

TEXAS MUTUAL SAFETY ALERT



As a service to our policyholders, Texas Mutual shares serious workplace injury trends based on catastrophic injuries and fatalities reported to our claims department. Not all of these reported injuries are covered by workers' compensation, but our goal is to help you ensure these types of incidents do not happen in your workplace. Find safety tips below to help keep your employees safe on the job.

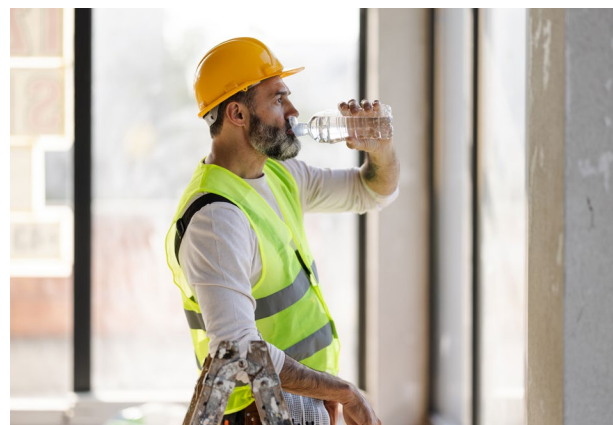
If you have questions, we encourage you to contact us at **844-WORKSAFE (967-5723)** or safety@texasmutual.com.

IN THIS ALERT

- Heat illness prevention
- Struck by flying debris

HEAT ILLNESS PREVENTION

An employee performing outdoor work began to feel overheated. They started vomiting and lost consciousness, prompting co-workers to call for emergency help right away. In a separate incident, an employee working outside told their crew they were not feeling well. They were told to stop working and take a break. After realizing the employee had not returned, the crew found them unconscious and took them to the hospital.



Heat-related illnesses can escalate quickly, and the early warning signs are often easy to dismiss as simply feeling tired or unwell. Once symptoms progress to vomiting, confusion or loss of consciousness, the situation becomes an emergency. Acting on the first signs of heat illness can make the difference between a quick recovery and a life-threatening outcome.

Safety tips:

- Take breaks in shade or air conditioning throughout the day, especially during peak heat hours.
- Drink water regularly and do not wait until you feel thirsty to rehydrate.
- Tell a co-worker or supervisor as soon as you feel dizzy, nauseous or unusually fatigued.
- Stay within sight or communication range of a co-worker any time you step away to rest or cool down.
- Learn the signs of heat exhaustion and heat illness so you can recognize them in yourself and others.

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844-WORKSAFE (967-5723)
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WORKERS' COMPENSATION INSURANCE

STRUCK BY FLYING DEBRIS



An employee was using a grinder when the grinding disc broke apart. A piece of the disc broke loose and struck them in the face. In a separate incident, an employee was servicing machinery when a chain connected to the equipment broke loose. The chain swung around and struck them in the eye. Both employees sustained serious injuries to their face.

Flying debris can travel with enough force to cause lasting harm in a fraction of a second, often before anyone has time to react. Equipment under tension or high speed, such as grinders, chains and cables, can fail without warning. A piece of equipment that has worked safely for months can still fail the moment wear reaches a critical point.

Safety tips:

- Wear appropriate eye and face protection any time you operate or work near equipment that could release debris.
- Inspect all equipment for wear and damage before each use.
- Never use worn or damaged tools or equipment.
- Position yourself in a designated safe area when working near equipment that is under tension or load.
- Follow manufacturer's guidelines for equipment speed ratings, load limits and maintenance schedules.

GET FREE SAFETY RESOURCES

Texas Mutual policyholders have access to thousands of free training materials in our multimedia safety resource center, including our safety catalog with up-to-date resources.

To access the free materials, log in to your texasmutual.com account and select **Safety**. If you need help accessing the safety resource center or you have a workplace safety question, call us toll-free at **844-WORKSAFE (967-5723)**.