

Safety Talk

AUGUST 2025



BE PREPARED FOR AN ACTIVE SHOOTER

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined or other populated area. Listed below are tips on preparing for an active shooter situation.

You Have 3 Options:

1. Run

- Have an escape route and plan in mind
- Know where all exits are located at all times
- Leave your belongings behind
- Evacuate regardless of whether others agree to follow
- Help others escape, if possible
- Do not attempt to move the wounded
- Prevent others from entering an area where the active shooter may be
- Keep your hands visible
- Call 911 when you are safe

2. Hide

- Hide in an area out of the shooter's view
- Lock the door or block entry to your hiding place
- Silence your cell phone (including vibrate mode) and remain quiet

3. Fight

- Fight as a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with as much physical aggression as possible
- Improvise weapons or throw items at the shooter
- Commit to your actions...your life depends on it

Information to Provide to 911 Operators:

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons shooter has
- Number of potential victims at location

When Law Enforcement Arrives:

- Remain calm and follow instructions
- Drop items in your hands (e.g., bags, jackets)
- Raise hands and spread your fingers
- Keep hands visible at all times
- Avoid quick movements toward officers, such as holding on to them for safety
- Avoid pointing, screaming or yelling



HEAT-RELATED ILLNESSES

As temperature and humidity rise throughout Tennessee the threat of heat related illnesses increases. Our body is normally able to regulate our temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2024, 269 people died in the U.S. from heat related illness.

Heat illness can affect anyone. People at higher risk include:

- Employees working outside
- Infants and young children
- Senior Citizens
- People who are ill, have chronic health conditions or are on certain medications
- Those who are overweight

If your job requires you to work outside during hot weather, take the following precautions to minimize the risk of heat-related illnesses.

- Plan physical tasks for cooler times of the day
- Keep hydrated by drinking water before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take additional breaks to hydrate.

Knowing the symptoms and proper response to these Heat illnesses can save a life.

Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. Signs and symptoms include:

- Pale or moist skin
- Muscle cramps
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Heat exhaustion can quickly evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give them fluids. Water, Sports Drinks or other cool beverages. Avoid caffeine and alcohol
- Apply cool wet towels to their head, back of the neck, or have victims take a cool shower

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PROMOTE A POSITIVE SAFETY ATTITUDE

Enhancing Safety Culture:

If you have a poor attitude about safety, it will show up in everything you say and everything you do. Sometimes, workers develop the attitude that safety rules were made to be broken—especially when no one is looking. Even those who are hardworking and conscientious about every other aspect of their jobs can have a poor safety attitude. Remember, ignoring safety, taking shortcuts, and breaking rules to get a job done more quickly is likely to cause accidents and injuries that slow down production.



Tips for Having a Good Safety Attitude:

Here's how you can develop a good attitude concerning safety:

- Keep your mind focused on the job at hand. Put aside any personal problems that have been bothering you so that you can watch for hazards and accomplish what you have set out to do.
- Tell yourself that you will not let nearby noises or conversations interrupt your concentration or prevent you from doing the job safely.
- Don't give in to pressure from your coworkers to be unsafe. You don't have to join in with horseplay, take shortcuts, or participate in cover-ups. Instead, take the lead in behaving in an adult and responsible manner. If coworkers are behaving in an unsafe manner, tell a supervisor.
- Report all accidents and near misses, even if they seem unimportant at the time.
- Try to understand why an accident occurred to avoid making the same mistake twice.
- Always follow safe work practices and wear any personal protective equipment (PPE) that you are required to wear.
- Practice good housekeeping. Keep your work area free of clutter, and clean up spills promptly.
- Be considerate of your coworkers. Don't do anything that would endanger them. In fact, go a step farther and remind coworkers about safety. Say something when they forget to put on PPE or when they ignore the rules.

By following these suggestions, you can develop a positive safety attitude, one that others will respect and look up to as an example. But even better than that, you'll be able to do productive work and stay safe at the same time.

HEAT-RELATED ILLNESSES (CONT.)

Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Act immediately:

- Call 911
- Move the victim to a cool place shady place
- Cool the victim by applying ice to their body
- If ice is not available, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Monitor the victim's breathing and be ready to give CPR if needed

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol it will dehydrate you.
- Wear loose, lightweight clothing
- Replace electrolytes lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 4 p.m.
- Pace yourself when you have to work in the heat and add extra breaks.

Know the forecasted Heat Index and start preparing the night before by drinking plenty of fluids. Download the App that OSHA has developed showing the hourly heat index for your area.

AUGUST 2025 QUIZ TRUE OR FALSE

1. It's ok to give in to peer pressure from co-workers and work unsafely.
True or False
2. The 3 Action Steps for an active shooter situation are Run, Hide or Fight.
True or False
3. To avoid heat-related illnesses, work outside from 11 a.m. to 4 p.m.
True or False
4. When the body loses excessive water and salt, heat exhaustion can occur.
True or False
5. A good plan is to always have an escape plan prior to an Active Shooter situation.
True or False

Answers

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