



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

**November 2017**

# **SAFETY THEME**

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.

## **TRAINING CALENDAR**

### **Health Promotion Champion**

Future Dates      TBD

### **Workers Compensation**

Future Dates      TBD

### **Safety Coordinator Modules I, II, & III**

Future Dates      TBD

### **Monthly Poster Theme**

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.

### **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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# **SAFETY BULLETIN**

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

**Don't Be Left  
Out in the Cold!**



## **WEATHER INJURIES**

**Be Proactive in Preventing Accidents!**

# COLD WEATHER INJURIES

Cold weather can be dangerous for anyone, and people who work outdoors during winter must be particularly mindful of the risks.

## Before venturing outside in winter, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy.
- Bundle up in several layers of loose clothing.
- Wear mittens rather than gloves.
- Cover your ears with a warm hat.
- Wear socks that will keep your feet warm and dry.

## Frostbite

Even skin that is protected can be subject to frostbite. It's the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks and chin. If caught early, it is possible to prevent permanent damage. If not, frostbite can lead to amputation.

Superficial frostbite affects the skin surface, while the underlying tissue remains soft. The skin appears white, waxy or grayish-yellow and is cold and numb.

If the condition is allowed to progress to deep frostbite, all layers of skin are affected and the outcome likely will be more serious. The skin will become completely numb, blisters may form and eventually the skin tissue dies and turns black.

## If you suspect frostbite:

- Get indoors immediately.
- Seek medical attention.
- Remove constrictive clothing and jewelry that could impair circulation.
- Place dry, sterile gauze between toes and fingers to absorb moisture and keep them from sticking together.
- Elevate the affected area to reduce pain and swelling.

- For superficial frostbite, you may also place the affected area in water that is 100 to 105 degrees until the tissue softens.

## Hypothermia

Hypothermia occurs when the body's temperature drops below 95 degrees. Severe shivering, one of the first signs of hypothermia, is beneficial in keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of coordination and eventually, unconsciousness and even death.

## So what should you do if you encounter someone suffering from hypothermia?

- Move the victim inside and remove any wet clothing.
- Call for medical attention.
- Add blankets, pillow, towels or newspapers beneath and around the victim.
- Cover the victim's head.
- Handle the victim gently to avoid cardiac arrest.
- Keep the victim in a horizontal position.
- If necessary, give CPR.

None of these steps are a substitute for proper medical care. Be sure to seek medical attention for frostbite and hypothermia as soon as possible.

To assist with cold weather related safety LGRMS has added three new videos in our lending library.

**Cold Stress:** Focuses on cold weather related injuries.

**Winter Safety:** Shows employees some of the dangerous situations related to the cold, and their prevention.

**Winter Driving:** Focuses on issues related to driving in cold weather, and how to reduce potential hazards.





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***This Month:***

**Cold Weather Injuries “Don’t Be Left Out in the Cold”**

