS IS AN EMERGENCY!

Douse the body continuously with a cool liquid and summon immediate medical aid.

2. **Heat Exhaustion** - profuse sweating, weakness, pale skin, rapid pulse, dizziness, nausea, headache, vomiting, and unconsciousness. The skin is cool and clammy with sweat. Body temperature may be normal or subnormal. First Aid - Rest in the shade or a cool place. Drink plenty of water (preferred) or electrolyte fluids. Call for medical attention.

Reduce heat stress risk:

- Consume fluids early in the day to hydrate the body and continue drinking during the day. Your body loses fluid even if you don't sweat.
- Drink the right kinds of fluid. Water is best. Dilute sport drinks with water.
- Eat a healthy diet. Avoid drinks and foods high in caffeine or sugar.
- Dress to reduce skin exposure to the sun.
- Periodically take cover in the shade.
- Take more frequent breaks when working in direct sun exposure.
- Keep the work area well ventilated.
- Periodically check on employees working in areas with heat risk.

Being aware of heat factors, staying hydrated, and following these steps can keep workers safe, healthy and productive.



QUESTIONS?

If you have any questions regarding this newsletter or for additional loss control information, please contact Mark Valentine at 816-698-4611 or mark.valentine@aon.com.

Add Stretching to the Mix

Avoid injuries on hot days, or any day, by keeping the body flexible and alert. Stretching to start the day and as part of a daily routine may eliminate most injuries (ignore anyone who thinks stretching looks weird). An alert body means an alert mind, which means better decision making about workflow, work activities and potential work hazards. An alert mind and body can possibly eliminate most strain and sprain injuries.

Stretching improves muscle coordination and balance by:

- Enhancing nerve impulse velocity (the exchange time between the brain and the muscle).
- Helping muscle groups work in a more coordinated fashion.
- Counterbalancing the effects of gravity and poor postural habits.
- Realigning soft tissue structures, thus reducing effort to achieve and maintain good posture.

Stretching reduces fatigue by:

- Increasing the supply of blood and nutrients to joints and soft tissues.
- Increasing soft tissue temperature, which allows for greater elasticity.

- Increasing joint synovial fluid (the lubricant for bones and articular cartilage), which allows for greater range of motion. It also reduces joint degeneration.
- Increasing a joint's ability to move with less energy when required to do so.
- Decreasing tightness and resistance in tendons and muscles.



Other benefits of stretching:

- Improves blood flow to the brain, which helps maintain a healthy and positive attitude.
- Reduces the physical stress placed on the body.
- Eliminates unnecessary body movements, which in turn reduces injury risk.
- Avoids musculoskeletal disorders (MSD's). MSD's cost US companies \$50 billion each year, in addition to the pain and suffering endured by employees.

Encourage stretching activities in the workplace. Make it a fun part of your safety culture.

This newsletter is distributed by the Kansas Automobile Dealers Workers' Compensation Fund (KADWCF) to increase awareness and stress the importance of safe work practices.

Reporting a claim to Gallagher Bassett (GB)

Fund Account Number: 004352

Internet: www.risxfacs.com

Telephone: 1-800-779-6142

Fax: 1-800-748-6159

Email: tnwclaims@tnwinc.com

Dedicated Adjuster:

Josie Landes – Senior Adjuster

Phone: 816-216-5516

Josephine_Landes@gbtpa.com

(Per above, please report claims to tnwclaims@tnwinc.com.)

Claim related medical bills should be mailed to:

Gallagher Bassett Central Bill

Processing Center

P.O. Box 2831

Clinton, IA 52733

Any other claim related information should be mailed to your adjuster at:

Gallagher Bassett

2600 Grand Blvd., Suite 650

Kansas City, MO 64108

or Fax to: 816-942-0695

You can also email the information directly to the adjuster. The preferred method to report claims is via the internet.

