

# 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, **all in-person LGRMS training is on hold until further notice.** Please see our training calendar on the LGRMS website for the most current information.

**[www.lgrms.com](http://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.





LGRMS  
RISK CONTROL  
ACCG | GMA

November 2020

# SAFETY THEME

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DON'T BE LEFT OUT IN THE

Cold

A temperature drop  
is not fun for  
everyone!



DO YOU KNOW WHAT TO DO WHEN TEMPERATURES DROP?

# Don't be Left Out in the Cold

According to the Farmer's Almanac prediction for the 2020-2021 winter forecast, the nation can expect to experience a more moderate winter than in previous years. Although it is believed that the warmer temperatures will contribute to less snowfall and average to below average rainfall, this does not mean there will be absence of cold weather. Preparation is still a must!

We need to keep in mind that many of our workers are exposed to both cold and wet conditions as part of their job. The potential for a worker getting a cold injury can be mitigated by reminding our workers about wearing proper clothing for the season, as well as recognizing the signs and symptoms of and knowing the treatment for cold weather related injuries. Remind our employees to look out for each other. Let's take a look at frostbite and hypothermia.

## Frostbite

Frostbite is a localized freezing of skin and sometimes deeper tissue.

### Signs and Symptoms of Frostbite

- Skin looks waxy and white, gray, yellow or bluish
- The area is numb or feels tingly or aching
- Aggressive braking on a slick road.

### Severe Frostbite

- The area feels hard.
- The area may become painless.
- After warming, the area becomes swollen and may blister.

### First Aid for Frostbite

1. Move the victim out of the cold and into a warm place.
2. Remove wet clothing and constricting items.
3. Protect between fingers and toes with dry gauze.
4. Seek medical attention as soon as possible.
5. If medical care will be delayed and there is no danger of the area refreezing, warm the frostbitten area in lukewarm water (37-40° C or 99-104° F) for 20 to 30 minutes.
6. Protect and elevate the area.

## Hypothermia

Hypothermia is a dangerous and potentially fatal drop in body temperature, usually caused by prolonged exposure to cold temperatures. It does not need to be freezing for hypothermia to be a danger. Normal body temperature averages 98.6° F. With hypothermia, core temperature drops



below 95°. In severe hypothermia, core body temperature drops to 86° or lower

### Signs and Symptoms of Hypothermia

- Shivering, which may stop as hypothermia progresses (shivering is actually a good sign that a person's heat regulation systems are still active.)
- Slow, shallow breathing.
- Confusion and memory loss.
- Drowsiness or exhaustion.
- Slurred or mumbled speech.
- Loss of coordination - fumbling hands, stumbling steps.
- A slow, weak pulse.

In severe hypothermia, a person may be unconscious without signs of breathing or a pulse.

### First Aid for Hypothermia

1. For an unresponsive victim, check for breathing and provide basic life support (BLS) as needed.
2. Call 9-1-1 for all severe hypothermia victims.
3. Quickly get the victim out of the cold and remove any wet clothing.
4. Have the victim lie down and cover him or her with blankets or warm clothing. If outdoors, put a blanket or clothing under the victim as well. Do not let a responsive victim move around.
5. Except in mild cases, the victim needs immediate medical care.
6. Only if the victim is far from medical care, use active rewarming by putting the victim near a heat source and putting warm water in containers against the skin.
7. Do not rub or massage the victim's skin. Be very gentle when handling the victim.
8. Give warm (not hot) drinks to an alert victim who can easily swallow, but do not give alcohol or caffeine.





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***This Month: November 2020***

# **Cold Weather Safety**

