



SHARE

NOV/DEC 2023
ISSUE #29

SAFETY HEALTH AND RISK E-CONNECT NEWSLETTER

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC. - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

The opinions expressed in this newsletter are those of the author's and do not reflect the views of LGRMS, ACCG, or GMA.

Winter Storm Prep P.21



ALSO IN THIS ISSUE:
**Remember the Lessons from
Winter Storm Elliott
Home for the Holidays**

SAFETY THEME

DOWNLOAD THIS
MONTH'S SAFETY POSTER

HEALTH PROMOTION SERVICES

CHECK OUT THE LIVING
WELL GEORGIA CORNER

RISK/LIABILITY

CHECK OUT THIS MONTH'S
LIABILITY BEAT

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3500 Parkway Lane
Suite 110
Peachtree Corners, GA 30092

www.lgrms.com

2024 Regional Training Events

2024 LERS TRAINING

FULL DAY | 8:30AM - 3:30PM

January 02, 2024 - Madison, GA

January 04, 2024 - Madison, GA

January 24, 2024 - Brookhaven, GA

January 31, 2024 - Crisp County, GA

February 1, 2024 - Crisp County, GA

SAFETY COORDINATOR I

FULL DAY | 8:30AM - 12:30PM

February 6, 2024 - Tifton, GA

February 7, 2024 - Statesboro, GA

February 8, 2024 - Macon, GA

February 21, 2024 - Cartersville, GA

February 22, 2024 - Gainesville, GA

SAFETY COORDINATOR II

FULL DAY | 8:30AM - 12:30PM

March 12, 2024 - Tifton, GA

March 13, 2024 - Statesboro, GA

March 14, 2024 - Macon, GA

March 20, 2024 - Cartersville, GA

March 21, 2024 - Gainesville, GA

SAFETY COORDINATOR III

FULL DAY | 8:30AM - 12:30PM

April 9, 2024 - Tifton, GA

April 10, 2024 - Statesboro, GA

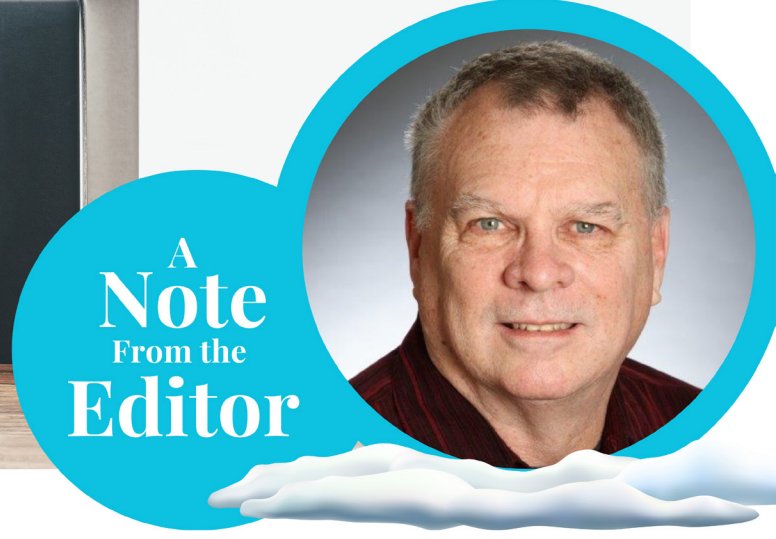
April 11, 2024 - Macon, GA

April 16, 2024 - Cartersville, GA

April 17, 2024 - Gainesville, GA

IMPORTANT NOTE:

Please check the LGRMS website for the most current listing of training events in your area. Please visit: www.lgrms.com/trainingeventcalendar



Welcome to the November/December combined edition of SHARE, the monthly publication of Local Government Risk Management Services (LGRMS). SHARE is sent to all GIRMA/IRMA, WC, and Life & Health members 10 times per year.

SHARE has two sections: (1) a general safety, risk, and health section, and (2) a worker safety-focused section.

We cover those topics and issues most relevant to Local Governments in Georgia, plus some new features. We look forward to your feedback. The LGRMS SHARE is published on or around the 20th of each month. If you are not currently on the distribution list to receive our monthly newsletter, it can be downloaded for free from the LGRMS website (www.lgrms.com).

IN THIS ISSUE

In this issue, we have a variety of articles focusing on current topics affecting local governments. Workers and worker safety is always our number one focus. As part of that, our focus for workers is winter storm safety. Workers need to be prepared for winter weather at home, at work, and in their vehicles. Weston Cox, our South Georgia Risk Consultant, discusses the importance of holiday safety, both at home and work. Our Law Enforcement focus is an article by Natalie Sellers on the importance of really understanding Risk Management in Law

Enforcement. Reinforcing our Winter Storm safety focus is an article by Dan Beck on remembering the lessons learned from Winter Storm Elliott.

From the Staff of Local Government Risk Management Services, we wish all of you the happiest of holidays and a Merry Christmas.

For questions or issues on training, or any other services provided by LGRMS, contact Shamilla Jordan at sjordan@lgrms.com or Cortney Steptor at csteptor@lgrms.com.

Be safe.

QUESTIONS OR CONCERNS

Should you have any questions or concerns for this publication, please contact: Dennis Watts, dwatts@lgrms.com, or Shamilla Jordan at sjordan@lgrms.com.



DIRECTOR'S CORNER

Remember THE LESSONS FROM Winter STORM ELLIOTT



By Dan Beck, LGRMS Director

Do you remember last December's winter storm Elliott? If you recall, in December of 2022, this unprecedented extratropical cyclone brought about severe winter conditions, featuring blizzards, high winds, snowfall, and record cold temperatures across the U.S. and parts of Canada from December 21 to 26. Residents in Georgia received cautionary advisories, urging them to take preventive measures due to the impending high winds and freezing temperatures.

During this event, ACCG's IRMA insurance pool and GMA's GIRMA insurance pool suffered losses of \$3M and \$6M respectively. This was due to two major factors: (1) Building water pipes froze and broke. (2) Because of the holiday and days off, the icy pipes thawed and resulted in flooding those same unoccupied/unmonitored buildings.

How do you prevent building water pipes from freezing?

Preventing water pipes from freezing is essential to avoid potential damage to the pipes and the inconvenience of having frozen water supply. Here are several tips to help prevent water pipes from freezing.

1. Insulate Pipes:

- Insulate both hot and cold-water pipes using pipe insulation sleeves or wrapping. This is particularly important for pipes in unheated or exposed areas like basements, attics, and crawl spaces.

2. Seal Gaps and Cracks:

- Seal any gaps or cracks in walls, floors, and around windows and doors to prevent cold air from entering and reaching the pipes.

3. Keep a Consistent Temperature:

- Maintain a consistent temperature in your home, especially during cold weather. Keep the thermostat set to a level that prevents the interior temperature from dropping below freezing.

4. Open Cabinet Doors:

- Open cabinet doors under sinks to allow warm air to circulate around pipes. This is especially important for pipes located along exterior walls.

5. Let Faucets Drip:

- Allow faucets to drip slowly during extremely cold weather. The movement of water can prevent freezing. Focus on faucets located along exterior walls.

6. Disconnect and Drain Outdoor Hoses:

- Disconnect and drain outdoor hoses. Shut off the water supply to outdoor faucets and let any remaining water drain out to prevent freezing.

7. Use Heat Tape:

- Consider using electric heat tape on exposed pipes. This tape is designed to provide heat to the pipes and prevent freezing. Follow the manufacturer's instructions for proper installation.

8. Add Extra Insulation:

- For pipes in extremely cold areas, consider adding extra insulation to walls and areas where pipes are located.

9. Keep Garage Doors Closed:

- Keep garage doors closed, especially if there are water supply lines in the garage. This helps maintain a warmer temperature.

10. Install a Smart Thermostat:

- Consider installing a smart thermostat that allows you to monitor and control the temperature remotely. Some systems can send alerts if the temperature in your home drops to a level that could lead to freezing.

11. Winterize Vacant Properties:

- If you have vacant property, make sure to winterize it properly. This may include draining the water system and turning off the main water supply.

Taking these preventive measures can significantly reduce the risk of water pipes freezing during cold weather. If you suspect that your pipes are frozen, it's important to act quickly to thaw them and prevent potential damage. If you're unsure or if the situation is severe, it's advisable to seek professional assistance.

We recently conducted a webinar called Mitigating Water and Freeze Losses for Public Entities with IoT Sensor Solutions. During the webinar we reviewed technology that can be used to monitor unoccupied spaces for freezing and leaking water pipes.

For more information, please click on the link below to watch the webinar.

https://youtu.be/RBgqxLOvr9Q?si=mTlz3ZyIhSYw9_Q1

Or review the link to the PDF. >>>>



Pictured above: Top Row - Snow plow clearing roads during Winter Storm Elliott. Picture 2 - Snow plows clearing street. Bottom Row - Smart thermostat. Bottom row picture 2 - garage doors - keep them closed to maintain warmer temperatures.

REGISTER FOR AN LGRMS IN-PERSON REGIONAL TRAINING CLASS TODAY!



[CLICK HERE TO REGISTER](#)



**HAS ANYTHING CHANGED?
FILL OUT THE FORM ON PG. 7**

To ensure that we are able to keep you abreast of program changes, training dates, etc., we are asking that you please take a moment to complete the Contact Information form on page 7.

For your convenience, we have made it fillable (meaning that you can fill it out online, save, and send it back via email); or if you prefer, you can print it out, complete the required fields, and send it back to us via mail or fax.

LGRMS
Attn: Cortney Stepter
3500 Parkway Lane
Suite 110
Peachtree Corners, GA 30092

Email: lgrmsadmin@lgrms.com

Fax: 770-246-3149

CONTACT LIST FORM

Date:

ORGANIZATIONAL INFORMATION

ACCG

GMA

ADDRESS

CITY

STATE

ZIP CODE

COUNTRY

PHONE

E-MAIL

CONTACT INFORMATION

PRIMARY CONTACT NAME

TITLE

ROLE

LOSS CONTROL

HEALTH & WELLNESS

EMAIL ADDRESS

PHONE NUMBER

ARE YOU THE SAFETY COORDINATOR

YES

NO

IF NO, PLEASE PROVIDE NAME & EMAIL

SECONDARY CONTACT NAME

TITLE

EMAIL ADDRESS

MEMBER DISTRIBUTION LISTS & ACCESS

Select all that apply

SHARE Newsletter

LGRMS WEBSITE

LocalGov LI

BrainShark

Other

FOR LGRMS OFFICE ONLY

Contact info has been added to:

Date Received: _____

Request Received by: _____

CAMPAIGN MONITOR
 IMIS
 EMAIL LIST
 BrainShark
 SHARE LIST

LIABILITY BEAT



POLICE

WE DON'T KNOW
JACK ABOUT
Risk
MANAGEMENT



by Natalie Sellers,
Sr. LGRMS Law Enforcement Risk Consultant

Law enforcement risk management guru, Gordon Graham, once said, “We don’t know jack about risk management, and worse than that, we think we do.” Since law enforcement is inherently dangerous and involves facing unpredictable situations as well as injuries, one could argue that law enforcement knows risks, but is not good at managing them.

With the day-to-day surplus of priorities involved in effectively managing law enforcement operations, it is easy to downplay the need for risk management. Downplaying the need can be risky itself. While it might seem like an unnecessary hassle, shifting from a reactive to a proactive mindset, utilizing a risk management approach is like upgrading from playing catch-up to staying ahead of the game.

Anticipating potential risks, putting preventive measures in place, and having a strategic plan for handling uncertainties will move the focus from the obstacles being faced to the actions that can be taken to get past those obstacles and achieve results. It's all about being one step ahead rather than constantly reacting to issues as they arise. While it might seem like additional effort upfront, risk management can save resources in the long run by preventing costly legal battles, injuries, and damage to equipment and automobiles, as well as protecting departmental reputation.

By prioritizing risk management, law enforcement agencies can work towards enhancing public safety while maintaining accountability and transparency. This includes proper training, clear protocols, and ongoing evaluation of procedures to ensure they align with legal and state standards, as well as with community needs and expectations. Focusing on the need for risk management is not about creating unnecessary bureaucracy but about ensuring the well-being of the agency, its personnel, and the community it serves.

It takes strong leadership to build a culture of risk management. The concept must be taught, reinforced, and consistently branded throughout systems in an agency through policy, training, supervision, and corrective action.

Law enforcement risk management involves identifying, assessing, and mitigating potential risks that agencies may face in their day-to-day activities. This proactive approach requires utilizing data and analytics to identify patterns and trends that may pose safety and liability risks to personnel, the agency, and the office of the Chief or Sheriff. Have a holistic approach that considers various factors.

It has been said, “you can manage your culture, or it will manage you”. Every department has a culture that either came about by a methodical process to build it or it

developed arbitrarily. Organizational culture that doesn't embrace evidence-based practices might rely more on tradition, intuition, or personal beliefs rather than on empirical evidence. In such a culture, decision-making might be influenced by subjective opinions or established norms rather than by data-driven insights.

A lack of emphasis on research, experimentation, or learning from past experiences leads to decisions being made based on what has "always been done". Instead of being based on what has been proven effective through careful analysis. There can also be a struggle to adapt to changing circumstances or take advantage of innovative approaches in a weak culture.

When there are risks coming from every direction, a threat assessment is a systematic process of identifying and prioritizing potential threats or risks that may impact an organization. The goal is to understand the nature and severity of these threats to develop effective strategies for prevention, mitigation, and response.

Evidence-based processes provide a clear picture when identifying threats/risks. Taking a deep dive into the agency's prior activities and past claims history will provide the best available evidence to guide actions.

The identification of risk is single-handedly the hardest step. Willful blindness or an unwillingness to admit departmental problems will result in not properly identifying and mitigating risks. It's easy to become complacent when things are going smoothly, but life has a way of throwing curveballs when we least expect it. It's a good reminder to stay prepared and appreciate the moments of calm while being aware that challenges may arise.

Pursuits have long been a part of any law enforcement duties. "Let's chase them until the wheels fall off" is a form of backward-looking accountability. Police culture dictated the need for chases, but rarely the manner or reason for it. If someone ran away, a chase ensued whether in the car or on foot. As a result, people were hurt or killed, lawsuits and injuries followed, and the demand for change was forced on the profession. Forward-thinking accountability would dictate identifying the reasons for the pursuit, the training needed to pursue, the manner and who is involved in the pursuit, the need to continue/end the pursuit, and how to end it to avoid the risk of injury or harm to the public.

Conduct regular internal audits and reviews of policies, procedures, and practices. Identify areas of non-compliance, inefficiencies, or opportunities for enhancement, and implement corrective actions.

Invest in ongoing training and professional development for law enforcement officers. Ensure that training programs are up-to-date, relevant, and address emerging challenges. Encourage a culture of continuous learning.

Conduct thorough after-action reviews following critical incidents, emergencies, or large-scale events. Evaluate the response, identify areas for improvement, and incorporate lessons learned into future planning and training.

Leadership plays a crucial role in driving continuous improvement. Foster a leadership culture that encourages innovation, values feedback, and prioritizes continuous learning and development. If risk management concepts drive police performance, two things will happen: liability will decrease, and organizational professionalism will increase.

Modeling behavior is like setting the tone for a new culture. People tend to follow examples more than they follow instructions. When leaders and individuals demonstrate positive behavior, it creates a ripple effect, influencing others to adopt similar attitudes and actions. It's the secret sauce to transforming a culture and risk management is one of the main ingredients of that secret sauce.

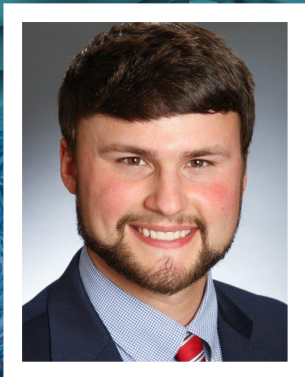
Taking a risk management approach in law enforcement can be a game-changer. It allows for anticipating potential issues, developing strategies to mitigate risks, and overall promotes a more proactive and preventative mindset. It's about staying ahead of the curve and ensuring the safety and well-being of both law enforcement personnel and the communities they serve.



NOTES FROM *the* ROAD

Home for the Holidays

by Weston Cox
LGRMS Risk Control Consultant



As we approach the holiday season and the new year, the risk control team would like to share some helpful reminders related to ergonomics and injury prevention. Whether your city or county is hanging decorations, lights, or signage around Thanksgiving/Christmas, or removing them all after the new year, please be mindful of the hazards that exist in these instances. Unfortunately, we do see an increase in ergonomic issues related to these actions around this time of year. Please share these helpful safety tips when approaching these seasonal tasks.

First, when hanging decorations, make sure your ladder or lift is on level ground. A solid foundation is the first step in approaching these tasks. Ensure that there are no extreme changes in elevation, no wet/slippery areas, and no soft spots where the ladder or lift is located.

Secondly, ensure proper personal protective equipment is available and worn. Whether it's a ladder lock or harness device, gloves for installing or removing items, or proper footwear for a firm grip, it's important to wear the right apparel for the job.

Furthermore, make sure you have a spotter or multiple spotters to assist you. If you have objects that need to be transferred to higher levels, have additional employees available to lift these items rather than attempt to carry them up the ladder. Maintain three points of contact while going up or down the ladders. Do not use unapproved items or makeshift lifts/ladders as a means of egress. We see items and tools every year that are "homemade" as a means of getting to a higher elevation. We also see employees moving bucket trucks, with bucket arms extended, and employees

in the bucket from light pole to light pole to hang/
remove decorations. Please refrain from doing this. It
may seem like a good idea and a faster way to install/
remove items, but it will put you at risk of a very serious
accident.

Lastly, do not over-extend extremities and arms/legs.
If you are in an area that requires you to reach further
than your body or the tools allow you to do safely, do not
over-extend yourself. This could present the potential
for strains, sprains, twisted wrists or ankles, or a
potentially serious/deadly fall.

We are all human and want to accomplish tasks as
quickly and efficiently as possible. However, when it
comes to these seasonal tasks, it's important to keep
safety a main priority. For supervisors/managers, set a
good example for your employees and observe them to
ensure they are doing the job safely and properly. For
employees, make sure to provide additional assistance
and aid to others when/where it's needed. Don't allow
your coworkers to put themselves in harms way just to
get a task completed as quickly as possible. Please share
this information with your employees and supervisors
to ensure we all make it back home for and after the
holidays.

"We also see employees
moving bucket trucks, with
bucket arms extended, and
employees in the bucket from
light pole to light pole to
hang/remove decorations."



November/December SHARE



Who said safety can't be fun? Test your knowledge and see how much you have retained from the articles in this month's SHARE Newsletter. Solve each puzzle using words and clues scattered throughout the publication. **Check your answers on p.20**

Word Search. Use the list below to identify key words from this month's issue of the SHARE!

- arms
- bucket
- cabinets
- celebrating
- cold
- crafty
- enforcement
- exercise
- faucets
- festive
- freezing
- gordon
- holidays
- improvement
- poisoning
- proactive
- safety
- skating
- surplus
- winter

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F A U C E T S E K V U U E C F
W J S S U W X S S Q M X V E R
C T N E M E V O R P M I I N E
L N K S R R M U Y P D O T F E
I V C C S K A T I N G Z C O Z
K L I Y Q Y E W K Z G C A R I
K S S Q T F W C G E O N O C N
E W P F A V F F S L K S R E G
Z M A S Y Y T X D D B F P M H
C R E D F E S T I V E A X E F
C N O D R O G Y M V Y O L N P
C A B I N E T S W F G X A T O
T E K C U B P O I S O N I N G
S U R P L U S R J Z C O L V Z
H O L I D A Y S R E T N I W R
    
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Cryptoquote Test your knowledge to see how much you remember from the articles in this issue of the SHARE. Each letter in the phrase has been replaced with a random letter or number.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
			L																						

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      E             E             E
R K L C   A I B N C L X   W K R F M   V C W L F   M N C U M
X R   I O U R H   H I F Z   I N F   X R   A N F A V O I X L
                                 E
I F R V C W   K N K L M
    
```



Adult Coloring Page. From time to time you simply need to unwind. Step into winter with this adult coloring page. Snap a picture of the finished product and perhaps you'll see it again.

DID YOU KNOW...

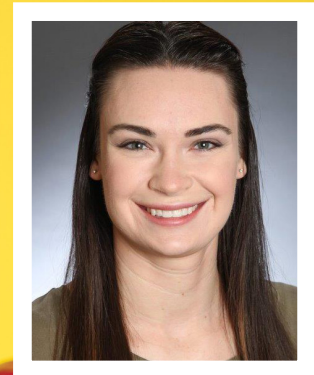
that winter tends to bring on arthritic pains? **Protect yourself from the cold weather!**

www.health.clevelandclinic.org

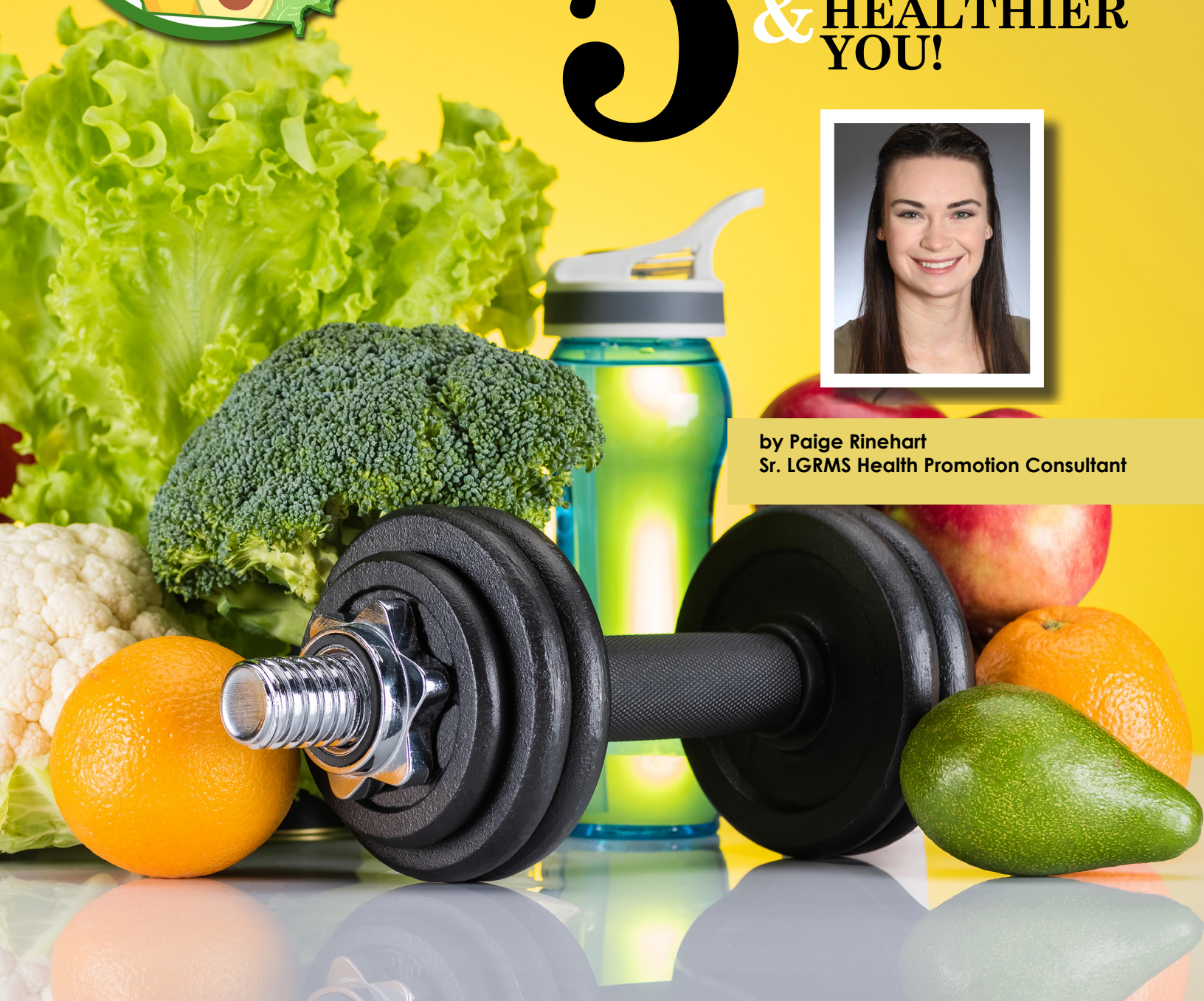




5 CHOICES FOR A HAPPIER & HEALTHIER YOU!



by Paige Rinehart
Sr. LGRMS Health Promotion Consultant



Make maintaining your whole health a priority.

1. **Make time to see your primary care provider** for your annual preventive visit. Preventive care can detect diseases or prevent illnesses before they start.
2. **Sleep 7-8 hours a day.** Quality sleep is essential for your body and mind to function.
3. **Eat healthy.** Find and choose healthy foods that you enjoy.
4. **Schedule exercise.** A 30-minute walk is good for your mood and your body.
5. **Practice managing stress.** Some stress is beneficial to boost drive and energy. Find positive ways to find relief from stress and tension. Just allowing yourself at least 20 minutes doing something you enjoy can help you feel less overwhelmed.

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.” Joseph Addison

FESTIVE ACTIVITIES

Hectic schedules and holiday preparations can make it challenging to fit in daily physical activity. Winter days are shorter, darker and in most states colder. While it can be tempting to hole up indoors, there are many festive activities to enjoy while getting exercise and reaping the benefits of fresh crisp air.

Being outdoors in the wintertime offers both physical and psychological benefits. Seasonal Affective Disorder (SAD) is a form of depression that occurs mainly in the winter months. Layering up and going outside to get some sunny Vitamin D and aerobic exercise at least once a day may help beat the winter blues. It doesn't take more than 10-15 minutes of exposure to reap

benefits.

Here are a few ideas to feel festive and stay fit:

Take a walk. Soak in the scenery of the landscape, admire lawn decorations or bask in the silence for creative thinking or to clear your mind.

Ice skating. Glide around a frozen pond or head to the nearest ice skating rink.

Take pictures. Bring a camera or smart phone and take pictures of winter scenery or snap memories to share with friends or loved ones.

Play in the cold. If your climate includes snow, make animal snow sculptures, go sledding, build a fort or freeze colored water into ice cubes and hide them for a wintertime scavenger hunt.

Get crafty. String popcorn, cereal and berries onto a fishing line to decorate the trees and feed the birds.

Seek ideas from friends and family for creative, memorable and exciting outdoor activities.

“By stepping outside your comfort zone to do something peculiar, you confirm that you can do more than you've done.” Isrealmore Ayivor

And there are many ways you can motivate employees to be healthier. You can start by participating in the LGRMS HPS Forum Call, in which we'll go over a Health Toolkit that provides “tools” to promote health in your organization. The Health Toolkits for November and December are available now. In it, you'll receive all the tools you'll need beforehand to start planning.

The 2023 Monthly Forum Call calendar is out too. The Forum Call is for Health Promotion Champions and

individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. All are welcome to participate. You'll receive an invite each month. Please stay on the lookout!



2023 Monthly Forum Call Calendar

- **January**
 - Monthly Forum Call Calendar placed in SHARE
 - February Toolkit available
- **February**
 - Forum Call will be held on [02/17/2023](#)
 - Will discuss March Toolkit
- **March**
 - Forum Call will be held on [03/17/2023](#)
 - Will discuss April Toolkit
- **April**
 - Forum Call will be held on [04/21/2023](#)
 - Will discuss May Toolkit
- **May**
 - Forum Call will be held on [05/19/2023](#)
 - Will discuss June Toolkit
- **June**
 - Forum Call will be held on [06/16/2023](#)
 - Will discuss July Toolkit
- **July**
 - Forum Call will be held on [07/21/2023](#)
 - Will discuss August Toolkit
- **August**
 - Forum Call will be held on [08/18/2023](#)
 - Will discuss September Toolkit
- **September**
 - Forum Call will be held on [09/15/2023](#)
 - Will discuss October Toolkit
- **October**
 - Forum Call will be held on [10/20/2023](#)
 - Will discuss November Toolkit
- **November**
 - Forum Call will be held on [11/17/2023](#)
 - Will discuss December Toolkit
- **December**
 - Forum Call will be held on [12/01/2023](#)
 - Will discuss January Toolkit

Call Time

11:30 AM-12:00 PM

Dial-In Number

(267) 930-4000

Participant Code

491-626-960

TACKLING OUR WAY INTO 2023





WEEK	ACTION/ACTIVITY	RESOURCES
Week of December 25th	<ul style="list-style-type: none"> ● Start planning for January ● Consider having a lunch and learn or training on healthy behaviors ● Consider running a new year health challenge ● Promote events on company's social media site and company intranet sites 	<ul style="list-style-type: none"> ● Resources: National Staying Healthy Month Guide ● Resources- Anthem: Fitness and Nutrition Toolkit
Week of January 1st	<ul style="list-style-type: none"> ● <i>Distribute podcast Putting Health at the Top of the List</i> ● <i>Promote lunch and learns and/or challenge</i> 	<ul style="list-style-type: none"> ● Podcast- Anthem: Putting Health at the Top of the List
Week of January 8th	<ul style="list-style-type: none"> ● Distribute article Fitting Fitness into your Day ● Promote lunch and learns and/or challenge 	<ul style="list-style-type: none"> ● Article- Anthem: Fitting Fitness into your Day
Week of January 15th	<ul style="list-style-type: none"> ● <i>Distribute article Getting a Good Night's Sleep</i> ● <i>Promote lunch and learns and/or challenge</i> 	<ul style="list-style-type: none"> ● Article- Anthem: Getting a Good Night's Sleep
Week of January 22nd	<ul style="list-style-type: none"> ● <i>Distribute email Creating a Healthy Action Plan</i> ● <i>Promote any other planned events</i> 	<ul style="list-style-type: none"> ● Email- Anthem: Creating a Healthy Action Plan
Week of January 29th	<ul style="list-style-type: none"> ● <i>Wrap challenge and distribute rewards to participants/winners</i> ● <i>Distribute Fitness and Nutrition Materials</i> 	<ul style="list-style-type: none"> ● Anthem: Fitness and Nutrition Toolkit Materials

FUN WITH RECIPES

PARMESAN CARROT FRIES

INGREDIENTS:

Carrots | Olive Oil | Parmesan Cheese | Thyme | Garlic | Salt | Pepper



- 3 Large carrots, peeled, quartered and cut into equally sized quarter-inch thick strips
- 2 tbsp olive oil
- 1 tbsp grated Parmesan
- 1 tsp dried thyme
- 2 cloves garlic, minced salt and freshly ground pepper

Preheat oven to 400°F. Arrange the carrot strips on a parchment-lined baking sheet. Coat the tops of each strip with olive oil. Sprinkle thyme, garlic, salt and pepper over the fries. Cook 10-12 minutes. Sprinkle the fries with Parmesan and serve.

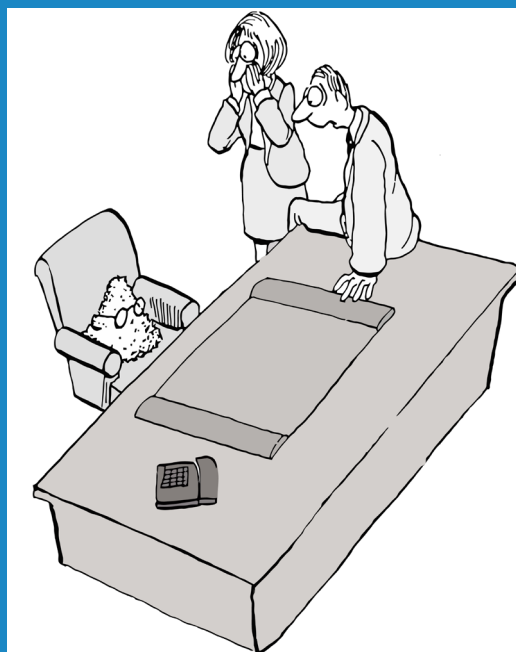
HONEY-NUT APPLES

INGREDIENTS:

Apples | Walnuts | Honey | Butter | Brown Sugar | Cinnamon

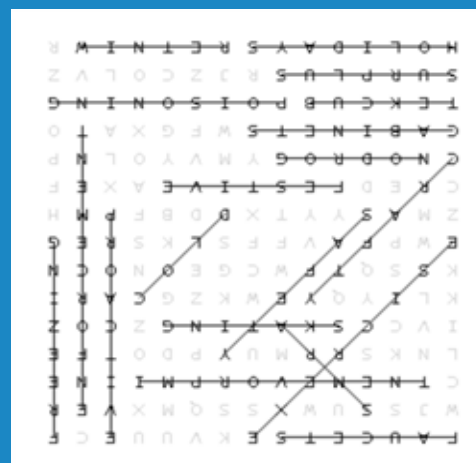
Melt butter in a large skillet over medium heat. Stir in brown sugar and cinnamon until blended. Add apples and walnuts. Cook, stirring occasionally, for 8-10 minutes or until apples are tender. Remove from heat and drizzle with honey.

FUN WITH *Safety*

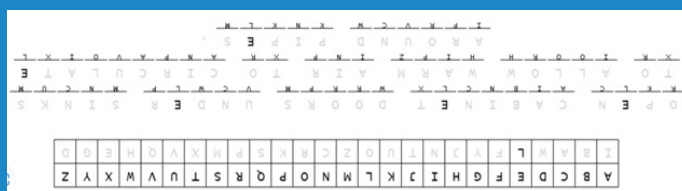


“We should have listened when he complained about the flourescent lighting.”

Word Search Answers



Cryptoquote Answers





SHARE

NOV/DEC 2023
ISSUE #29

SAFETY THEME

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

WINTER STORMS

GET SUPPLIES & STAY WARM



Winter storms can pose threats to your home, property, and health. Know how to avoid dangers like freezing pipes, car accidents, hypothermia, and carbon monoxide poisoning.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights.

Be prepared for winter weather at home, at work, and in your car. Create an emergency supply kit for your car.

Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas. Do the same for your work vehicles.

A few reminders on home safety. Holiday celebrating often includes cooking for family and friends. This can lead to distractions and forgetting we might have food cooking on the stove. Stay alert and focus on the critical tasks such as stove management. Be aware of small children who might be curious about what's cooking. Decorations are beautiful, but please check the cords of your holiday lights for cracks or frays, and make sure you are not overloading your power outlets. If using a live tree, keep it watered. A dry tree burns faster in the event of a fire.





SAFETY THEME POSTER

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Winter Storm Prep

Be prepared for winter weather at home, at work and in your car!



BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS

Prepare NOW

Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.

Survive DURING

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

Recognize +RESPOND

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.



FEMA

FEMA V-1014
Catalog No. 17233-15

General Self Inspection Program

Location, Area, or Department: _____ Date: _____

Surveyor: _____

General Evaluation

	Needs Action	Needs Improvement	Good	Very Good
A. Property/Liability				
a. Fire protection	_____	_____	_____	_____
b. Housekeeping	_____	_____	_____	_____
c. Slip/trip/fall	_____	_____	_____	_____
d. Public safety	_____	_____	_____	_____
B. Employee Safety				
a. Safety meetings	_____	_____	_____	_____
b. Safety rules	_____	_____	_____	_____
c. Work conditions	_____	_____	_____	_____
d. Auto/equipment	_____	_____	_____	_____

Property/Liability

	Yes	No
Fire protection	<input type="checkbox"/>	<input type="checkbox"/>
Emergency numbers posted	<input type="checkbox"/>	<input type="checkbox"/>
Fire extinguishers available/serviced	<input type="checkbox"/>	<input type="checkbox"/>
Fire alarm panel showing system is operational; no warning lights.	<input type="checkbox"/>	<input type="checkbox"/>
Automatic sprinkler system control valve locked in open position.	<input type="checkbox"/>	<input type="checkbox"/>
Automatic sprinkler heads clear of storage within three feet.	<input type="checkbox"/>	<input type="checkbox"/>
Flammable, combustible liquids stored in UL-listed containers.	<input type="checkbox"/>	<input type="checkbox"/>
Flammable, combustible liquid containers stored in proper cabinet or container.	<input type="checkbox"/>	<input type="checkbox"/>
Smoking, No Smoking areas designated/marked.	<input type="checkbox"/>	<input type="checkbox"/>
Any cigarette butts noticed in No Smoking areas.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Housekeeping

Stairwells clear of combustible items.	<input type="checkbox"/>	<input type="checkbox"/>
Furnace, hot water heater, and electrical panel areas clear of combustible items.	<input type="checkbox"/>	<input type="checkbox"/>
Work and public areas are clear of extension cords, boxes, equipment, or other tripping hazards.	<input type="checkbox"/>	<input type="checkbox"/>
Floor surfaces kept clear of oils, other fluids, or water.	<input type="checkbox"/>	<input type="checkbox"/>
Stored items are not leaning or improperly supported; heavy items are not up high.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Slip/Trip/Fall

Stair treads are in good condition; not worn, damaged or loose.	<input type="checkbox"/>	<input type="checkbox"/>
Handrails for all stairs/steps.	<input type="checkbox"/>	<input type="checkbox"/>
Guardrails for all elevated platforms.	<input type="checkbox"/>	<input type="checkbox"/>
Stair handrails are in good condition; not loose or broken.	<input type="checkbox"/>	<input type="checkbox"/>
Floor surfaces are even, with non-slip wax if applicable.	<input type="checkbox"/>	<input type="checkbox"/>
All rugs are held down or have non-slip backing.	<input type="checkbox"/>	<input type="checkbox"/>
Any holes, pits or depressions are marked with tape, barricades, or guardrails.	<input type="checkbox"/>	<input type="checkbox"/>
Wet floor signs are available and used.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

General Self Inspection Program

Public Safety	Yes	No
Public areas kept clear of storage and supplies.	<input type="checkbox"/>	<input type="checkbox"/>
Emergency lighting for public assembly areas in buildings.	<input type="checkbox"/>	<input type="checkbox"/>
Evacuation plans posted for public assembly areas in buildings.	<input type="checkbox"/>	<input type="checkbox"/>
Public areas have necessary warning or directional signs.	<input type="checkbox"/>	<input type="checkbox"/>
Construction work has barriers, covers, and markings.	<input type="checkbox"/>	<input type="checkbox"/>
Street and road signs noted in good condition, clear of obstructions.	<input type="checkbox"/>	<input type="checkbox"/>
Sidewalks smooth and even; no holes, no raised or broken areas.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Employee Safety

Safety Meetings

Held in the department.	<input type="checkbox"/>	<input type="checkbox"/>
Meetings held ___ monthly ___ quarterly ___ other _____; documented	<input type="checkbox"/>	<input type="checkbox"/>
Different topic each time.	<input type="checkbox"/>	<input type="checkbox"/>
Covers department safety rules.	<input type="checkbox"/>	<input type="checkbox"/>

Safety Rules

Rules specific for this department.	<input type="checkbox"/>	<input type="checkbox"/>
Rules are written, posted in the department.	<input type="checkbox"/>	<input type="checkbox"/>
Reviewed with new employees.	<input type="checkbox"/>	<input type="checkbox"/>

Work Conditions

Employees exposed to: ___ Heat ___ Cold ___ Rain/sleet/snow ___ Use of chemicals		
___ Noise ___ Work in confined spaces ___ Work in trenches		
___ Traffic ___ Blood/body fluids ___ Other _____		

Proper personal protective equipment available

Respirators, goggles, face shields, chemical gloves, traffic vests, appropriate clothing		
Trench boxes/shoring for trenching, ear plugs/muffs, body armor (law enforcement)		
Confined space equipment, harness, air testing equipment, ventilation equipment, tripod		
Fire department turn-out gear, blood-borne pathogens kits		
Personal protective equipment required to be worn.	<input type="checkbox"/>	<input type="checkbox"/>
Employees trained on proper use.	<input type="checkbox"/>	<input type="checkbox"/>
Equipment properly maintained.	<input type="checkbox"/>	<input type="checkbox"/>
Shop equipment has proper guards to protect from pinch or caught-between type injuries.	<input type="checkbox"/>	<input type="checkbox"/>
Chemicals used in the department.	<input type="checkbox"/>	<input type="checkbox"/>
MSDS sheets available; employees trained on hazards, proper use, proper PPE to use.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Auto and Equipment

Seat belts provided.	<input type="checkbox"/>	<input type="checkbox"/>
Seat belts required to be used.	<input type="checkbox"/>	<input type="checkbox"/>
Drivers noted wearing seat belts.	<input type="checkbox"/>	<input type="checkbox"/>
All lights working including strobe lights, turn signals.	<input type="checkbox"/>	<input type="checkbox"/>
Tires in good condition, tread, sidewalls.	<input type="checkbox"/>	<input type="checkbox"/>
Glass in good condition; not cracked, broken.	<input type="checkbox"/>	<input type="checkbox"/>
Reflective tape, signs in good condition.	<input type="checkbox"/>	<input type="checkbox"/>
Any periodic, documented, self-inspection of the vehicles/equipment.	<input type="checkbox"/>	<input type="checkbox"/>
Proper guards on mowers, other equipment.	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Safety Meeting Attendance Sign Up Sheet

City/County: _____

Date: _____

Department: _____

Topic: _____

Attendees:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Next meeting scheduled for _____

Safety Coordinator _____



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SHARE

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For more information,
**VISIT THE
LGRMS
WEBSITE**
www.lgrms.com

Has your organization undergone any changes in personnel? Are there other staff members that you would like to receive a copy of our publications? If so, please complete the form on p. 7



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