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Advancing Georgia's Counties

GEORGIA MUNICIPAL ASSOCIATION

April 2017

Local Government Risk Management Services, Inc.

Safety Theme

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 Theme Poster

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

Safety Theme Article

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

Participant Sign-In Sheet

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.

Training Calendar

Health Promotion Champion

September 20	Tifton, Tift County
September 21	Statesboro, Bulloch County
September 26	Macon, Bibb County
September 27	Cartersville, Bartow County
September 28	Gainesville, Hall County

Personnel Liability Seminar

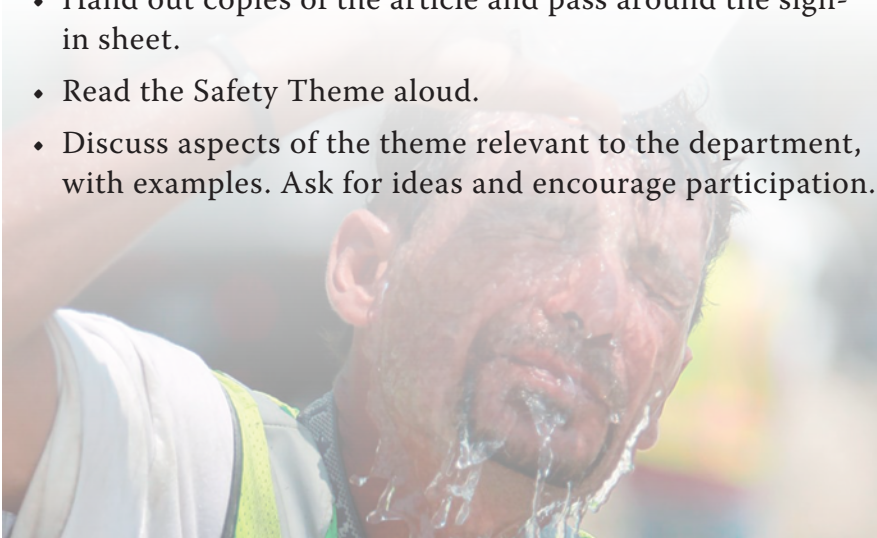
May 3	Cartersville, Bartow County
May 25	Macon, Bibb County
June 6	Tifton, Tift County
June 15	Statesboro, Bulloch County

Workers Compensation

September 7	Tifton, Tift County
September 12	Douglasville, Douglas County
September 14	Gainesville, Hall County
September 26	Dublin, Laurens County
September 28	Macon, Bibb County

Work Zone Safety

May 11	Macon, Bibb County
May 23	Statesboro, Bulloch County
June 8	Tifton, Tift County





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**GEORGIA
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Safety Bulletin

Keep Your Cool



Heat Illness Can Kill

Heat Illnesses Can be Fatal; Would You Know What to Do?

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2013, 372 people died in the U.S. from exposure to excessive heat, according to Injury Facts 2016, the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage, and even death.

There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion, and heat cramps. Those most at risk include:

- Infants and young children.
- Elderly people.
- Pets.
- Individuals with heart or circulatory problems or other long-term illness.
- People who work outdoors.
- Athletes and people who like to exercise, especially beginners.
- Individuals taking medications that alter sweat production.
- Alcoholics and drug abusers.

Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively “cooked” as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

- Move the person into a half-sitting position in the shade.
- Call for emergency medical help immediately.
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin.
- Do not give aspirin or acetaminophen.
- Do not give the victim anything to drink.

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes,



diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

- Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.
- Move them to a shaded or air-conditioned area.
- Give them water or other cool, nonalcoholic beverages.
- Apply wet towels or having them take a cool shower.

Heat Cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

The Centers for Disease Control and Prevention offers more information on heat-related illness in this FAQ.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need; avoid alcohol.
- Wear loose, lightweight clothing and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself.
- Pace yourself when you run or otherwise exert your body.



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Heat-Related Illness

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