



Insurance Loss Control Association

ILCA E-News

July 30, 2007

President's Message:

Fellow ILCA members and loss control professionals:

Register for the Conference!

The website is available and ready to process your conference registrations! The ILCA website is www.insurancelosscontrol.org/. Follow the "Education" link to the "Annual Conference" page. This conference should be the best yet. Registrations are coming in and the numbers are growing! Looking forward to seeing everyone!

Membership Renewal

Thank you for taking the time to go online and renewing your membership! Membership renewal is still \$65. The membership year is from July 1 through June 30 annually. The ILCA website is www.insurancelosscontrol.org/. Follow the link for "Join ILCA/Pay Dues."

Newsletters—Have you read a good article?

ILCA eNews is distributed electronically via e-mail. We welcome your comments and input. We encourage ILCA members to submit articles for publication as well! Do you have information that could be shared to benefit others in the industry? Want to be recognized in a publication that the entire ILCA membership receives? Interested authors only need to submit a short biography, photo, and an article! We know the members of ILCA would enjoy hearing about your industry experiences! Contact the Executive Office at (440) 946-8397 or via email at administration@insurancelosscontrol.org for details on article submission.

If you have specific topics you would like to see covered in the newsletter articles, let us know.

Sponsorship/advertisers

ILCA continues to be an outstanding opportunity for professional development! Membership dues and conference fees are very economical! And the conferences are chock-full of excellent speakers and topics. Check the website regularly for updates covering the 2007 conference and for additional information on membership. If you are already an ILCA member, pass the word. If you are looking for an opportunity for professional development we hope to welcome you and your staff aboard!

See you in Lexington!

Barry Reutter, ALCM, CSP, CPCU, CPSI
President, Insurance Loss Control Association

In This Issue:

- President's message
- Website updates
- 2007 Annual Conference info and update
- Thanks to our sponsors and vendors

Feature Articles:

- *Surviving Hot Weather*
- *Portable Generator Hazards*

Web Site Updates

We are working on updating some of the information on our website and will keep you posted about ILCA issues and conference plans. Check the website regularly.

www.insurancelosscontrol.org/

2007 Annual Conference

**October 29-31, 2007
Hyatt Regency Lexington
Lexington, KY**

On behalf of the Insurance Loss Control Association, we invite you to join us for the

**2007 ILCA Annual Conference
At the
Hyatt Regency in Lexington, KY**



We are sure you will find this year's program informative, educational, and worthwhile, as well as an opportunity to network with fellow members of the insurance loss control profession.

Invite Your Underwriters!

This year we want to follow up on something that began over the last two years--servicing our underwriters. Be sure to invite the underwriters at your company. We have had several underwriters attend the conference over the past couple years with very positive feedback. This gives them the opportunity to learn a bit more about the technical side of some of the operations that they insure. A bit of technical background will assist them in understanding reports from their loss control counterparts. Pass the word!

We look forward to seeing you in Lexington!

Topics of the Conference

An outstanding program is being planned and will include some great topics of interest to loss control professionals. Be sure and check it out.

Topics will include:

- Campus Safety
- Certified Loss Control Designation
- Thermal Imaging
- Work Place Safety, Ergonomics
- Machine Guarding
- Silica Exposure
- Fleet Safety
- Builders Risk
- Hexavalent Chromium (Respiratory Protection)

The topics will cover a wide range of loss control interests. Our speakers come highly recommended with many years of experience in their fields and the ability to communicate their topics well.

Hotel Location-- Lots to Offer!

Hyatt Regency Lexington
401 West High Street
Lexington, KY 40507
Information about the hotel: www.lexington.hyatt.com

The Hyatt Regency Lexington

The Hyatt Regency Lexington is located in the heart of downtown Lexington. The hotel has complimentary hard-wired high-speed internet access, an indoor pool, a health facility and complimentary overnight self-parking.



Need Your Help!

Just a heads up. When registering for the conference in October, please make reservations at our conference hotel if possible. They have offered us a very competitive room rate, \$105, and we have committed to them for a specific number of room-nights. (Their normal room rates begin at \$154). If we meet our quota, the association saves on conference room costs and other fees. When you reserve your rooms at the hotel, be sure and mention that you are with the ILCA conference so that you obtain the special room rate. Thanks for your support. The Hyatt is a great hotel! You will enjoy!

Lexington, Kentucky!

Horses and history! Lexington is known for Horse and Riding Enthusiast activities such as Keenland Race Course, Thoroughbred Center, Kentucky Horse Park, and the American Saddle Horse Museum. For those interested in historical sites, Lexington has "Ashland," the former home of an American statesman, Henry Clay. This is a National Trust Historic Landmark. And be sure to visit the Mary Todd Lincoln House. There are many other historic areas to explore since Lexington is over 225 years old. And music! The city has a wide variety of live music including Jazz and Blues.

Lexington shopping

Interested in shopping? Lexington has downtown shopping areas, including Victorian Square, which is a renovated block of Victorian Buildings, various antique shops, and an eclectic mix of shops around the University of Kentucky. There are also several malls in and around Lexington, including the largest mall in Kentucky, Fayette Mall.

Make it a vacation with your spouse and come for the weekend as well. Your boss called--you deserve a little R&R!

Additional Information

To explore further the activities available in Lexington be sure to go to the website for Lexington Convention and Visitors Bureau. Their website is www.visitlex.com.

Reservations by Phone

Make your reservation now!

Call the Hyatt Regency Lexington at their toll free number at their toll free number at 1-800-233-1234.

Special Room Rate

Be sure to request the Insurance Loss Control Association 2007 rate of \$105.00 plus tax (single/double/triple/quadruple occupancy are the same rates).

Please Note:

Rooms are blocked from October 29-31, 2007. The group rate will be honored three days pre/post conference, based on availability. Yup, bring the family!

Reservations must be made by October 5, 2007 in order to receive the ILCA discounted room rate.

Mark Your Calendar

Reserve the dates and mark your calendar to attend ILCA 2007. Look for more details on the ILCA website at www.insurancecontrol.org.

Conference registration

Conference registration is available through the website!



Local Regional National
www.us-reports.com | 800-223-2310

US-Reports, Inc.
5802 Wright Drive
Loveland, CO 80538
Toll Free: 1-800-223-2310
Phone Number: (970) 593-9888
Fax Number: (970) 278-0621

Thanks to our vendors and sponsors!

Please visit the ILCA Website. Follow the links to our Vendor Directory for info about these companies and their services:

To our sponsors, thank you so much! Your assistance and support are greatly appreciated!

Website ad space is available. Website banner ads can be arranged. We welcome your inquiry!



Midwest Technical Inspections, Inc.
5555 Arlington Drive East
Hanover Park, IL 60133
Toll Free: (800) 451-5621
Phone: (630) 894-4110
Fax: (630) 539-4526



TranStar Technical Services, Inc.
3225 Shallowford Rd #230
Marietta, GA 30062
Toll Free: 1-800-993-2990
Phone Number: (678) 236-9005
Fax Number: (678) 236-9014

ISI Insurance Services
P.O. Box 458
Chalk Hill, PA
Toll Free: 1-800-837-8506
Phone Number: (724) 329-1525
Fax Number: (724) 329-1529

Insurance Systems, Inc.
81 The East Mall, Suite 101
Toronto, ON
Toll Free: 1-877-777-2231
Phone Number: (416) 249-2260
Fax Number: (416) 249-8935
Fax: (630) 539-4526

FEATURE ARTICLE:

Surviving the Hot Weather

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. The human body is constantly engaged in a life-and-death struggle to disperse the heat that it produces. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

Who is at risk?

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

Those especially at risk:

- Infants, young children, elderly and pets
- Individuals with heart or circulatory problems or other long-term illness
- Employees working in the heat
- Athletes and people who like to exercise (especially beginners)
- Individuals taking certain medications that alter sweat production
- Alcoholics and drug abusers

Heatstroke

Heatstroke is the most serious and life-threatening heat-related illness. In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it "cooks" the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms of heatstroke

- The victim's body feels extremely hot when touched.
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What to do

1. Move person to a half-sitting position in the shade.
2. Call for emergency medical help immediately.
3. If humidity is below 75%, spray victim with water and vigorously fan. If humidity above 75%, apply ice packs on neck, armpits or groin.

Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.

Symptoms of heat exhaustion include:

- Severe thirst, fatigue, headache, nausea, vomiting and sometimes diarrhea.
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

Other symptoms

- Profuse sweating
- Clammy or pale skin
- Dizziness
- Rapid pulse
- Normal or slightly above normal body temperature

What to do

1. Sit or lie down in the shade.
2. Drink cool, lightly salted water or sports drink.
3. If persistent, gently apply wet towels and call for emergency medical help.

Heat Cramps

Heat cramps are painful muscular spasms that happen suddenly affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids. Victims may be drinking water without adequate salt content.

What to do

1. Sit or lie down in the shade.
2. Drink cool, lightly salted water or sports drink.
3. Stretch affected muscles.

Permission to reprint granted by the National Safety Council, a membership organization dedicated to protecting life and promoting health.

FEATURE ARTICLE:

Consumer Product Safety Commission Safety Alert

Portable Generator Hazards

Portable generators are useful when temporary or remote electric power is needed, but they also can be hazardous. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, fire and burns.

Every year, people die in incidents related to portable generator use. Most of the incidents associated with portable generators reported to CPSC involve CO poisoning from generators used indoors or in partially-enclosed spaces.

Carbon Monoxide Hazards

When used in a confined space, generators can produce high levels of CO within minutes. When you use a portable generator, remember that you cannot see or smell CO. Even if you do not smell exhaust fumes, you may still be exposed to CO.

Danger labels are required on all portable generators manufactured or imported on or after May 14, 2007.

If you start to feel sick, dizzy, or weak while using a generator, get to fresh air **RIGHT AWAY. DO NOT DELAY.** The CO from generators can rapidly kill you.

Follow these safety tips to protect against CO poisoning.

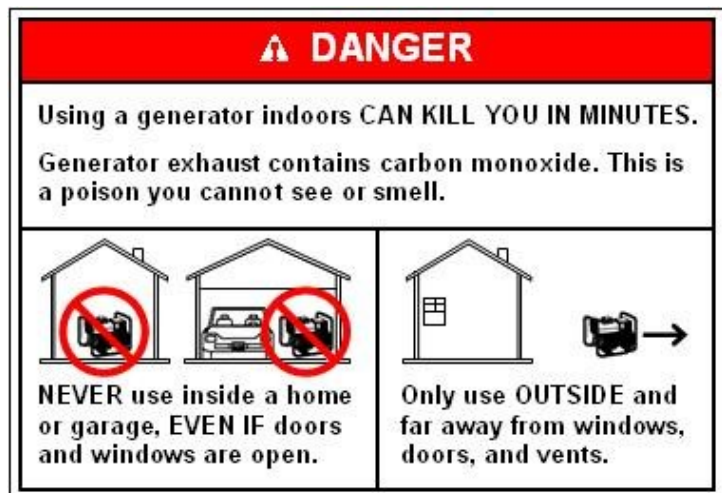
- NEVER use a generator inside homes, garages, crawlspaces, sheds, or similar areas, even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.
- Follow the instructions that come with your generator. Locate the unit outdoors and far from doors, windows, and vents that could allow CO to come indoors.
- Install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's instructions. CO alarms should be certified to the requirements of the latest safety standards (UL 2034, IAS 6-96, or CSA 6.19.01). Test batteries monthly.

To avoid CO poisoning when using generators:

- Never run generators indoors, including garages, basements, crawlspaces and sheds.
- Get to fresh air right away if you start to feel dizzy or weak.

Electrical Hazards

- Generators pose a risk of shock and electrocution, especially if they are operated in wet conditions. If you must use a generator when it is wet outside, protect the generator from moisture to help avoid the shock/electrocution hazard, but do so without operating the generator indoors or near openings to any building that can be occupied in order to help avoid the CO hazard. Operate the generator under an open,



canopy-like structure on a dry surface where water cannot reach it or puddle or drain under it. Dry your hands, if wet, before touching the generator.

- Connect appliances to the generator using heavy-duty extension cords that are specifically designed for outdoor use. Make sure the wattage rating for each cord exceeds the total wattage of all appliances connected to it. Use extension cords that are long enough to allow the generator to be placed outdoors and far away from windows, doors and vents to the home or to other structures that could be occupied. Check that the entire length of each cord is free of cuts or tears and that the plug has all three prongs. Protect the cord from getting pinched or crushed if it passes through a window or doorway.
- NEVER try to power the house wiring by plugging the generator into a wall outlet, a practice known as “backfeeding.” This is extremely dangerous and presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.

Fire Hazards

- Never store fuel for your generator in the home. Gasoline, propane, kerosene, and other flammable liquids should be stored outside of living areas in properly-labeled, non-glass safety containers. Do not store them near a fuel-burning appliance, such as a natural gas water heater in a garage.
- Before refueling the generator, turn it off and let it cool down. Gasoline spilled on hot engine parts could ignite.

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