

SAFETY THEME

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

The Safety Theme program is designed to help you get an important safety message across to all employees in a simple-to-use format that can be completed each month.

Monthly Poster Theme

Make copies and post them wherever you will get the most impact.

Training Calendar

Due to the COVID-19 pandemic and statewide Shelter in Place order, **all in-person LGRMS training is on hold through the end of June.**

Please see our training calendar on the LGRMS website for most current information and check it regularly.

Training planned for the month of July is still a go at this point, but that may change based on the situation in coming weeks.

www.lgrms.com
Click on "Training Calendar"

Safety Theme Article

The article expands on the poster message for the month. Make copies and hand them out to each meeting participant.

In This Issue:

Participant Sign-In Sheets: Use the sign-in sheet to document your safety training.

Suggested Agenda for the Monthly Safety Meeting:

- >>> Assemble the participants.
- >>> Hand out copies of the article and pass around the sign-in sheet.
- >>> Read the Safety Theme aloud.
- >>> Discuss aspects of the theme relevant to the department, with examples. Ask for ideas and encourage participation.



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May 2020

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**DON'T GET
BEAT
BY THE HEAT**

Heat Safety is So Cool!

During late spring and summer, many people like to spend time outside in the sun for fun or work. But overexposure to the sun can damage the skin and could cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat. Put your health first in order to enjoy a safe summer.

Protect Your Employees

Your organization should discuss the issue of heat with supervisors and lay out expectations for safety talks with employees. Document these talks, and then charge supervisors with the task of really taking a close look and watching over employees who are exposed to the heat.

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face and ears.
- Wear a long-sleeved shirt at all times. It should be light colored and – unless working around machinery – loose fitting.
- Carry a source of water with you. Take drinks frequently – every fifteen minutes.
- Take frequent breaks in the shade or a cool environment during the hottest times of the day.
- Adjust gradually to working in the heat over a period of 10 to 20 days.
- Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water if conscious, and provided with attention from emergency medical personnel.
- Wear sunscreen that has an SPF of at least 15. At home make sure children are also adequately protected.

Points to Look For on the Job

- Is fresh water available?
- Is protective clothing available and being worn?
- Is sunscreen with an SPF of at least 15 on hand and being used?

- Are employees looking after each other and aware of the signs and symptoms of heat cramps, heat exhaustion, or heat stroke?

Look Before You Lock: Preventing Child & Pet Heat Stroke Tragedies



“A change in routine, fatigue, distraction, anxiety – each can lead to a tragic momentary memory lapse,” notes Janette Fennell, founder and president of KidsAndCars.org. “It can happen to anybody, even the most loving and attentive parents.” It has happened to teachers, a pediatrician, dentist, postal clerk, social worker, police officer, nurse, clergyman, electrician, accountant, soldier, assistant principal, and even a rocket scientist.

The number of child heat stroke deaths in vehicles continues to average approximately 39 per year, or about one every nine days. Since the group began tracking data, at least 944 children have died in these preventable tragedies. A parked car can reach 125° in minutes, even when the windows are partially open.

Children are especially vulnerable to heat stroke, as their body temperatures rise three to five times faster than an adult's. All parents need to carefully follow the guidelines for placing car seats in the back seat – the safest place for children to ride. Additionally, babies should ride rear-facing in their car seats until age 2, according to the guidelines prescribed by the American Academy of Pediatrics.

At the same time, parents must understand that while requiring children to ride in the back seat has saved


many lives, it also requires that drivers take extra precautions to prevent children's being unknowingly left alone in a vehicle. Following KidsAndCars.org's "Look Before You Lock" safety education tips doesn't cost a penny, and provides several layers of protection so your child will not be unknowingly left in a vehicle. "We never know when there might be a day that our memory fails us, so we urge parents and caregivers to implement these easy-to-follow instructions so that they become a habit for them and all who care for their child."

These tips apply just as well to local government employees who have responsibility for transporting people of all ages.

For more information:

Kids and Cars
www.KidsandCars.org
7532 Wyoming St
Kansas City, Missouri 64114

- Get in the habit of always opening the back door of your vehicle every time you reach your destination, to check to make sure no child or pet has been left behind.
- Keep a large stuffed animal in the child's car seat. Right before the child is placed in the seat, move the stuffed animal to the front passenger seat as a visual reminder that your child is in the back seat.
- Put something you'll need on the floorboard in the back seat in front of your child's car seat (cell phone, handbag, employee ID, briefcase, etc.). This ensures you open the back door of your vehicle to retrieve your belongings.
- Make arrangements with your daycare provider or babysitter to call you within ten minutes if your child does not arrive as expected.
- Never leave children alone in or around cars, not even for a minute. Instead, use drive-thru services when available.
- Keep vehicles locked at all times, even in the garage or driveway, and keep car keys and remote openers out of reach of children.
- When a child is missing, check vehicles and car trunks immediately.
- Make sure you do not leave your animals alone in your vehicle either.

A close-up photograph of a young child with light brown hair, sleeping peacefully in a black and white car seat. The child's eyes are closed, and their face is relaxed. The car seat is installed in a vehicle, with the interior door and window visible in the background. The lighting is soft and natural, suggesting daylight.

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This Month:

Heat Safety

