

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

Timbermen tidbits

March 2014

CTD's—How Can You Prevent Them?

Cumulative Trauma Disorders (CTD's) are strains that may result from long-term repetitive motion or from continually working in an awkward position. Strains commonly occur in the wrists, arms, shoulders or back, affecting the body's joints and surrounding muscles and tendons.

CTD's are said to be today's fastest growing occupational problem, affecting all types of employees, from computer operators to construction workers. Modern equipment, tools and machinery have increased production capabilities in many ways. But in some cases, they have also increased the potential for strain injuries in people. These disorders not only cause great discomfort, they can also affect a person's employability and personal lifestyle choices.

SUGGESTIONS FOR REDUCING YOUR EXPOSURE TO CTD'S:

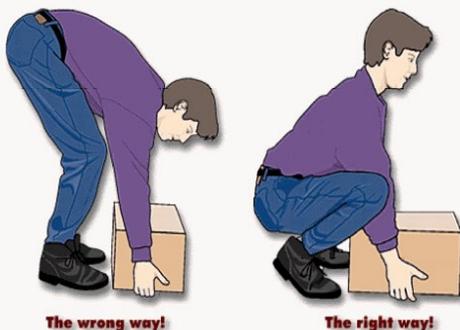
- Do warm-up exercises before beginning physically demanding tasks (take a tip from athletes).
- Plan ahead, if you will be doing a job that is awkward--think of ways to make it easier.
- Rotate your work position, to change how muscles are used during your work shift.
- Use the proper tool for the job to avoid awkward movements and the need for overexertion.
- Take a rest break when fatigue sets in. Just a few minutes can make a difference.
- Carefully stretch tired or overworked muscles to improve circulation and relieve tension.
- When appropriate, use anti-shock or anti-vibration gloves, back supports, wrist supports, or other personal protective equipment that helps prevent cumulative trauma.
- Always use proper lifting techniques. Back strain is one of the most common CTD's.
- When using hand tools keep your wrists in a "neutral" position, as opposed to repeatedly bending them up, down or sideways during work tasks.

Just because a co-worker is not affected by a physically demanding task, don't ignore messages your body sends you. Although humans share many physical characteristics, people are often different in terms of their physical strengths and weaknesses.

All muscle discomfort and fatigue is not a cumulative trauma disorder. Everyone experiences occasional aches and pains from both work and play-especially when you are not used to the activity. Nevertheless, *awkward, repetitive* work positions can result in long-term physical problems, so it's up to you to avoid these in whatever ways you can. If the ache doesn't go away within a day or two, follow the above suggestions.

If you have early symptoms of chronic discomfort, report it immediately to your supervisor. The *sooner* a better tool or work position can be incorporated into your work activities; the sooner those symptoms can be controlled.

Listen to what your body tells you and learn how to avoid CTD's!



MEATLOAF

1 1/2 lbs ground beef
1 egg, beaten
1 cup fresh bread crumbs
1 medium onion, chopped
1 1/2 tsp salt
1/4 tsp pepper
1/2 can tomato sauce

Mix ingredients and form into loaf. Place in shallow baking pan.

Topping:

1 can tomato sauce
2 tbsp. vinegar
4 tbsp. prepared mustard
1 cup water
4 tbsp. brown sugar

Mix ingredients and pour over loaf. Bake in oven at 350 degrees for 1 and 1/2 hours to 1 hour and 45 minutes.

The Timbermen Fund

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SPRAINS AND STRAINS

The days of macho behavior and contests to see who can do the most work or lift the heaviest load are hopefully gone! Companies that allow behavior like this to exist find themselves out of business because accidents and injuries-and workers' compensation costs-skyrocket.

The answer is in planning: Controlling exposures to sprains and strains is difficult at best. With this in mind, anyone who spends a good part of their work day moving materials should learn to work smarter, rather than harder!

Manual material handling is common to many industries. Many tasks require handling sheet goods, such as plywood siding or sheet rock, require two people for installation. Experience working together as a team is the best way to assure you know what your partner is doing. When starting with a new partner, take time to discuss how you intend to lift, carry and secure your work. A single wrong move with a heavy sheet can transfer the full load to one of the workers, force an awkward position, and cause a sprain or strain.

When working from scaffolding, take time to plan your moves. How will you get the material in place? Will you have to move it around the scaffolding manually? Do you need mechanical help such as a fork lift or a boom truck? Can you place material in several locations to minimize the need to lift and carry? All of these situations should be considered before starting a task.

When loading or unloading materials, avoid bending, twisting or carrying long distances. If it's possible, avoid placing materials at heights below knee level or above shoulder level. Never twist with a load!! This is one of the worst things that you can do to your back. If you combine bending and twisting, you are certain to injure yourself. Always allow space for at least two steps between a truck being off loaded and the final stacking site, which helps avoid twisting. Place a couple of pallets under a pallet you are stacking, which avoids bending below knee height.

When using a shovel, alternate having your left hand and right hand forward. It may feel awkward at first, but allows muscles on both sides of your body to share the work. Keep in mind that muscles and posture control the shape of your spine. The shape of your spine controls wear and tear on your spinal disks, muscles and ligaments.

Repetitive motion: Tasks that require repetitive hand or wrist motion should be examined closely. Steady use of a screw driver means constant twisting of the wrist. Battery operated screw guns are a good answer for this. Driving nails all day can cause pain in both your elbow and wrist. Wooden handles tend to transmit less vibration than steel and fiberglass hammer handles. Consider wearing a tennis elbow support, to limit the effect of vibration on tendons that attach to the elbow. When using vibrating tools, special gloves that "dampen" vibration can also be worn.

Problem-solve and plan with others: The first step to avoiding discomfort, pain or injury is to discuss awkward work tasks with your supervisor. Also, share your concerns and possible remedies with co-workers at safety meetings. Remember, the best way to earn a living is to stay healthy. Your employer-and most of all, your family-are depending on YOU!

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