

## news & notes

### The Timbermen Fund Claims

The Timbermen Fund claims department manages claims from the First Report to satisfactory conclusion. Please contact The Timbermen Fund claim department with any questions before, during, or after a claim. Our experienced claims staff works to reach the best outcome on every claim. We utilize various tools and partner with leading companies for an integrated approach to claim handling. We believe in comprehensive investigations as well as the pro-active management of every claim. We are here to meet the needs of our members and their injured employees.

Contact our claims department:  
New claim reporting: phone 318/628/8166 or fax 318/628/7084

Or contact our claims staff directly:  
Kala Crowe, Claims Manager  
Lisa Vincent, Claims Adjuster  
Lori Carson, Claims Adjuster  
Danielle Brown, Claims Clerk

Call toll-free at 1-877-628-6730 or fax completed "[Employer Report of Injury/Illness Form](#)" (LDOL-WC-1007) to 1-877-669-9140.

Louisiana law requires that you report a claim within 10 days of your actual knowledge of any injury resulting in death, or in a loss of more than seven (7) working days. If you fail to report within the allotted time frame, you could be fined by the State of Louisiana for each occurrence.

### **Timbermen Website**

Timbermen customers can access forms and safety tools to help improve safety and compliance in their organization at:  
[www.timbermenfund.com](http://www.timbermenfund.com)

# Timbermen tidbits

*April 2014*

## **HEAT STROKE, HEAT EXHAUSTION & HEAT CRAMPS**

Summer is almost here, so it's time to start thinking about the three kinds of heat related illnesses. Heat cramps, heat exhaustion and heat strokes are all possible during hot weather. All heat related injuries need prompt medical attention.

Heat cramps are muscle cramps. Usually these cramps occur in the arms or legs, but may be in the abdominal or chest muscles as well. These cramps are caused by excessive body fluid loss through sweating. First aid includes moving the victim to a cool place, resting the cramping muscle and giving the person cool water.

Heat exhaustion signs include heavy sweating, weakness, fast pulse, normal body temperature to low grade fever, headache and dizziness, nausea and vomiting. First aid for heat exhaustion requires the worker to be moved to a cool place. Keep the victim lying down with legs straight and elevated 8 to 12 inches. Apply cold packs, wet towels, or just wet the person's clothing to cool them. Give the victim cold water only if he or she is conscious. If the victim loses consciousness or if no improvement is noted within 30 minutes, seek professional medical attention.

Heat stroke is a true emergency! Signs and symptoms include high body temperature, unconsciousness, hot skin, rapid pulse and breathing, weakness, dizziness or headache. Immediate first aid is required. Move the victim to a cool place and immediately cool the worker by any available means (ice and water from a jobsite cooler, for example). Keep the head and shoulders slightly elevated. Monitor the airway; check to be sure the victim is breathing. Call for professional help or rush the heat stroke victim to a hospital immediately.

Prevention of heat illness is very important. Gradual adaptation to working in hot weather is a start. As the weather heats up, take a few short breaks during the day. If possible, schedule heavy work so that it does not have to be accomplished during the hottest part of the day. Dress sensibly and drink plenty of water. Keep a sharp eye out for potential heat injuries in co-workers. Individuals at risk are the elderly, those with high blood pressure, and those that work or exercise in a hot environment. Try to practice prevention - it's the name of the game - and it will keep you from becoming a victim of a heat related illness.

**Heat stroke is a serious medical emergency. Call for professional help immediately!**



**WATER.  
REST.  
SHADE.**

*The work can't get done  
without them.*

## Sausage Hashbrown Breakfast Casserole

### Ingredients:

2 lb. bag frozen hashbrowns, thawed  
1 lb pork breakfast sausage  
1/2 onion, finely chopped  
8 eggs  
1/2 cup milk  
2 cups shredded cheddar cheese  
1 tsp salt  
1/4 tsp. pepper

### Directions:

1. Preheat oven to 375° F
2. Spray 13 X 9 baking dish with nonstick cooking spray.
3. In a sauté' pan, cook onions and brown and crumble sausage. Drain any excess grease. (If you'd like, at this point, you can take crumbled sausage out of pan, leaving the grease, and then brown the hashbrowns a bit. This adds nice flavor to the casserole.
4. In a medium bowl, whisk together eggs, milk and 1 cup of shredded cheese.
5. In a baking dish, spread thawed hashbrowns into bottom of dish. Make sure you hashbrowns are thawed and dried. Pat them dry with a paper towel. You don't want that extra moisture to make your casserole runny. \*For an added layer of flavor, try browning the hashbrowns in a pan before putting them in the baking dish.
6. Spread cooked sausage on top of hashbrowns. Next, pour egg mixture on top. Sprinkle the remaining cup of cheddar cheese on top.
7. Cover with aluminum foil and bake about 30 minutes. Take foil off and bake for additional 10 minutes. (Just keep an eye on it to make sure the cheese doesn't brown up too much.  
Enjoy!

### The Timbermen Fund

Louisiana Safety Association of Timbermen  
113 E. Main Street  
P.O. Box 1439  
Winnfield, LA 71483  
(318) 628-6730  
1-877-628-6730

[www.timbermanfund.com](http://www.timbermanfund.com)

## HIRING MINORS

With summer quickly approaching, it is time to review the state laws for hiring minors.

No minor under the age of 18 years shall be employed until the employer has procured and has on file an employment certificate for such minor issued by the city or parish superintendent of schools.

No minor under the age of 14 years may be employed, permitted, or suffered to work except as provided in RS 23:151.

No minor under the age of 16 years shall be employed more than 8 hours in any one day, nor more than six consecutive days in any one week, nor more than 40 hours in any one week.

No minor under the age of 18 years may be employed, permitted, or suffered to work for any five hour period without one interval of at least thirty minutes within such period for meals. Such interval shall not be included as part of the working hours of the day.

There are no time standards for minors 16 and 17 years of age regarding the numbers of hours worked per day or per week; however, minors shall receive an eight hour rest break at the end of each work day before the commencement of the next day of work.

*For purposes of the following items, a day during which school is in session will be that designated as such by the local school superintendent for the school district in which the minor resides.*

1. No minor 16 years of age who has not graduated from high school shall be employed, or permitted, or suffered to work between the hours of 11:00 p.m. and 5:00 a.m. prior to the start of any school day.
2. No minor 17 years of age who has not graduated from high school shall be employed, or permitted, or suffered to work between the hours of 12:00 a.m. and 5:00 a.m. prior to the start of any school day.
3. No minor under 16 years of age who has not graduated from high school shall be employed, or permitted, or suffered to work between the hours of 7:00 p.m. and 7:00 a.m. prior to the start of any school day, or between the hours of 9:00 p.m. and 7:00 a.m. on any day.
4. No minor under the age of 16 years shall be employed, permitted, or suffered to work more than three hours each day on any day when school is in session, nor more than eighteen hours in any week when school is in session.

For a list of prohibited employment of minors and further information on employment of minors, visit our website at:

[www.timbermanfund.com/employer-corner/employment-of-minors/](http://www.timbermanfund.com/employer-corner/employment-of-minors/)

or the Louisiana Workforce Commission website at:

[http://www.laworks.net/ORS\\_MainMenu.asp](http://www.laworks.net/ORS_MainMenu.asp).

Don't hesitate to contact The Timbermen Loss Control department or your Loss Control Representative for assistance with your safety needs.