

Protect workers from heat illness: Know the dangers, act early

BY REBECCA HONAKER
KENTUCKY INJURY PREVENTION AND RESEARCH CENTER

LEXINGTON — Heat is a serious workplace hazard that can cause illness — or even death — if proper precautions aren’t taken. Although outdoor workers face the greatest risk during high temperatures, indoor workers can also be affected, especially those working near heat sources or in poorly ventilated or non-air-conditioned spaces. The United States Environmental Protection Agency reported that 986 workers across all industries died from exposure to heat in the U.S. from 1992 to 2022. Thirty-four percent of those fatalities were in the construction industry. The Kentucky Occupational Safety and Health Surveillance Program (KOSHS) found that 467 Kentucky workers visited the emergency department due to heat-related illnesses from 2019 to ’23.

According to the Occupational Safety and Health Administration (OSHA), three out of four heat-related deaths occur during a worker’s first week on the job. Employers should create and follow a plan to allow new and returning workers to acclimate to working in the heat. This should include shorter work periods with more frequent breaks, monitoring new workers for symptoms, and not allowing new workers to work alone. These increased precautions should last at least one to two weeks.

Employers should also take the following steps to protect workers who are working in hot environments:

Modify work schedules with mandatory increased breaks in cooler areas, scheduling work at a cooler time of day and rotating job functions to help minimize exertion or heat exposure. Provide cool water for workers to drink and remind workers to drink regularly, not just when thirsty. For longer jobs that exceed two hours, employers should provide electrolyte-containing beverages. When possible, use methods to make the

environment cooler with air conditioning, misting fans, increased ventilation, reflective shields, etc. Reduce manual workload with mechanization where possible.

Ensure workers are wearing light colored, loose-fitting clothing that doesn’t trap heat or moisture. Some types of personal protective equipment can increase the risk of heat-related illness.

Employers should also train all supervisors and workers how to identify and control heat hazards, recognize signs and symptoms, administer first aid and to be ready to engage emergency medical services quickly.

Common signs of heat exhaustion can include:

- Headache, nausea, dizziness
- Weakness, irritability
- Thirst, decreased urine
- Heavy sweating
- Elevated body temperature

If an employee experiences these symptoms, action should be taken to cool them down. This can include moving them to cooler area, removing unnecessary clothing, providing cool water and cooling them with water, ice or a fan. They should not be left alone and should be monitored.

Heat exhaustion can progress to heat stroke if not treated promptly. Heat stroke is a life-threatening emergency, and if any of the following symptoms are observed, 911 should be called immediately:

- Slurred speech, confusion
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Very high body temperature
- Seizures

The OSHA-NIOSH Heat Safety Tool is a free app that employers can download to monitor heat hazards in real-time. The app uses heat index data and hourly forecasts from the National Weather Service to assign risk levels specific to your geographic location. Precautionary recommendations are provided based on the heat index risk level. The app also allows quick access to symptoms of heat illness and tips for first aid.

Ag commissioner hands out flowers at Senior Living in honor of Kentucky Grown Cut Flower Month

Residents, staff at Dominion Senior Living were gifted sunflowers, zinnias

FRANKFORT – A bit of sunshine came in the form of zinnias and sunflowers as they were handed out to residents and staff at Dominion Senior Living in Richmond last Wednesday.

The flowers, donated by River Bend Blooms in Allen County, were given out by Agriculture Commissioner Jonathan Shell in honor of July being recognized as Kentucky Grown Cut Flowers Month.

“Flowers can brighten up your day and it’s an even brighter day when you know these flowers are grown in Kentucky,” Commissioner Shell said. “The beauty the flower industry adds to our great state also means you can bring that beauty inside your home, your business, or add it to your summer wedding. In July, we celebrate what Kentucky’s farmer-florists provide for consumers. Having the chance to provide that little bit of sunshine to some special people today, really emphasizes the power of flowers.”

Approximately 80 percent of cut flowers are imported for U.S. markets, yet Kentucky farm conditions are well-suited for high-quality commercial production. The Commonwealth is home to more than 220 commercial cut flower operations, and the number of farmer-florists continues to increase each year.

Michelle Wheeler, owner of River Bend Blooms, is one of the state’s many florist farmers. She and her husband,



Photo courtesy of Ky. Dept. of Agriculture

Kentucky Agriculture Commissioner Jonathan Shell spread a bit of sunshine Wednesday morning as he handed out sunflowers and zinnias to the residents and staff of Dominion Senior Living in Richmond. The flowers were donated by River Bend Blooms in Allen County to celebrate July as Grown Cut Flowers Month in Kentucky.

David, specialize in cut flower farming, growing a diverse collection of flowers and foliage for wholesale and retail customers. Both Michelle and David have agricultural degrees and have used their agricultural sales experiences to help them build and grow their own 227-acre farm from the ground up. Now in their sixth season producing flowers, the Wheelers are committed to preserving their farmland for future generations.

“When I tell people that we are specialty, cut flower farm, they have a tendency to think of a cute garden,” Wheeler said. “In reality, growing nine acres of field grown flowers is much more akin to the management and work of growing a tobacco

crop. People have rarely considered where and how the flowers they purchase were grown. I hope to raise attention to the fact that the U.S. imported over \$2.57 billion in cut flowers in 2023. Our farm is working hard to grow the highest quality, locally grown flowers for our customers in Kentucky and Tennessee. Your flowers don’t need to take airplane rides when you choose to buy them from Kentucky farms.”

To further honor Kentucky grown cut flowers, this month the University of Kentucky Cooperative Extension Service and the Kentucky Horticulture Council is celebrating in a month-long promotional event. This is the sixth year.

Each day, a local cut flower

farm will be featured on the Kentucky Grown Cut Flower Promotion Facebook page and other social media platforms, highlighting where customers can find locally grown flowers on farms, at farmers markets, pop-up shops, through community-supported agriculture subscriptions and other sales outlets.

To help customers find Kentucky operations, the UK Center for Crop Diversification (CCD) has produced an interactive, online map at <https://uk-horticulture.github.io/KY-Cut-Flowers/>. New farms are being added frequently and there may even be a flower farm close to you that doesn’t yet appear on the map.

Smart tips for a safe summer

BY ROBERT MCCOOL
PROGRAM COORDINATOR
KENTUCKY INJURY PREVENTION AND RESEARCH CENTER

LEXINGTON – Summer is in full swing — a season made for firing up the grill, lighting up the sky with fireworks, and gathering with friends and family to celebrate. While summer fun is all about keeping things casual and carefree, it’s just as important to keep safety in mind during all the festivities.

Grilling food is a common part of summer events but grills can create fire hazards. To grill for your family and friends without having your local firefighters as unexpected guests, follow these tips:

Grills are for outdoor cooking. Never use a grill indoors, or in an enclosed area such as a tent or awning.

Keep the grill at least ten feet away from structures and overhanging branches. The radiated heat from a grill can ignite vinyl siding, wood, and other flammable materials that are too close.

Position your grill on a flat, stable, non-combustible surface.

Keep children, pets, and anyone with unsteady balance

at least three feet away from the grill.

Don’t wear loose or dangling clothing or aprons while grilling.

Never exchange the propane cylinder on a gas grill while the grill is hot.

Avoid using large amounts of charcoal lighter to start a charcoal grill and don’t use any other flammable liquid in place of charcoal lighter. Never add any flammable liquid to the fire

once it’s started.

Light the grill with a long-handled lighter or an extra long match.

If you use a gas grill, trigger the igniter or light the grill quickly after you turn on the gas. Allowing gas to build up inside the grill before igniting it can produce a large burst of flame.

Never leave a grill unattended while it is hot. This includes while

warming up the grill and while it is cooling down after use.

Keep a bucket of water or a fire extinguisher handy in case a fire develops. A spray bottle filled with water can be used to extinguishing small flareups.

By keeping these simple safety tips in mind, you can make the most of your summer — staying safe while soaking up all the fun the season has to offer.

MARION

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due to seasonal events such as weather changes, harvests, holidays, and school openings and closings. Seasonal adjustments eliminate these influences and make it easier to observe statistical trends.”

The comparable, unadjusted unemployment rate for the state was 4.9% for June 2025, and 4.4% for the nation.

Kentucky’s seasonally adjusted June 2025 unemployment rate was released on July 17, 2025. The state’s seasonally adjusted unemployment rate fell from 5% in May 2025 to 4.9% in June 2025.

EMPLOYMENT OPPORTUNITY

The Lebanon Enterprise newspaper in Lebanon, KY, is seeking a **FULL-TIME REPORTER/PHOTOGRAPHER.**

Applicants need to be able to write well-written, interesting, accurate, informative, and timely sports, feature, general news, and hard news stories as assigned. Photograph and process images on deadline that work with written text to illustrate news, sports or feature stories for print and online editions of the newspaper.

QUALIFICATIONS:

- College degree in journalism, English, related field or equivalent experience
- Understanding of journalistic ethics and legal/libel knowledge is helpful
- Effective organizational and time management skills
- Ability to work on tight deadlines
- Good communication skills
- Initiative to pursue news/feature/photo opportunities
- Sharp sense for news photography; keen eye for photos, strong sense of ethics.
- Ability to write effective, accurate cutlines.
- Proven adaptability and initiative.


ESSENTIAL FUNCTIONS:

- Cover assigned beats and breaking news with timely stories and photos.
- Taking photos and editing them with Adobe Photoshop and offering ideas for page design and performing page design using pagination software.
- Contribute photo ideas daily.
- Develop photo-story projects.
- Participate in news budget meetings, and project planning meetings.
- Process photos for publication using PhotoShop.
- Write effective, accurate cutlines

Interested individuals should send their cover letter and resume’ to
bsheroan@paxtonmedia.com

Paxton Media Group is an Equal Opportunity Employer

The Lebanon Enterprise
www.lebanonenterprise.com



LEGAL NOTICE

COMMONWEALTH OF KENTUCKY
11TH JUDICIAL CIRCUIT
MARION CIRCUIT COURT
DIVISION II
CASE NO. 24-CI-00216

BLUEGRASS TAX SERVICES INC. PLAINTIFF

v. NOTICE OF MASTER COMMISSIONER'S SALE

CHRIS GLEN BRADY, ET AL. DEFENDANTS

In order to comply with the judgment and order of sale entered on January 24, 2025 in the Marion County Circuit Court, Division II, Case No. 24-CI-00216, I will sell at public outcry to the highest bidder at the Marion County Judicial Center, 121 N. Spalding Avenue, Lebanon, Kentucky, on Friday, August 8, 2025 at 10:30 a.m., the hereinafter described property, according to the following terms and conditions to raise \$5,756.00 for the plaintiff plus interest, charges, costs and attorney fees.

Property Address: 3312 Poplar Corner Road, Lebanon, KY 40033
Parcel No. 084-007-04

LEGAL DESCRIPTION
A certain parcel of land lying on the waters of Lick Run and lying approximately 1050' north of Poplar Corner Road, in Marion County, Kentucky and being more particularly described as follows:

Unless otherwise stated herein, any monument referred to as an 'iron pin set' is a set ½"X18" rebar with a red plastic cap stamped "KWM ENGINEERING & SURVEYING NATHAN KING PLS 3831". Also, any monument referred to as a 'witness pin set' is a set ½"X18" rebar with a blue plastic cap stamped "KWM ENGINEERING & SURVEYING NATHAN KING PLS 3831". The bearings stated herein are referenced to Geodetic North as determined by GPS observations.

COMMENCING at a mag nail in the centerline of Poplar Corner Road, said nail bearing S 84 deg 55' 00" E, 4336.49' from a PK nail set in the centerline intersection of Poplar Corner Road and Mays Chapel Road; THENCE N 11 deg 31' 28" E, 15.12' to a point on the R/W of said road, a corner common to James W. & Hazel Brady (Comm. DB 7; PG 71) and James L. Brady (DB 255; PG 487); THENCE with the line of same, N 12 deg 14' 35" E, 116.47' to a found iron pin with cap (Anzelmo PLS 3753); THENCE with the line of same, N 02 deg 36' 50" E, 829.36' to a point in a fence line under a brace post bearing S 02 deg 36' 50" W, 1.25' from a witness pin set, and being the TRUE POINT OF BEGINNING; THENCE with the line of same, N 02 deg 36' 50" E, 217.80' to an iron pin set in the line of JAMES L. BRADY, and being a new corner to the lands of James W. Brady; THENCE with a new line dividing the lands of James W. Brady, N 79 deg 13' 38" W, 573.35' to an iron pin set; THENCE with another new line, S 04 deg 26' 01" W, 267.58' to an iron pin set at a fence corner post; THENCE with another new line, S 84 deg 14' 01" E, 576.92' to the POINT OF BEGINNING and containing 3.19 Acres, more or less, according to a survey by Nathan King, PLS #3831, with KWM Engineering & Land Surveying, on September 5, 2013, and being a part of the same property conveyed to James & Hazel Brady by deed of record in Commissioner's Deed Book 7, Page 71 in the records of the Marion County Clerk's Office.

This being the same property deeded to Christopher Glen Brady and Elizabeth Sainz Brady by deed dated September 17, 2013, and filed of record Deed Book 298 Pages 799-801 in the records of the Marion County Clerk's Office Lebanon KY.

At the time of the sale the successful bidder shall either pay full cash or make a deposit of 10% of the purchase price with the balance on credit for 30 days. If the purchase price is not paid in full, the successful bidder shall execute a bond at the time of the sale with sufficient surety approved by the master commissioner prior to the sale to secure the unpaid balance of the purchase price. **Any surety executing a surety bond for the unpaid balance of the purchase price must be pre-approved by the master commissioner no later than three (3) business days prior to the date of sale.** The bond shall bear interest at the rate of 12% per annum from the date of sale until paid, and shall have the force and effect of a judgment. In the event the successful bidder is the plaintiff, then in lieu of the deposit the plaintiff shall be allowed to bid on credit up to the judgment amount. The successful bidder is responsible for all real property and unpaid ad valorem taxes assessed for the current year and all subsequent years. This property sales "as is" "where is" with no warranty of title.

PHILIP S. GEORGE, JR.
MARION CIRCUIT COURT
MASTER COMMISSIONER