



Risk Management Solutions



Spring 2022

A Quarterly Newsletter of the AMIC/MWCF Loss Control Division

Safely Working in the Heat

By Kyle Hines, Loss Control Representative, AMIC/MWCF

Unless you wear a red cape and display the symbol of hope on your chest, you most likely don't have that great a relationship with the sun. You probably don't have a relationship with the sun at all. For the most part, we know the sun to be generous. It gives us energy, light, and life. However, the sun can also be taking. Or, in a better term, hazardous. And if not careful, you may find yourself a victim to it. There are dangers associated with working in the sun, particularly as the hot days get longer and the shirts get sweatier. It is essential that you follow safety precautions and procedures to avoid illnesses relating to the heat. These are preventable.

Heat Stress

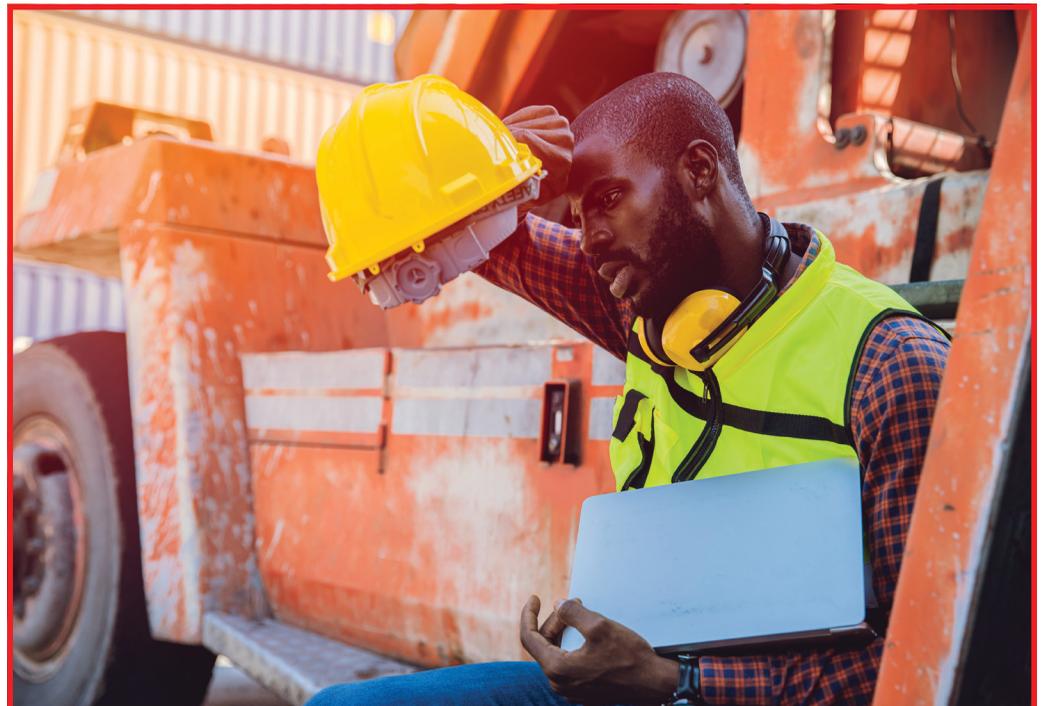
Heat Stress includes a series of conditions where the body is under stress from overheating. Heat-related illnesses include heat cramps, heat exhaustion, heat rash or heat stroke. The way you are affected will most likely be different than how another person is affected. Factors may include your age, weight, physical conditioning and general health.

Heat Stress Contributing Factors

1. High air temperatures – your heart rate increases to pump more blood through your outer body and skin, so excess heat is lost to the environment; therefore, sweating occurs.
2. Radiant heat sources – working in the sun, working in a closed factory with machines and direct physical contact with hot objects will increase your heart rate.
3. High humidity – high relative humidity makes it harder for the body to cool when sweating.
4. Strenuous physical activity – body heat increases while exerting physical activity, increasing heart rate and extra blood flow throughout the body.

The Effects of Heat Stress

1. Heat Stroke – the most serious heat related illness per the CDC. Heatstroke occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.
2. Heat Exhaustion – symptoms begin when sweating increases and the heart rate quickly rises due to your body overheating. Dizziness and weakness may also occur.
3. Heat Cramps – painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. Loss of fluid and electrolytes often contribute to heat cramps.
4. Heat Rashes – aka prickly heat and miliaria – affects all ages during hot, humid weather. Heat rash develops when blocked pores trap sweat under your skin.



continued next page



Sean Duke Named President of the Alabama Municipal Insurance Corporation

Following the December 2021 retirement of Steve Wells, the Alabama Municipal Insurance Corporation (AMIC) Board of Directors named Sean Duke as its new president. Sean, who began his tenure with AMIC on March 1, was a 24-year veteran of the Alabama Department of Insurance; holds a degree in Finance from Auburn University at Montgomery; and resides with his wife in Grady, Alabama. He brings excellent skillsets in insurance operations and regulatory requirements as well a solid understanding of budgetary and financial applications in the support of AMIC's growing customer base. The AMIC Board is pleased to welcome Sean to the AMIC family and wishes him the very best.

Working in the Heat continued from cover

First aid for heatstroke

If you suspect someone is suffering heatstroke, call 911 immediately. Then safely and quickly get the person out of the heat, remove excess clothing, and cool them by whatever means available. Following these steps may aid in saving a person's life. If you suspect that you are experiencing heatstroke, call 911 immediately. Get yourself to whatever source of coolant you can find. Good examples would be utilizing a garden hose, sink, shower or any water source. Use ice packs or a cooling blanket if available.

First aid for heat exhaustion/cramps

If you suspect someone to have mild symptoms of heat exhaustion or cramps, lay the person down and elevate the legs and feet slightly. Remove tight or heavy clothing. Have the person drink cool water or a non-alcoholic beverage specifically without caffeine. Cool the person down by spraying or sponging with cool water and fanning. If you suspect that you are showing mild symptoms of heat exhaustion or cramps, try laying down in a cool place and drinking a sport drink, juice or cold water. Anything with electrolytes and salt can slow down the heart rate and blood flow, allowing your muscles to relax and loosen to a more relaxed state.

First aid for heat rash

For heat rash, bathe or shower in cool water with nondrying soap, then let your skin air-dry instead of toweling off. Use calamine lotion or cool compresses to calm itchy, irritated skin. It is crucial to avoid using creams and ointments that contain petroleum or mineral oil, which can block pores further.

People who are more susceptible to heat stress

1. Children up to four years of age.
2. People 65 years of age and older.
3. People who are overweight.
4. People who are ill or on certain medications.

Suggestions

1. Wear appropriate clothing. Go for lightweight, light-colored, loose-fitting clothing. You need to wear clothes that allow air to circulate through, and light-colored material reflects heat better. Natural fiber fabrics such as cotton, linen and silk help to soak up sweat and allow the body to breath better.
2. Hydration – the process of replacing water in the body. Most people know the 6-8 glasses of water per day rule. They fail to realize that every person needs a different amount of water going in. Add high temperatures and hard work to that formula, and you may find yourself needing triple that amount of water. Keep a bottle of water with you during the day. Try drinking water before, during and after any physical activity.
3. Work on the buddy system so you can watch out for each other. Having someone to keep you accountable will go a long way.

Conclusion

When dealing with the sun, many serious factors can lead to illness, dangerous side effects and even death. We have all seen what the intensity of the summer sun can do to your health. The most severe heat illness to look out for is heatstroke. Other heat illnesses such as heat exhaustion, heat cramps and heat rash should also be avoided. There are safeguards that can be taken any time temperatures are high and the work includes physical activity. By wearing appropriate clothing, remaining hydrated and utilizing the buddy system, you can better guard yourself from serious sun related illnesses. It is important to stay educated on heat safety and to plan so that you can protect your health.

References:

- www.ehs.iastate.edu/services/occupational/heat-stress#:~:text=Heat%20stress%20includes%20a%20series,cessation%20of%20sweating%2C%20and%20collapse.
- <https://ehs.research.uiowa.edu/occupational/heat-stress#:~:text=Factors%20that%20contribute%20to%20heat,objects%2C%20and%20strenuous%20physical%20activities.>
- <https://www.cdc.gov/niosh/topics/heatstress/default.html#:~:text=Heat%20stress%20can%20result%20in,with%20hot%20surfaces%20or%20steam.>
- www.mayoclinic.org/diseases-conditions/heat-rash/symptoms-causes/syc-20373276#:~:text=Heat%20rash%20%E2%80%94%20also%20known%20as,blisters%20to%20deep%2C%20red%20lumps.

We are proud to support Alabama's Firefighters through the state's first supplemental cancer benefits policy!



ENDORSED PROGRAM



www.alfrbp.com

1-800-23-CANCER

cancerinsurance@alfrbp.com

Protect Your Law Enforcement Liability Policy Limits!

Effective in 2022, **all** Police Departments insured by AMIC are required to conduct psychological evaluations on ALL newly hired police officers, except and unless, they have satisfactorily passed one within the last two years. The psychological evaluation must be conducted by a Licensed Behavioral Health Professional and comply with APOSTC rules and all other legal guidelines.

APOSTC currently requires all applicants selected to attend the Law Enforcement Basic, Reserve, and Lateral/Refresher academies to undergo a psychological evaluation by a Licensed Behavioral Health Professional. (APOSTC Rule 650-X-2-.04)

The new requirement from AMIC applies to all other law enforcement officers, both full- and part-time, regardless of prior experience, certification or any other factors. Failure to complete the required evaluations could result in a reduction of law enforcement liability coverage limits.

For more information or assistance please contact your Loss Control Police Safety Consultants.

Defining Moment

Ergonomics is the science of analyzing the effect of work processes, job designs and work environment on human performance and health. It is an interdisciplinary field involving concepts related to biomechanics, human factors engineering, kinesiology, safety and medicine. The primary purpose of ergonomics is to reduce stressors on the human body resulting from job tasks and/or the work environment in order to prevent health problems and improve work efficiency and productivity. For example, some people have wrist and back problems from lifting loads. To help with this, be sure to carry the load close to your body and make a conscious effort to lift the load with your legs instead of with your back. Ergonomics is an ongoing process that should become part of every safety program.

2021 Risk Management Awards

In recognition of the efforts and successes of our members, the AMIC and MWCF Board of Directors established the Risk Management Awards system in 2002. Awards are determined based on the loss ratios for each member's prior year. For members of both the AMIC and MWCF programs, the loss ratios are combined and divided by two to reflect the overall loss ratio. Members are eligible to receive the Presidents Award once every five years and the Gold, Silver and Bronze annually.

ALM President's Awards (Top 5% for 5 years)

Albertville Utilities
Anderson
Bridgeport Housing Authority
Bridgeport Utility Board
Camden
Central Alabama Regional Planning Commission
Chilton County Solid Waste Disposal
Cleveland
Coker
Collinsville Water & Sewer Board
Colony
Coosa Valley Water Supply
Crossville
Crossville Water Works Board
Cusseta
Dora Water & Gas Board
East Geneva Co. Senior Citizens Committee
Evergreen Housing Authority
Forkland
Fort Payne Improvement Authority
Franklin
Gordo Water Board
Graysville
Heath
Jasper Water & Sewer
Kansas
Leighton Water and Sewer Board
Lineville Water & Sewer
McIntosh
Mobile County Emergency Management Agency
Moulton Housing Authority
New Site
Newbern
North Alabama Gas District
North Courtland
Northeast Alabama Agri Business Center
Oak Hill
Owens Cross Roads
Phil Campbell Housing Authority
Pleasant Groves
Providence
Rainsville
River Falls
Silas
Southeast Gas Acquisition and Supply Assoc.
Spanish Fort Fire & Rescue
Stevenson Utilities
Sumiton Water Board
Summerdale
Sylacauga Utilities
Sylvan Springs
Thomaston Water & Gas
Troy Board of Education
Tuskegee Housing Authority
Union Grove Utilities
Vance Fire Protection District
Vernon Water & Sewer Board
Wedowee Water, Sewer & Gas Board
Wilcox County Gas
Wolf Creek Water, Sewer & FPA
Woodstock

Gold Awards (Loss ratio below 5%)

Abbeville Fire & Rescue
Abbeville Water & Sewer
Addison
Akron
Alabama League of Municipalities
Alabama Municipal Electric Authority
Alabaster Water Board
Albertville and Boaz Recycling & Solid Waste Disposal
Aliceville Governmental Utilities Services Corp.
Aliceville Housing Authority
Aliceville Water Works & Sewer Board
Allgood
Andalusia Board of Education
Anderson
Anniston Housing Authority
Anniston Public Library
Arab Sewer
Arab Water Works Board
Ardmore Water & Sewer
Argo
Ariton Sewer Board
Ariton Waterworks and Sewer Board
Asbury Water Authority
Ashland Water Works & Sewer Board
Ashland, Goodwater-Lineville Solid Waste Disposal Authority
Ashville
Atmore Housing Authority
Attalla
Attalla Water Works
Auburn Water Board
Babbie
Baileyton
Baker Hill
Baker Hill Fire & Rescue
Banks
Bay Minette Housing Authority
Bayou La Batre Water & Sewer
Bear Creek
Bear Creek Development Authority
Beaverton
Belk
Berlin
Bessemer Airport Authority
Bessemer Public Library
Billingsley
Birmingham Airport Authority
Birmingham Regional Planning Commission General Fund
Black
Blountsville
Blountsville Housing Authority
Blountsville Utilities
Blue Springs
Boaz Gas Board
Boaz Water & Sewer Board
Brantley
Brantley Housing Authority
Brent Housing Authority
Brent Utilities
Brewton Housing Authority
Bridgeport Housing Authority
Brighton
Butler Utilities
Calera Housing Authority
Calera Waterworks
Calhoun County 911
Camp Hill Utilities
Carbon Hill Housing Authority
Carbon Hill Utility Board
Carroll's Creek Fire Protection
Castleberry
Cedar Bluff
Cedar Bluff Utility Board
Central AL Regional Planning Commission

Centre Water Works & Sewer
Centreville Water Works & Sewer Board
Cherokee
Cherokee County Water Authority
Chickasaw Housing Authority
Chickasaw Utilities
Childersburg Waterworks, Sewer & Gas
Chilton County Solid Waste Disposal
Citronelle Historical Preservation
Clanton Housing Authority
Clanton Water Works
Clay
Clay County Emergency Rescue Squad
Clayhatchee
Clayhatchee Volunteer Fire Dept.
Clayton
Clayton Housing Authority
Clayton Water & Sewer
Cleveland
Clio
Coffee County Water Authority
Coker
Coker Water Authority
Colbert County Animal
Collinsville Water & Sewer Board
Colony
Columbia
Columbiana Waterworks
Coosa Valley Water Supply
Cordova Economic & Industry
Cordova Water & Gas Board
Cottonwood Housing Authority
County Line
Courtland
Cowarts
Craig Field Airport Authority
Crossville
Crossville Water Works Board
Cuba Water and Sewer Board
Cusseta
Dadeville Gas Board
Dadeville Housing Authority
Dadeville Water & Sewer
Daleville City Board of Education
Daleville Housing Authority
Dallas County Water & Sewer
Dauphin Island Water & Sewer
Deatsville
Deatsville VFD, Inc.
Demopolis
Demopolis Water & Sewer Board
Dodge City
Dora Water & Gas Board
Dothan
Double Springs
Double Springs Waterworks Board
Dozier
Dutton
East Brewton
East Brewton Waterworks & Sewer
East Central Alabama Gas District
East Geneva Co. Senior Citizens Committee
Elba Water & Electric Board
Eldridge
Electric Cities of Alabama
Elkmont
Elmore
Elmore County Economic Development Authority
Elmore County Industrial
Epes
Eufaula Housing Authority
Eutaw
Eutaw Housing Authority
Eva

Evergreen Housing Authority
Fairfield
Fairhope
Fairview
Falkville
Faunsdale
Fayette
Fayette Gas Board
Fayette Water Works Board
Five Points
Five Stars Water District
Flomaton
Floralia Housing Authority
Foley Public Athletic & Sports Facilities
Foley Public Facilities
Forkland
Fort Deposit
Fort Payne Improvement Authority
Franklin
Fruithurst Fire Department
Fulton
Fultondale Gas Board
Fyffe
Gainesville
Gainesville VFD
Gantt
Gaylesville
Geiger
Geneva County Gas District
Geneva Water Works and Sewer Board
Georgiana Housing Authority
Geraldine
Gilbertown Utility
Glen Allen
Glencoe Water & Sewer
Glenwood
Good Hope
Goodwater Waterworks & Sewer Board
Goose Pond Colony Resort Public Park & Recreations Board
Gordo Water Board
Gordonville
Goshen & Goshen Water Works
Government Utility Services
Grand Bay Water System
Grant
Graysville
Greensboro
Greensboro Utility Board
Greenville Housing Authority
Guin
Guin Water Works & Sewer Board
Guntersville Housing Authority
Hackleburg
Hackleburg Water Board
Haleyville Water & Sewer Board
Hamilton Housing Authority
Hammondville
Hanceville Housing Authority
Hanceville Water Works
Harpersville Water Board
Hartselle Housing Authority
Hartselle Utilities
Heath
Heflin Water & Sewer
Hobson City
Hobson City Housing Authority
Hodges
Holly Pond
Hollywood
Huntsville Housing Authority
Huntsville Tennis Center Board of Control
Hurtsboro Water Works
HyTop
Indian Springs
Jackson's Gap
Jackson's Gap Water Authority
Jacksonville

Jasper Water & Sewer
Jefferson County 911
Jefferson County EMA
Kansas
Keep Troy Beautiful
Kellyton
Kennedy
Kinston
Lamar Ambulance Service
Langston
Leeds Water & Sewer
Leesburg
Leighton Water and Sewer Board
Linden Housing Authority
Linden Utilities
Lineville Water & Sewer
Lipscomb
Littleville
Livingston
Loachapoka
Lockhart
Locust Fork
Louisville
Lowndesboro
Luverne
Luverne Electric Board
Luverne Housing Authority
Luverne Water and Sewer Board
Lyeffion Water Authority, Inc.
Lynn
Madrid
Magnolia Springs Public Library
Maplesville
Maplesville Utilities
Maytown
McIntosh
McIntosh Water & Fire Protection
McKenzie
Mentone
Millerville Water Authority
Minor Heights Fire District
Mobile County Emergency Management Agency
Mobile County Personnel Board
Mobile Improvement District
Montgomery Housing Authority
Moody Utilities
Mooresville
Morris
Mosses
Moulton Housing Authority
Munford
Muscle Shoals Electric Board
Muscle Shoals Utilities
Myrtlewood
Napier Field
Natural Bridge
Nauvoo
Nauvoo Waterworks
Needham
New Brockton
New Brockton Water and Sewer Board
New Site
Newbern
Newton Housing Authority
Newton Water & Sewer
Newville
North Central Alabama Regional Council of Governments
North Courtland
NE Alabama Agri Business Center
Northeast Alabama Gas Cooperative District
Northport Housing Authority
NW Alabama Council of Local Governments
Northwest St. Clair County Water
Oak Grove
Oak Hill
Odenville
Oneonta Utilities
Opelika Waterworks Board

Opp Housing Authority
Orange Beach Public Library
Orange Beach Water & Sewer Board
Owens Cross Roads
Oxford Health Care Authority
Ozark Board of Education
Ozark Dale Co, E-911
Ozark Dale County Economic Development Corporation
Ozark Housing Community
Paint Rock
Park City Water Authority
Parrish Water & Sewer Board
Pennington Utilities
Perdido Beach
Phenix City Utilities
Phil Campbell Housing Authority
Phil Campbell Water & Sewer Board
Pickens County Gas
Pickensville
Pike Road
Pinckard
Pine Apple
Pine Ridge
Pisgah
Pleasant Groves
Pollard
Powell
Prattville Historic Redevelopment Authority
Prattville Solid Waste Authority
Prattville Waterworks
Prichard Water
Providence
Public Cultural & Entertainment Facilities Coop
Quint Mar Water
Ragland
Rainbow City Utilities Board
Ranburne Water & Sewer
Red Bay Water & Gas
Red Level
Reece City
Reform Housing Authority
Reform Water & Sewer Board
Rehobeth
Renaissance Cooperative District
Renaissance Improvement District
Repton
Ridgeville
River Falls
Riverside
Riverview Water
Rockford
Rockford Volunteer Fire Department
Rocky Ridge Fire District
Rogersville Waterworks & Sewer
Russellville Electric Board
Russellville Gas Board
Russellville Housing Authority
Russellville Water Works & Sewer
Rutledge
Samson
Sand Rock
Sanford
Sardis City Waterworks Board
Satsuma Water Works & Sewer Board
Scottsboro Public Library
Section
Shiloh
Silas
Slocomb
Slocomb Housing Authority
Slocomb Water & Sewer
Snead
South Alabama Regional Airport Authority
S Alabama Regional Planning Comm
South Central Alabama Development Commission
South Central Alabama Development Commission/ Senior Aides Division
South Central AL Regional Housing Authority

South Vinemont
Southeast Alabama Gas
Southeast Gas Acquisition and Supply Association
Spanish Fort
Spanish Fort Fire & Rescue
Steele
Steele Waterworks Board
Stevenson Utilities
Storm Water Management Authority
Sulligent Housing Authority
Sumiton Gas Board
Sumiton Water Board
Summerdale
Susan Moore
Sweet Water Waterworks
Sylacauga Parks & Recreation
Sylacauga Utilities
Sylvan Springs
Sylvania
Talladega Springs
Tallassee Industrial Development Board
The Tuskegee - UBT Cooperative District
Thomaston Water & Gas
Thomasville Waterworks & Sewer
Top Trails
Town Creek
Toxey
Transit Management of Montgomery
Troy Board of Education
Troy Housing Services
Troy Industrial Development Board
Tuscaloosa County Parks & Recreation Authority
Tuscumbia Utilities Department
Tuskegee Housing Authority
Tuskegee-Macon County Head Start
Twin
Union
Union Grove
Union Grove Utilities
Union Springs Utility Board
Upper Bear Creek Water, Sewer & FPA
Uriah Water System
USS Alabama Battleship Commission
Valley Head
Valley Head Water Works Board
Vance Fire Protection District
Vernon Water & Sewer Board
Vina
Vincent
Vincent Water & Sewer
Vinemont Providence Fire Department
Wadley
Walnut Grove
Waterloo
Wave Transit System
Waverly
Weaver
Webb
Wedowee
Wedowee Water, Sewer & Gas Board
West Blocton
West Jefferson
West Lawrence Water Cooperative
West Point
Westover
White Hall
Wilcox County Gas
Wilsonville
Wilton
Winfield Water Works & Sewer Board
Winston Cooperative District
Winston County Industrial Development Authority
Wolf Creek Water, Sewer & FPA
Woodland
Woodville

Silver Awards (Loss ratio of 5% - 20%)

Abbeville
Albertville Utilities
Anniston Water Board
Ardmore
Arley
Ashland
Athens
Atmore
Auburn Housing Authority
B.B. Comer Memorial Library
Beulah Utilities District
Birmingham Parking Authority
Birmingham-Jefferson Civic Center
Boligee
Bridgeport
Brilliant
Cahaba Valley Fire & Med Rescue District
Camp Hill
Carbon Hill
Chickasaw
Coaling
Coffee Springs
Cullman-Jefferson County Gas District
Daphne Utilities
Dauphin Island
East Alabama Mental Health
Eufaula Parks & Recreation Board
Fairhope Public Library
Floral
Florence Gas Department
Fort Payne
Fruithurst
Geneva
Haleyville
Hamilton
Harpersville
Hartselle
Hayden
Headland
Helena
Henagar
Hokes Bluff
Huguley Water & Fire Protection Authority
Ider
Kimberly
Lexington
McAdory Area Fire District
Midland City
Millbrook
Millport
Millry
Mobile Water & Sewer
Moundville
Mount Vernon
Mountain Brook
Mulga Water & Gas
North Alabama Gas District
North Baldwin Utilities
Northwest Alabama Gas District
Notasulga
Oxford Water Works Board
Phenix City
Pinson
Rainbow City
Rainsville
Red Bay
Riviera Utilities
Roanoke
Robertsdale
Scottsboro Electric Power
Scottsboro Waterworks, Sewer & Gas Board
Section Dutton Waterworks
Semmes
Sheffield
Silverhill
Skyline

Sulligent
Sumiton
Tarrant Electric Board
Taylor
Trafford
Trinity
Trussville
Trussville Utility Board
Uniontown
Vernon
West Alabama Health Services
West Alabama Regional Commission
Wetumpka Water & Sewer
Winfield
Woodstock
York

Bronze Awards (Loss ratio of 20% - 40%)

Albertville
Alexander City
Aliceville
Andalusia
Andalusia Utilities Board
Arab
Auburn
Bay Minette
Bayou La Batre
Birmingham-Jefferson County Transit Authority
Black Warrior Solid Waste Authority
Boaz
Bridgeport Utility Board
Brundidge
Butler
Camden
Centreville
Chelsea
Childersburg
Coffeenville
Collinsville
Cullman Utilities
DeKalb-Cherokee Counties Gas District
East Alabama Regional Planning & Development Commission
Eclectic
Elberta
Enterprise Rescue
Eufaula
Floral Water & Sewer Board
Foley
Fort Deposit Water Works & Sewer Board

Garden City
Gardendale
Gordo
Greene County Ambulance Service
Greenville Water Works & Sewer Board
Greenville YMCA
Gulf Shores
Gurley
Hanceville
Hokes Bluff Water Board
Hueytown
Huntsville - Huntsville Transit
Killen
Level Plains
Lincoln
Madison Utilities
Midfield
Mobile Public Library
Montevallo
Moody
Mulga
Muscle Shoals
Nectar
New London Water, Sewer & FPA
Northport
Oakman
Ohatchee
Oneonta
Opp
Oxford
Ozark
Pelham
Pell City
Piedmont
Prattville
Prichard
Ranburne
Reform
Roanoke Utility Board
Saint Florian
Saraland
Sardis City
Shorter
Somerville
Southside
Tallassee
Thomaston
Troy
Tuscaloosa
Tuscumbia
Tuskegee
Vance
Washington County Library Board

SAVE THE DATES! Loss Control Seminars this August!

August 9th – Guntersville

August 10th – Priceville

August 16th – Foley

August 17th – Montgomery

More information about the Seminars
will be posted to www.losscontrol.org
as it becomes available

2022 SkidCar Schedule

Through an advanced, computer-controlled driver training vehicle known as the SKIDCAR System, trainees learn how to react quickly and safely to a range of hazardous driving conditions. Training is conducted throughout the state at a minimal cost.

If you would like to schedule or host a SKIDCAR session in your area, please contact **Donna Wagner** at (334) 386-8125.

April 4 – 15	Muscle Shoals	Sept. 12 – 23	Anniston
May 9 – 13	Alabaster	Oct. 10 – 21	Oneonta
June 7 – 17	Valley	Nov. 8 – 18	Scottsboro
July 11 – 15	Andalusia	Dec. 6 – 16	Adamsville
August 16 – 26	Decatur		



Register and pay online at www.losscontrol.org!



Loss Control Division

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Spring Safety DVDs

- 5.049 Distractions: Behind the Wheel For Drivers
- 5.053 Landscaping Equipment: Maintenance and Safety
- 5.055 Distracted Driving: At What Cost?
- 7.026 The Facts About Ticks and Lyme Disease
- 7.079 Tree Trimming Safety
- 7.105 Groundskeeping Safety: Dealing With Bugs and Critters
- 7.106 Groundskeeping Safety: Be a Pro!
- 7.108 Protecting Your Feet: Learning Your ABC's
- 7.111 Back Injury Prevention for Public Entities (TML)
- 7.117 Hazards of Cell Phone Usage
- 7.118 Safety Procedures for Lawn Mower Operators
- 7.119 Landscape Power Tool Safety
- 7.120 Hedge Trimmer Safety
- 7.121 Video Guide to Chainsaw Safety
- 7.122 String Trimmer Safety
- 7.123 Boating Safety
- 18.003 Seasons in the Sun: Driving Challenges in Spring & Fall

**Video/DVD requests to: Sonya McCarley at: 334-386-8114
smccarley@almonline.org or FAX at 334-262-2809**

Need Help Filing Work Comp Claims?

For step-by-step instructions, visit:

www.almwcf.org

Employment Practices Law Hotline

1-800-864-5324

Through a toll-free Employment Practices Law Hotline, members can be in direct contact with an attorney specializing in employment-related issues. When faced with a potential employment situation, the hotline provides a no-cost, 30-minute consultation.

www.losscontrol.org