

TEXAS MUTUAL SAFETY ALERT



As a service to our policyholders, Texas Mutual shares common workplace injuries reported to our claims department. Our goal is to help you ensure these types of accidents do not happen in your workplace. Find tips and suggested e-Learning training courses below to help keep your employees safe on the job.

If you have questions, we encourage you to call our safety services support center at **844-WORKSAFE (967-5723)** between 8 a.m. and 5 p.m. CST.

IN THIS ALERT

- Off-road vehicle safety
- Cancer risk in fire fighters

DRIVER IS EJECTED FROM FOUR WHEELER

An employee was driving a four wheeler down a feed alley when he ran into the side of a feed wagon and was thrown over the handlebars. The employee was not wearing a seat belt or a helmet.

Four wheelers, other off-road vehicles and heavy machinery may seem safer for the operator due to moving at lower speeds off the roadway. However, these vehicles require strict safety procedures just like cars or trucks.



! Safety tips:

- Conduct a pre-trip inspection on your vehicle to ensure that the lights, breaks and other items are working correctly.
- Check your surroundings and the terrain for any hazards before operating the equipment.
- Always wear a seatbelt when riding on any type of off-road vehicle or heavy machinery.
- As with cars, do not operate equipment while using a cell phone or while under the influence of alcohol or fatigue.
- Do not exceed carrying capacity on the vehicle.

e-Learning course suggestions:

- Driving Preparation
- Driving Large Vehicles and Heavy Equipment
- Load Securement

FIREFIGHTER RECEIVES CANCER DIAGNOSIS

A firefighter for a volunteer fire department recently developed cancer after almost 40 years in the industry. The National Institute for Occupational Safety and Health has been working on a multi-year study to understand the link between cancer and firefighting. Additionally, the Division of Workers' Compensation is creating a firefighter registry to gain more insight.



While there is more research being conducted, the Texas Workers' Compensation Act includes special provisions for claims involving firefighters and work-related cancer diagnoses. Here are preventive measures that can be taken now.

Safety tips:

- Practice a healthy lifestyle including exercise, eating vegetables and lean meats and wearing sunscreen.
- Don't remove your self-contained breathing apparatus (SCBA) while on the scene of a fire, including when working on the edge of a fireground or during overhaul.
- Remove, wash and decontaminate (using a neutralizing agent) personal protective equipment and tools as soon as possible after each fire while on scene.
- Take a thorough shower after each fire to avoid the collection of particulates.
- Launder turnout gear after each fire using a decontaminating detergent certified safe by the National Fire Protection Agency.

e-Learning course suggestions:

Air-Supplying Respirators
Respirator Basics
Fire Safety

GET FREE SAFETY RESOURCES

Texas Mutual policyholders have access to thousands of free training materials in our multimedia [safety resource center](#), including 200 free e-Learning online training courses. With e-Learning, you can assign safety courses to your employees to help train them and keep them safe.

To access the free materials, log into your [texasmutual.com](https://www.texasmutual.com) account and select safety resources. If you need helping accessing the safety resource center or you have a workplace safety question, call us toll-free at **844-WORKSAFE (967-5723)**.