

# Safety Talk

JULY 2025



## LGIP's SAFETY DESIGNEE CLASS

We would like to congratulate all the members who attended the first two LGIP Safety Designee Class sessions. Your participation and engagement play a vital role in promoting a culture of safety within your counties.

Attendees of this class will qualify their counties to receive a 1% discount on their Workers' Compensation and P&C premiums. This is a significant savings for our members and we appreciate your commitment to continuous learning and to maintaining a safe and healthy workplace for your employees.

The first two classes were made available for our members in West TN and Central TN. LGIP will be offering additional classes in the Fall for our East TN members. Please be on the lookout for future emails that will include the East TN training dates.

Congratulations to all attendees and thank you for making safety a priority!

### March 5th Attendees:

Amanda Gonazlez – Marshall Co.  
Neil Davis – Marshall County  
Jamie Barron – Maury County  
Vicky Afisov – Lincoln County  
Patrick Fitch – Lincoln County  
Jennifer Locker – Lincoln County  
Doug Campbell – Lincoln County  
Patrick Murdock – Lincoln County  
Houston Hamblin – Lewis County  
James Williams – Lewis County  
Joshua Hensel – Hickman County  
Ronald Coates – Hickman County  
Brian Armstrong – Dickson County  
Jeremy Keith – Dickson County  
Don Bellar – Dickson County  
Andy Vetter – Dickson County  
Toni Calhoun – Dickson County  
Chance Holmes – Robertson County  
Shelly Carney – Cheatham County  
Wes Proctor – Cheatham County  
Brooke Underwood – Cheatham Co.  
Scott Calamusa – Rutherford Co. U.D.  
Gayle Miller – Marshall County BPU  
Teresa Mattox – Giles County  
Bill Myers – Giles County  
Mark Brewer – Lawrence County

### June 11th Attendees:

Lorna Benson – Weakley County  
Cassie Seiber – Perry County  
Ray Wiggington – Weakley County  
Sabrina Swindle – Perry County  
Brandon Clark – Tipton County  
Donnie Wallace – Tipton County  
Allen Strickland – McNairy County  
Mike Winslow – Madison County  
Jack Mauldin – Lake County  
Gene DeLaney – Hardin County  
Justin Lewis – Fayette County  
Ronnie Markle – Fayette County  
Wesley Jerrolds – Hardin County  
Nathan Franks – Hardin County  
John Purifay – Haywood County



## HEAT STRESS CAN BE LIFE THREATENING

**Know the early signs of heat stress and how to treat it:**

**Heat Cramps:** Dehydration caused by heavy sweating or not drinking enough water leads to heat cramps.

### Symptoms:

- Heavy sweating
- Muscle spasms or cramps

### First Aid:

- Drink cool water or a sports drink with electrolytes
- Apply cool compress
- Move to a cool shaded place

**Heat Exhaustion:** Can occur rapidly. Be aware of the early signs.

### Symptoms:

- Heavy sweating
- Muscle spasms or cramps
- Nausea or vomiting
- Dizziness or headache
- Fainting

### First Aid:

- Drink cool water or a sports drink with electrolytes
- Apply cool compress
- Move to a cool shaded place
- Loosen clothing
- Cool body temperature until its below 100°
- If first aid measures don't relieve symptoms, seek emergency medical help

**Heat Stroke:** Heat stroke can be fatal and requires immediate medical attention.

### Symptoms:

- Hot Dry Skin
- Confusion or disorientation
- Slurred speech
- Seizures or convulsions
- Throbbing headache
- Very high body temperature over 104°

### First Aid:

- Call 911 immediately
- Move the person to a cool shaded place
- Apply cool compresses and wet the person's clothing with water and fan with a towel
- Do not give them anything to drink- it could pose a choking hazard

## ROADWAY MOWING SAFETY

Highway crews are in full force mowing along roadways to keep our county roads visible and neat in appearance. However, while mowing roadways and ditches extra caution is needed to prevent the potential for accidents. Listed below are safety tips for increasing mowing safety when mowing along roadways.

### Potential Hazards:

- Rollover hazards from wet conditions and steep slopes or ditches.
- Thrown objects from mower blades.
- Potential of severed body limbs.
- Potential for electrocution when mowing near power lines.

### Pre-Trip Inspection:

- Perform daily inspections before operating any mowing equipment.
- Make sure the mower is off when performing inspections.
- Make sure all lights work and that they are clean and visible.
- Make sure all warning triangles are clean and visible.
- Check tires for wear and ensure that they are inflated to the recommended PSI.
- Ensure that all wheel lug nuts are tight.
- Look for hydraulic and fuel leaks. Do not operate the mower if you have any fluid leaks. Hydraulic fluid and fuel leaks can cause a potential fire hazard.
- Check cutting blades and knives for any damage and make sure they are secure.
- All mower decks should be equipped with safety shielding. Either rubber or chain type shielding.
- Clean windows and make sure wipers are functional.

### Mowing Safety Tips:

- Wear recommended PPE such as hard hats, gloves, hearing protection, boots and high visibility vests.
- Make sure operators have been trained on the equipment that they are assigned to.
- Use 3 points of contact when entering and exiting the cab of mowers.
- Before you mow in an area, inspect the area for debris such as chunks of concrete, utility cables, power lines, tree stumps, chains, telephone junction boxes and gas lines.
- Maintain 10 ft from any fixed item or other potential hazardous objects.
- Always wear seat belts when operating mowers.
- Older cabs should be equipped with Roll Over Protective Structures (ROPS).
- Drive forward down slopes, and back up; two-wheel drive tractors are more susceptible to rear overturn when driving up a slope.
- Ensure warning signs are posted in mowing areas. It may be necessary to move signs as you are mowing or having a mobile crew follow all mowing activities.
- Avoid mowing ANY slope with a tractor that is more than 11 degrees.
- Know the limits of your equipment.

## AVOID DEHYDRATION ON THE WORKSITE

If you're working in the heat, you need to stay hydrated. Water is one of the most important ways you can prevent heat illness. Water is also important for your long-term health, too. Research has connected repeated episodes of dehydration caused by working in the heat with chronic kidney disease.

Dehydration lowers alertness, increases fatigue and impairs cognitive function, which undermines overall health and safety in the workplace.

But hydration doesn't just magically happen on its own. Here are a few tips for helping people stay hydrated on the work site.

### Encourage Employees to Drink Water:

- When you're working in the heat, you can't just wait for your body to tell you to drink. If you feel thirsty, you're already well on your way to dehydration. It's important to remind workers to drink water regularly.
- How much water is enough? The National Institute for Occupational Safety and Health (NIOSH) recommends that people working in the heat drink one 8-ounce cup of water every 15 to 20 minutes. That's 24 to 32 ounces of water per hour – but don't try to drink it all at once. It's more effective to drink small amounts frequently than to drink larger amounts infrequently.
- Put the water in reach, If it's too much time and effort to get to a water station, your employees are less likely to take the small, frequent drinks that are best at maintaining hydration.
- Remember to hydrate at home. It's surprisingly common for people to be dehydrated when they show up for work, even if they know they'll be working hard in the heat.
- Encourage workers to drink water after work. According to NIOSH, most people need a few hours to replace what they've lost through sweat, and starting sooner puts less strain on your body. Alcohol can also cause dehydration.
- Offer the Right Beverages: Water is great. Drinking water is almost always enough for you to stay hydrated, as long as you're regularly eating meals to replace the salt you lose by sweating.
- For jobs lasting more than two hours, OSHA recommends that employers provide sports drinks or other electrolyte-containing beverages to replenish salts.
- Avoid energy drinks because they are typically high in caffeine which can lead to dehydration.

## JULY 2025 QUIZ TRUE OR FALSE

1. Attending the LGIP Safety Designee Class will not allow you any discounts on your premiums. The only benefit of the class is a delicious free lunch.  
**True or False**
2. When mowing, make sure all warning lights and warning triangles on the mower are functional and visible.  
**True or False**
3. When working in the heat, it is recommended to drink energy drinks only.  
**True or False**
4. One of the early signs of heat stroke is slurred speech and hot dry skin.  
**True or False**
5. Maintain hydration by continuing to drink water after work. What you drink the evening before working in the heat matters. Avoid alcohol, it can cause dehydration.  
**True or False**

### Answers

1. False 2. True 3. True 4. False 5. True