



SHARE

JANUARY 2024
ISSUE #30

SAFETY HEALTH AND RISK E-CONNECT NEWSLETTER

HOW TO AVOID ANIMAL COLLISIONS

p.15



DIRECTOR'S CORNER

Help us fight the leading cause of line-of-duty firefighter deaths. - p. 4

LIVING WELL

Try these exercise adventures in the new year. - p. 13

LIABILITY BEAT

Learn how officer training impacts liability in the courtroom. - p. 8

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CONTENTS

- 3** **A Note from the Editor**
Welcome to January
- 4** **Director's Corner**
Firefighter Cancer Awareness Month
- 7** **Risk Connection**
Successful Safety Coordinator
- 8** **Liability Beat**
The Need to Audit Training
- 12** **Health Promotion Services**
Adventurous Exercise
- 14** **Monthly Awareness Toolkit**
Blood Pressure and Heart Health
- 15** **Coffee Break**
Puzzles and Games
- 16** **Safety Theme**
Animal-Vehicle Collision
- 18** **Safety Bulletin**
Monthly Safety Poster
- 20** **Forms and Contacts**
Inspection Forms and Staff Contacts

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



3500 Parkway Lane, Suite 110
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lgrms.com  



UPCOMING WEBINARS AND TRAINING

Safety Coordinator I Training

HALF DAY | 8:30AM-12:00PM

Feb. 6 - Tifton, GA

Feb. 7 - Statesboro, GA

Feb. 8 - Macon, GA

Feb. 21 - Cartersville, GA

Feb. 22 - Gainesville, GA

Safety Coordinator II Training

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

Mar. 12 - Tifton, GA

Mar. 13 - Statesboro, GA

Mar. 14 - Macon, GA

Mar. 20 - Cartersville, GA

Mar. 21 - Gainesville, GA

LGRMS Resource Library & Power Standards

Feb. 15 - Virtual

Events subject to change. Check website for updates.

lgrms.com/training-event-calendar



[CLICK HERE TO REGISTER](#)



A NOTE FROM THE EDITOR

By Dennis Watts, Training, Communication, and Public Safety Risk Manager

Welcome to the January SHARE and Happy New Year. SHARE is 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 avoiding animal collisions. Drivers need to be aware of the habits of animals (particularly deer in our area) to avoid to the extent possible collisions.

- Vincent Scott discusses the key traits of a successful safety coordinator.

- Our Law Enforcement focus is professional demeanor in training.
- Jack Ryan from Legal and Liability Risk Management Institute (LLRMI) discusses some pitfalls we can fall into when training our people. We will provide part one in January and part two in February.
- Dan Beck highlights January as Fire Fighter Cancer Awareness Month.
- Candace Amos discusses adding adventure to your fitness routine to make it interesting and fun. She also provides a great recipe for Chicken Tortilla soup.

From the staff of Local Government Risk Management Services, we wish all of you a Happy New Year and look forward to engaging with you this year.

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.

Dennis

SHARE Contacts: Dennis Watts, dwatts@lgrms.com or Shamilla Jordan, sjordan@lgrms.com

FIREFIGHTER CANCER AWARENESS MONTH

2023 Incentive Winners and 2024 LGRMS Action Plan



DIRECTOR'S CORNER

By Dan Beck, LGRMS Director

Did you know that January was Firefighter Cancer Awareness Month? How did you promote this within your fire departments?

The International Association of Fire Fighters (IAFF) and the Firefighter Cancer Support Network (FCSN) have partnered together to designate January as Firefighter Cancer Awareness Month. They would like you to know that firefighter occupational cancer is the leading cause of line-of-duty deaths for firefighters. The following suggestions to build your awareness on different fire cancer-related topics were shared each week:

- Week 1: Scope of Cancer in the Fire Service
- Week 2: Scientific Research Related to Occupational Cancer
- Week 3: Occupational Cancer Prevention
- Week 4: Survivorship, Leadership and Culture Change

The Firefighter Cancer Support Network provides five different training modules to assist you in building awareness on the topics above. Follow the link in the QR code to view even more educational information.



Click to download each of the five training presentations for Firefighter Cancer Awareness Month.

1

REDUCE YOUR CANCER RISK
at the fire station

2

REDUCE YOUR CANCER RISK
on the fireground

3

MODIFIABLE RISK FACTORS

4

FIRE CANCER SUPPORT NETWORK

5

OCCUPATIONAL CANCER PROBLEM

Stay tuned for the 2024 Firefighter Cancer Awareness Action Plan and Incentive program in the next SHARE issue.



2023 Incentive Winners

ACCG and GMA have been providing firefighter cancer coverage since 2018. They currently insure over 300 fire departments (118 ACCG, 188 GMA) and 16,000 firefighters (9,200 ACCG, 6,900 GMA) across the State of Georgia. This coverage provides benefits for critical illness, long-term disability, survivors, family care credit, workplace modifications, and travel assistance.

In 2023, LGRMS developed an incentive program to encourage

member fire departments to attend a train-the-trainer session and provide that training to their respective departments. Everyone that applied for the program was a winner, because they are on the journey to reducing the risks of firefighter cancer.

The incentive winners received up to \$5,000 reimbursement for the purchase of equipment that will assist in the reduction of firefighter cancer risks.

ACCG Winner



Bulloch County Fire Rescue
Chief Benjamin L. Tapley

GMA Winner



Centerville Fire Department
Chief Jason A. Jones

BEST PRACTICES TO REDUCE CANCER IN THE FIRE SERVICE: OFF THE JOB



This factsheet was developed by the International Association of Fire Fighters and the Firefighter Cancer Support Network.

The risk factors most linked to increased cancer rates include numerous modifiable factors.¹ Knowing and making small changes can reduce cancer risks significantly. For example, quitting tobacco before the age of 40 reduces the risk of dying from smoking-related diseases by 90%.²

The following are some of the modifiable risks we face when off duty, in everyday life.

ALCOHOL

It is well studied that consuming alcohol can increase the risk of cancer of the mouth, throat, esophagus, larynx, liver, and breast. The International Agency for Research on Cancer (IARC) classifies alcohol as a group 1 carcinogen. The risk is increased by the amount you consume.³

Data collected over the last decade demonstrate that the fire service has a high rate of heavy and binge drinking. The amount of alcohol consumed over time is the most important factor in raising cancer risk. Alcohol metabolizes into acetaldehyde, which most researchers say is the leading cause for the increase in risk.⁴

What can you do?

Drink in moderation: According to the American Cancer Society Guideline for Diet and Physical Activity for Cancer Prevention, it is best not to drink alcohol. People who choose to drink alcohol should limit their intake to no more than two drinks per day for men and one drink a day for women.

TOBACCO

Fire fighters have lower rates of cigarette smoking than the general population; however, cigars and smokeless tobacco are used at a higher rate.⁵ Tobacco use can cause several cancers, including cancer of the lung, larynx, mouth, esophagus, throat, bladder, kidney, liver, stomach, pancreas, colon and rectum, cervix, and acute myeloid leukemia. Smokeless tobacco is linked to increased risks of mouth, esophagus, and pancreas.⁶

What can you do?

Quit using tobacco products. There is no safe level of tobacco use. Quitting smoking today will immediately reduce the risk for cancers associated with tobacco use and have substantial gains in life expectancy compared with those who continue to smoke. Also, quitting smoking at the time of a cancer diagnosis reduces the risk of death.

Need help quitting? The Centers for Disease Control and Prevention (CDC) provides coaching and resources through a free call to the Quitline at 1-800-QUIT-NOW (800-784-8669).

SUNLIGHT

Sun exposure is a risk that we have control over reducing. The sun, sunlamps, and tanning booths are all sources of ultraviolet (UV) radiation that damages the skin. Excessive UV exposure is directly linked to skin cancer. The risk for melanoma, the most serious form of skin cancer, is increased with exposure to UV radiation from all sources.

What can you do?

Limit the amount of time spent in the sun and protect your skin by using sunscreen with sun protection factor (SPF). Reduce your time in the sun, especially between mid-morning and late afternoon, and avoid other sources of UV radiation, such as tanning beds. Keep in mind that UV radiation is reflected by sand, water, snow, and ice and can go through windshields and windows.

RISK CONNECTION

REDUCING RISK FOR YOU AND YOUR EMPLOYER

On-Site Courses

Webinars

Certificates

Remb. & Reconciliation

LGRMS Info Directory

A SUCCESSFUL SAFETY COORDINATOR



By Vincent Scott
LGRMS Risk Control Consultant

Safety Coordinators play a crucial role in fostering a culture of safety and well-being. The Safety Coordinator will be responsible for ensuring compliance with certain safety rules and regulations that protect the well-being of employees and the public. The Safety Coordinator will be responsible for the following:

- Establishing and coordinating safety meetings and self-inspections to identify safety-related hazards.
- Coordinating and implementing safety rules and training for supervisors and employees and/or making recommendations to management regarding such items.
- Reviewing and/or investigating all employee accidents for causes and making

recommendations for improvements and corrections.

- Conducting periodic safety self-inspections of all vehicles, buildings, grounds, equipment and machinery, and work practices and conditions to determine potential injury exposures.
- Documenting and maintaining inspection records and implementing follow-up actions.

Gretchen Thurmond is the Risk and Liability Specialist for Walton County. She serves as their Safety Coordinator. Exceptional organizational skills are the hallmark of a top-notch Safety Coordinator.



From maintaining meticulous records of incidents and inspections to conducting regular safety audits, they ensure that the workplace remains hazard-free. Mrs. Thurmond does an exceptional job, she possesses a comprehensive understanding of safety rules, risk management, and industry best practices. Her accurate recordkeeping helps Walton County demonstrate a commitment to fulfilling ACCG's Safety Program guidelines. Her clear and well-documented records enhance communication and transparency within the organization, as all stakeholders can access relevant safety information, fostering a culture of openness and accountability.

LIABILITY BEAT

HELPING CITIES AND COUNTIES REDUCE PROPERTY AND LIABILITY RISK

HOW OFFICER TRAINING CAN IMPACT AGENCY LIABILITY



By Jack Ryan, Co-Director LLRMI

For many years, in response to failure to train claims, courts simply looked at training records to determine if officers had received training on the particular topic alleged to be deficient. More recently the trend has been for courts to more closely scrutinize the content of the training the officers have received to determine whether an officer has been properly trained. These decisions make clear that there is a need for agencies to review the content of all training irrespective of who is delivering the training.

Over the past five years, persons bringing lawsuits against officers have tried to bring the agency into federal court by looking at the content of training being given by the agency or being given by other groups that are being paid by the agency. At the outset it should be recognized that law enforcement agencies only become defendants in civil rights lawsuits if the agency played a role in an officer's unconstitutional conduct. In other words, the person bringing the lawsuit would have to establish that the officer violated their constitutional rights, and that some action by the agency was the moving force

that caused the officer to act unconstitutionally. One of the most common methods is to show that the officer had improper training that caused the officer to act unconstitutionally.

Recently, the New Jersey Comptroller issued a report on training by a private vendor that was attended by 1,000 officers from around the United States that included hundreds of officers from New Jersey ([citation](#)). According to the N.J. Comptroller's report, investigators found the following:

- Instructors at the Conference promoted the use of unconstitutional policing tactics for motor vehicle stops;
- Some instructors glorified violence and an excessively militaristic or "warrior" approach to policing. Other presenters spoke disparagingly of the internal affairs process; promoted an "us vs. them" approach; and espoused views and tactics that would undermine almost a decade of police reform efforts in New Jersey, including those aimed at de-escalating civilian-police encounters, building trust with vulnerable populations, and increasing officers' ability to understand, appreciate,

and interact with New Jersey's diverse population;

- The Conference included over 100 discriminatory and harassing remarks by speakers and instructors, with repeated references to speakers' genitalia, lewd gestures, and demeaning quips about women and minorities.

The report included videos ([see citation to access](#)) from the conference to support the conclusions reached in the investigation and report. "Street Cop" the private vendor is based in New Jersey and reportedly trains 2,000 New Jersey officers per year, supported by public funding.

Days after the comptroller's report was issued, media groups began reporting the impact of the training on prosecutions in New Jersey, noting, "Attorneys expect criminal cases could topple across New Jersey in the wake of a watchdog's scorching report this week that accused instructors for New Jersey's busiest police training firm of teaching unconstitutional and discriminatory policing tactics." ([citation](#))

One of the recommendations of the comptroller's report indicates that the Attorney General should consider Brady listing any officer who has attended a Street Cops conference. The report recommended, "Given that many comments were made during the Conference touching on the protected categories of color, race, ethnicity, and/or national origin, the Attorney General should consider issuing a Directive or other guidance to law enforcement agencies addressing whether the fact of any officer's attendance at or involvement in the Conference may need to be disclosed to comply with any criminal discovery obligations."([citation](#))

Law enforcement training is serious business for several reasons. A well-trained officer can improve their own safety, the safety of the public, and even the safety of suspects. This safety does not only include physical safety but also includes legal safety. An officer who acts in a constitutional manner protects their exposure to criminal and civil liability. An officer who acts constitutionally ensures justice for the members of the public who become victims of crime. And, the officer who acts constitutionally ensures that suspects/defendants are handled consistently with Constitutional mandates protect the rights of the suspect.

Conduct a Training Audit

As a trainer or as the Sheriff or Chief, how would you answer the following questions about the content of training:

- Is your training consistent with the United States Constitution and decisions of the United States Supreme Court?
- Is your training consistent with your state's constitution and the laws of your state?
- What are the professional teaching points of the videos, photographs, and statements within your presentation? Is it simply humor and entertainment or does it actually have a connection to proper training?
- Are photos, videos, images that are included in the presentation based in reality, i.e., from an actual event and do they have a valid CO?
- How does the use of profanity by the instructor add to your training or promote professionalism?
- Would a particular slide, video, photograph or statement be seen as promoting a lack of professionalism, unlawful, or improper conduct by participants of the training?
- Does the training style promote professionalism, or does it promote insubordination, improper or unlawful conduct to include excessive force?
- Would any portion of the training presentation be offensive based on race, gender, religion, ethnicity or other suspect class recognized by state law, the Constitution, or current societal expectations?

All trainers and agencies must also be auditing their internal and external training programs. The criticisms and scrutiny of courts have not been limited to the Street Cops training in New Jersey.

Consider, Wright v. City of Euclid:
(The following is excerpted from **Wright v. City of Euclid**, 962 F.3d 852, 880-81 (6th Cir. 2020).)

A. Wright's Stop, Arrest and Experience in Custody

On November 4, 2016, at around 6:00 p.m., Lamar Wright pulled an SUV onto a residential driveway off of 207th Street in Euclid, Ohio. After Wright rolled down his window, conversation ensued with a friend who stood outside the residence. The friend never came over to the SUV, and Wright never exited the vehicle. Their visit lasted for about a minute.

Unbeknownst to Wright and his friend, plain-clothed Officers Kyle Flagg and Vashon Williams, in an unmarked vehicle, were surveilling the friend's home based on reports of illegal drug activity in the area and at that residence in particular. The officers identified Wright's vehicle as a rented Ford Edge SUV. Based on the short amount of time Wright spent at the house, the officers suspected that he may have been involved in a drug transaction.

After Wright pulled out of the driveway, Flagg and Williams followed him. He turned right onto Recher Avenue and then left onto East 212th Street. The officers maintain that at both turns, Wright failed to use his turn signal, but there is no dash-cam footage or other evidence to confirm the officers' word. Wright insists that he did use his turn signal in both instances.

The situation escalated after Wright pulled into a second driveway to answer a text message from his girlfriend. While Wright texted in the SUV, the officers exited their vehicle, drawing their guns as they approached the SUV. One of the men caught Wright's eye when he glanced up from his texting. In his side mirror, Wright could see this man dressed in dark clothing with a gun pointed at the SUV. Believing that he was about to be robbed, Wright dropped his cellphone in the center console and threw the car into reverse. Glancing to his left, he saw another armed man, but this time he noticed a badge. Wright heard the men yell: "Shut the car off!" and "Open the door!" Now realizing that the men were police officers, he put the car in park and put his hands up. These events are corroborated by the body-cam footage. At this point, Flagg stood beside the driver's side door while Williams was next to the front passenger door. Both officers holstered their guns.

Next, Flagg yanked the driver's side door open and demanded that Wright shut off the vehicle. Wright complied and then raised his hands once more. Flagg grabbed Wright's left wrist, twisting his arm behind his back. The officer then attempted to gain control of Wright's right arm in order to handcuff him behind his back while he remained seated in the vehicle. Flagg was unsuccessful in his efforts. As Flagg continued to twist the left arm, Wright repeatedly exclaimed that the officer was hurting him, to which Flagg responded, "let me see your hand," apparently referring to Wright's right hand.

Flagg then tried to pull Wright from the vehicle, but the latter had difficulty getting out. As noted, Wright had recently undergone surgery for

diverticulitis, which required staples in his stomach and a colostomy bag attached to his abdomen. Though the officers apparently could not see the bag and staples, these items prevented Wright from easily moving from his seat. Wright placed his right hand on the center console of the car to better situate his torso to exit the car. By this point Williams had moved over to stand behind Flagg on the driver's side. Williams responded to Wright's hand movement by reaching around Flagg to pepper-spray Wright at point-blank range. Flagg simultaneously deployed his taser into Wright's abdomen. The besieged detainee finally managed to exit the car with his hands up. He then was forced face down on the ground, where he explained to officers that he had a "shit bag" on. Officer Williams next handcuffed Wright while he was on the ground.

*Wright was bleeding from the staples that attached the colostomy bag to his abdomen. The bag was now visible to Williams, who would testify that he "was kind of leery of getting some sort of biohazard on [him]." The officers had Wright sit on the trunk of his car while they called an ambulance. As the body cam continued to record, Flagg made various arguably self-serving statements, including that "[Wright] was reaching like he had a f***ing gun," and that Flagg had been afraid that Wright was going to shoot him. Wright did not have a gun, nor did he have any drugs or other contraband. The officers conceded that they did not have probable cause to arrest Wright until after they believed he was resisting, and that they had not seen Wright engage in any illegal activity prior to the arrest apart from his alleged failures to use his turn signal. They arrested Wright for the misdemeanors of obstructing official business and resisting arrest.*

After Wright's arrest, a hospital doctor treated him for bleeding in his abdomen because of the stress placed on the staples around his colostomy bag. Wright refused to submit to an xray because of his recent surgery. The officers responded by demanding a CT scan of Wright's abdomen, but the doctors refused to perform the scan after consulting with the hospital's legal department. Wright was then discharged from the hospital and taken to the Euclid jail.

At his 10:45 p.m. booking, Wright was charged with the two misdemeanors for which he was arrested (obstructing official business and resisting arrest), along with two other offenses (criminal trespass and failure to use a turn signal). Despite the fact that Wright had no drugs when he was arrested and was not charged with any drug-related offenses, the officers designated Wright's arrest as stemming from a drug investigation. Flagg acknowledged that he knew that this designation would result in Wright's being subjected to additional, more thorough searches.

Wright posted bond between 11:00 p.m. and midnight, but he still was not released from police custody. As Wright was attempting to leave the Euclid jail, a corrections officer told him that he would be taken to the Cuyahoga County jail for a full body scan to see if he was hiding drugs in his abdomen. Shortly after 1:00 a.m., he arrived at this next facility, where jail staff searched him using a body scanner. The search turned up nothing. Wright finally was released from custody at 3:55 a.m.

Over seven months later, all the charges against Wright were dropped. Neither Flagg nor Williams was investigated or disciplined for his encounter with Wright, and their use of force was approved by their supervisors. (citations omitted).

Wright filed a lawsuit against the officers and the agency. In reviewing the Federal District Court's decisions on summary judgment and qualified immunity for the officers and the propriety of the claims against the City of Euclid, the United States Court of Appeals looked at the substance of use of force training within the Euclid Police Department.

To Be Continued in the February 2024 SHARE issue



LGRMS
RISK CONTROL
ACCG | GMA

FREE LGRMS RESOURCE LIBRARY AND POWERSTANDARDS

Get ready to dive into the world of PowerDMS! Unlock how to subscribe to LGRMS model policies, conduct a policy-to-standard gap analysis, and build an LGRMS self-assessment. Learn from industry experts to gain valuable insights on how to optimize your Certification process and your experience with the PowerStandards platform. Don't miss out on this chance to enhance your skills and take your organization to the next level. "See" you there!



Feb 15, 2024 | 10:00-11:00AM



Virtual



bit.ly/LGRMS-PowerStandards

REGISTER NOW



YOUR HEALTH

GUIDING YOU TO BEST PRACTICES FOR BETTER LIVING



NEW YEAR, *NEW ADVENTURES!*

By Candace Amos
Sr. LGRMS Health Promotion Consultant

*“Adventure is worthwhile in itself.”
- Amelia Earhart*

When it comes to physical activity, which appeals more to you: Walking on a treadmill? Or on a dirt path? Using the rowing machine? Or paddling a kayak down the river?

Physical activity is more than exercise, it's your time to move

your body, refresh your spirit, and let your inner child go out to play! Spectacular natural settings tend to accompany adventure activities and spending time outdoors in nature is great for your physical and mental health. Check out the next page for suggested outdoor activities.

There are many ways you can motivate employees to be healthier. The Health Toolkit for February is available now. In it, you'll receive all the tools you'll need beforehand to start planning and promoting ways to keep your employees well!

Here are a few adventurous activities to consider as alternatives to ordinary exercise:



Mountain biking will have you whizzing up and down trails and kicking up dust as you tackle terrain. It's a low impact sport that won't wear on your joints like running, and there are trails to suit all fitness levels.



Skiing can provide a rush, with wind in your face and snow moving briskly beneath your skis. Downhill or cross country skiing offers a cardiovascular work-out and improves balance and range of motion.



Rock climbing increases cardio endurance, upper-body and core strength, and flexibility. There are indoor rock climbing facilities that are perfect for beginners to tackle.



Sledding or snowboarding in the winter can be fun and the walk back up the hill can be more rewarding than a stair climber machine.



Paddling can be done on a lake, river, ocean, or any body of water. The cardiovascular benefits as well as increased muscular strength make this an ideal workout in warm weather months.



Hiking is the ultimate back to nature activity. There's no better way to fully experience a landscape than by trekking through it.



RECIPES FOR YOUR HEALTH

SLOW COOKER CHICKEN TORTILLA SOUP

INGREDIENTS:

Chicken | Chicken Broth | Black Beans | Diced Tomatoes | Corn | Chilies | Garlic | Onion | Cumin | Chili Powder | Cilantro | Avocado

- 1 lb. chicken breasts
- 4 cups low-sodium, chicken broth
- 2 (14 oz.) can black beans, rinsed and drained
- 1 (14 oz.) can fire-roasted diced tomatoes, with juice
- 2 cups frozen corn kernels
- 1 (4 oz.) can diced green chilies
- 4 cloves garlic, minced
- 1 sweet onion, diced
- 2 tsp. ground cumin
- 2 tsp. chili powder
- Cilantro (Optional)
- Avocado (Optional)



Add all ingredients to a slow cooker (except cilantro and avocado) and stir to combine. Cook for 3-4 hours on high heat. Serve warm and garnish with fresh cilantro and diced avocado if desired.

From SHARE, a publication of LGRMS



WEEK OF	ACTION	ACTIVITY
Jan. 22	<ul style="list-style-type: none"> • Start planning for first week of February • Promote events on company’s social media site and intranet sites • Consider promoting National Wear Red Day on February 2, 2024 • Consider promoting the American Heart Association Heart Walk. Enter your zip code here to find out if one is near you. Or conduct your own Heart Walk with employees. 	<ul style="list-style-type: none"> • American Heart Month (NT)
Jan. 29	<ul style="list-style-type: none"> • Hang poster High Blood Pressure Can Lead to Heart Failure & More • Distribute flyer What Is High Blood Pressure? • Promote National Wear Red Day on February 2nd 	<ul style="list-style-type: none"> • Poster – High Blood Pressure Can Lead to Heart Failure & More (AHA) • Flyer – What Is High Blood Pressure? (AHA) • National Wear Red Day and American Heart Month (GRFW)
Feb. 5	<ul style="list-style-type: none"> • Distribute Interactive – Heart Failure • Distribute flyer What Is Heart Failure? 	<ul style="list-style-type: none"> • Interactive – Heart Failure (AHA) • Flyer – What is Heart Failure? (AHA)
Feb. 12	<ul style="list-style-type: none"> • Hang poster Blood Pressure Categories • Distribute flyer How Can I Reduce High Blood Pressure? 	<ul style="list-style-type: none"> • Poster – Blood Pressure Categories (AHA) • Flyer – How Can I Reduce High Blood Pressure? (AHA)
Feb. 19	<ul style="list-style-type: none"> • Hang poster Blood Pressure (BP) Raisers • Distribute flyer Why Should I Limit Sodium? 	<ul style="list-style-type: none"> • Poster – Blood Pressure (BP) Raisers (AHA) • Flyer – Why Should I Limit Sodium? (AHA)
Feb. 26	<ul style="list-style-type: none"> • Hang poster How To Measure Blood Pressure • Distribute flyer What Is High Blood Pressure Medicine? 	<ul style="list-style-type: none"> • Poster – How To Measure Blood Pressure (AHA) • Flyer – What is High Blood Pressure Medicine? (AHA)

Coffee Break



Take a moment to exercise your brain and relieve stress by solving these fun safety puzzles! Answers on page 19.

WORD SEARCH

- | | | |
|--------|------------|----------|
| cardio | fruit | greens |
| heart | hike | monitor |
| move | pressure | strength |
| stress | vegetables | walk |
| water | wholegrain | |

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

CRYPTOGRAM

Decode the message from a SHARE article in this issue. 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
																		13							

S - S S

11 15 4 21 18 11 22 13 2 7 14 5 4 13 12 2 11 22 5 15 4 13

8 2 20 18 7 17 8 7 23



SAFETY THEME

KEEPING OUR MEMBERS SAFE ON THE JOB AND AT HOME

TO SWERVE or not TO SWERVE

Avoiding animal collisions

According to a Pew research article from May 10, 2021, by Matt Skroch & Tom St. Hilaire, “An estimated 1 million to 2 million crashes between motor vehicles and large animals such as deer occur every year in the U.S., causing approximately 200 human deaths, 26,000 injuries, and at least \$8 billion in property damage and other costs. In rural states such as Wyoming, wildlife-vehicle crashes represent almost 20% of reported collisions.

The cost to wildlife also is significant. With wildlife corridors often blocked or impeded by roads and highways, economically important species such as elk and mule deer are cut off from seasonal migration routes, threatening population stability.”

They further stated that “Wildlife-vehicle collisions are a major issue in many states,



especially those with large rural populations. Insurance giant State Farm looked at data between July 1, 2019, and June 20, 2020, and compared per capita animal-automobile collisions across states. West Virginia ranked first in the nation; residents there have a 1 in 37 chance of hitting an animal with their cars each year. Montana, Pennsylvania, and South Dakota are next in line, and many Western, Midwestern, and Southern states round out the top 20”.

Georgia ranked 17th in the nation for animal collisions.

The question is how to avoid these harmful collisions. Before leaping to an answer, consider these statistics:

- A collision with some form of wildlife occurs, on average, every 39 minutes.
- 1 out of every 17 car collisions involves wandering wildlife. 89% of all wildlife collisions occur on roads with 2 lanes.
- 84% of all wildlife collisions occur in good weather on dry roads.
- The average repair cost of a car-deer collision is \$2,800.
- Approximately 200 motorists die in the U.S. each year from car-wildlife collisions.

To avoid adding to these statistics, improve your chances of avoiding a collision with wildlife by practicing the following precautions:

Slow down when passing yellow animal-crossing signs. These warnings are posted because that location is a known movement route for heavy animal traffic in the area.

Wildlife is most active during dusk, dawn, and at night. Deer are most frequently hit during dusk and dawn, other large animals tend to travel a night (bears in North Georgia). Autumn, especially November, is the peak time for these accidents. When it's dark, putting on your vehicle's high beams and lowering your dash lights will help you spot an animal more quickly. Headlights have an illumination range of 250 to 500 feet. To allow for sufficient reaction and brake time, reduce your speed at night. Reducing your speed can also reduce the potential damage if you do hit an animal.

Pay attention to the road shoulders. Even though wildlife may be off to the side as your car approaches, animals may suddenly attempt to flee by inexplicably leaping into the road. (Slow as you approach), and don't hesitate to hit the horn. Look for reflecting eyes. Keep in mind that deer, wander in groups. If you see one crossing, slow to a crawl. More are bound to follow.

If you drive in a state that employs road salt, keep in



“It is best to slow down, blow the horn, and take the hit than run off the road and potentially hit a tree or another car.”

mind that wildlife sees it as a condiment. Roads may be drier but wildlife more numerous.

Deer whistles are merely peace-of-mind placebos. Research is inconclusive as to the advantages of these car-mounted devices.

Now, finally, to answer the swerve-or-not-to-swerve dilemma, experts advise not swerving. Nobody likes to hit an animal while deriving, however, you can suffer more serious consequences from an oncoming vehicle than from a leaping deer. It is best to slow down, blow the horn, and take the hit than run off the road and potentially hit a tree or another car.

SAFETY TIPS

- Slow down when passing yellow animal-crossing signs.
- Wildlife is most active during dusk, dawn, and at night.
- Pay attention to the road shoulders.

Large animals such as cows who have broken out of their pasture or if out west, Moose or elk are the exceptions to the do-not-swerve rule. An adult cow can be 800-1220 pounds, an adult moose can grow to 1,600 pounds. Consequently, colliding with those animals is comparable to colliding with a compact vehicle, with the likelihood of fatal or long-term injuries to the front-seat occupants of your car. So if the situation allows (not hitting another car head-on or a fixed object such as a tree), swerving for a large animal might be the better option. You still may suffer damage, but you might have reduced your potential for injury.



SAFETY THEME POSTER

JANUARY 2024
ISSUE #30



- *Slow down, blow the horn, take the hit.*
- *Use extra caution when passing yellow animal-crossing signs.*
- *Drive alert. Watch the road shoulders.*
- *Wildlife is most active during dusk, dawn, and at night.*

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC.

A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES

A Service Organization of the Association County Commissioners of Georgia & the Georgia Municipal Association



Risk Control

We minimize workers' compensation, liability, and property exposures that have the potential to cause losses.



Health Promotion Services

We help the life and health fund members of ACCG and GMA by providing a consultative approach to improving the health and wellness of employees.

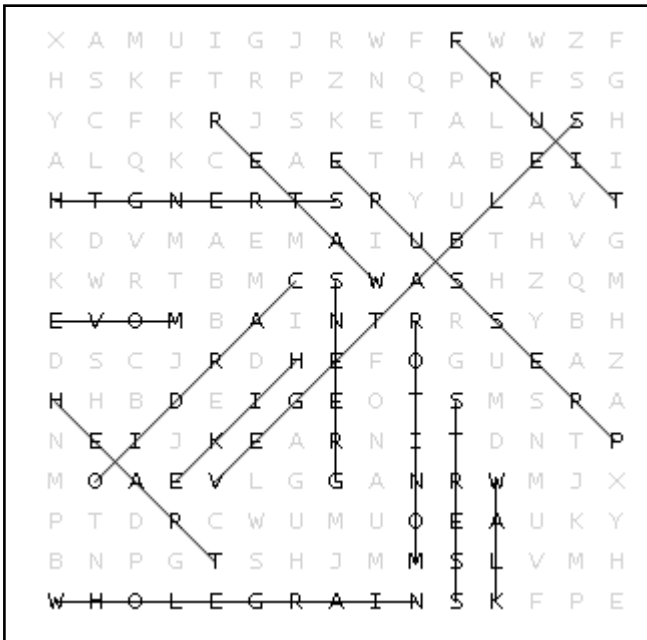


Online Training

We provide a variety of online training to our members.



WORD SEARCH ANSWERS



CRYPTOGRAM ANSWERS

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
17	25	11	21	2	14	20	26	5	6	24	7	3	4	15	12	9	8	13	22	18	19	16	1	23	10

C O N D U C T S E L F - I N S P E C T I O N S
 11 15 4 21 18 11 22 13 2 7 14 5 4 13 12 2 11 22 5 15 4 13
 R E G U L A R L Y .
 8 2 20 18 7 17 8 7 23

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

LocalGovU

BrainShark

Other

FOR LGRMS OFFICE ONLY

Contact info has been added to:

Date Received: _____

Request Recieved by: _____

CAMPAIGN MONITOR

IMIS

EMAIL LIST

BrainShark

SHARE LIST



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: _____		



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LET US KNOW HOW WE CAN HELP YOU.

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