

SHARE

APRIL 2022 ISSUE #14

SAFETY HEALTH AND RISK E-CONNECT NEWSLETTER

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

FATIGUE AT WORK

& On the Road Can be Deadly

P. 6

Also in this issue ENTRY INTO RESIDENCES & PROTECTIVE SWEEPS STRESS LESS NOTES FROM THE ROAD

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

SAFETY THEME

DOWNLOAD THIS MONTH'S SAFETY POSTER

HEALTH PROMOTION SERVICES

CHECK OUT THE LIVING WELL GEORGIA CORNER

RISK/LIABILITY

CHECK OUT THIS MONTH'S LIABILITY BEAT

CONTENTS

- 3 A Note from the Editor Welcome to April
- 4 Director's Corner Why Safety & Risk Management?
- 6 Fatigue
 At Work & on the Road Can be Deadly
- 9 Contact List Form Update your Organization's Contact Info.
- 10 Liability Beat Entry Into Residences & Protective Sweeps
- 15 Notes from the Road Spring Cleaning
- 16 Fun With Safety Word Search/Cryptoquote/Maze
- 18 HPS Living Well Georgia
 How to Beat Stress Before it Beats You
- 23 Safety Theme Preparing for Weather Emergencies
- 26 Safety Bulletin Poster Tornado Safety
- 28 Safety Forms
 General Safety Inspection Form/Attendance
- **31** LGRMS Contacts



3500 Parkway Lane Suite 110 Peachtree Corners, GA 30092

www.lgrms.com

UPCOMING WEBINARS AND TRAINING EVENTS

ROADS LIABILITY & TEMPORARY TRAFFIC CONTROL HALF DAY | 8:30AM-12:30PM

May 13 - Macon

SAFETY COORDINATOR II, III Half day 18:30am - 12:30pm

April 28 - Macon - SCII May 3 - Tifton - SCII May 4 - Statesboro - SCII May 5 - Statesboro - SCIII May 10 - Tifton - SCIII May 12 - Macon - SCIII May 17 - Cartersville - SCIII May 18 - Cornelia - SCIII

SPRING HEALTHCARE WORKSHOPS HALF DAY | 9:00AM - 12:00PM

April 21 - Cartersville

FIREFIGHTER CANCER REGIONAL PROGRAM HALF DAY | 8:30AM-12:30PM

May 31 - Tifton

June 2 - Statesboro

June 7 - Cartersville

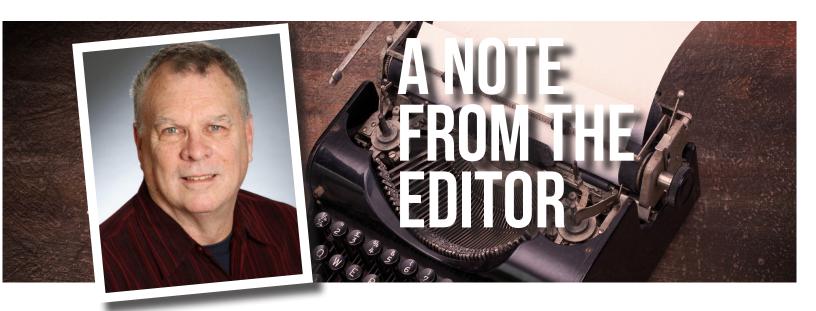
June 9 - Gainesville

June 14 - Macon

IMPORTANT NOTE:

Dates may be subject to change. Please check the LGRMS website for the most current listing of training events in your area. Please visit: www.lgrms.com/trainingeventcalendar

SHARE NEWS



Welcome to the April edition of SHARE, 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 similar to the old Safety Theme.

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

IIn 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. Weather has been in the news these last few weeks. Our Safety Theme focus is on extreme weather because of that. Just a reminder for all of us to be prepared for the unexpected. We also have articles on stress and fatigue, both factors in many workplace accidents. For questions or issues contact Tamara Chapman tchapman@lgrms.com. com, or Cortney Steptor at csteptor@lgrms.com.

Be safe.

Should you have any questions or concerns, please contact: Dennis Watts, dwatts@lgrms.com, or Tammy Chapman, tchapman@lgrms.com.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8:30a Training - Statesboro, GA	9 Safety 8:30a Coordinator I - Statesboro, GA	10	11	12
13	14	Personnel Liability Training - Tifton, GA	Safety 8:30a Coordinator I - Tifton, GA	Personnel Liability 8:30a Training - Statesboro, GA	18	19
20	21	Roads Liability Training - Cartersville, GA	Safety Coordinator I - 8:30a Cartersville, GA	24	PLEASE US	20
27	28	Personnel Liability 8:30a Training - Macon, GA	30 Safety 8:30a Coordinator I - Macon, GA	0.00 - Diel-	I <mark>rome</mark> or fir Hen registe	EFOX '
		5 Roads Liability 8:30a Training - Cornelia, GA	Law Enforcement 8:30a Risk Specialist Training - Cartersville,	Personn Liability 8:30a Training - Cartersville, GA	FOR CLASSE	S



WHY SAFETY & RISK MANAGEMENT?

Why do we care about safety and risk management? Why invest your time in resources in managing safety and risk issues? There are many reasons why you should care about and manage safety and risk.

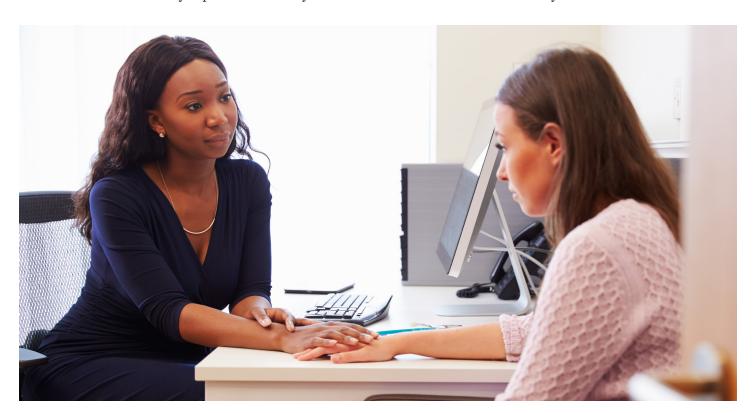
 Reputation – Many people don't think of this, but damage to a city's/county's reputation may be the biggest reason to invest your time in managing safety and risk. Look at the below headlines.

- · County Sued for Inmate Death
- · City Worker Shot and Killed
- Two Dead After Struck by County Vehicle
- Mayor and Police Officer Sued Over Girl's Suicide
- Elected Official Resigns, Is Sued After
 E-mailing Racist Game

All of these are real headlines (with names and locations removed). Imagine a family considering moving to your community, or a business thinking about relocating to your area, and they read any of these headlines. What impact would that have on their relocation decision?

- Regulatory Compliance Although OSHA
 doesn't have authority over local
 governments in Georgia, the EPA and many
 other state and federal agencies have
 oversight over your operations.
- 3. Claims Costs/Insurance Premiums –
 Everyone is aware of the ever-rising cost of insurance, but did you know that experts believe for every dollar spent on claims, you may be losing 2 to 3 times that in loss of productivity.
- 4. Moral Issues No one wants to see someone get hurt. Everyone has the right to leave work in the same condition as when they arrived at work. These are both great statements, but what really motivates me is the family explanation. Have you

ever had to sit down with family members and tell them their husband or wife, son or daughter, mother or father is not coming home because of a work-related incident? Please take a moment and think about how that would feel. Imagine the pain and suffering as you explain to that family that their loved one is not coming home. It doesn't feel good, does it? Imagine you must have that same conversation and you as a leader could have done something to prevent the incident that took the life of their family member. As a leader, you could have implemented a policy, or provided quality training, or held other employees accountable for not following that same safe work practice. That is what motivates me on a daily basis.





© Copyright 2022 National Safety Council

Daylight Saving Time begins every year on the second Sunday in March. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many that means a tired couple of days as our bodies adjust.

People often make light of how little sleep they get on a regular basis; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

Work often requires us to override those natural sleep patterns. More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or

irregular shifts. Following are a few facts for employers:

- Safety performance decreases as employees become tired
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers
 \$1,200 to \$3,100 per employee annually
- Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern

Drowsy driving is impaired driving, but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. NSC has gathered research that shows:

• You are three times more likely to be in a car

crash if you are fatigued

- Losing even two hours of sleep is similar to the effect of having three beers
- Being awake for more than 20 hours is the equivalent of being legally drunk

According to the CDC, the fall time change can also create, "a sudden change in the driving conditions in the late afternoon rush hour – from driving home from work during daylight hours to driving home in darkness. People may not have changed their driving habits to nighttime driving and might be at somewhat higher risk for a vehicle crash."

Sleep is a vital factor in overall health. Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to

the National Health Interview Survey.

- Chronic sleep-deprivation causes depression, obesity, cardiovascular disease and other illnesses
- Fatigue is estimated to cost employers \$136 billion a year in health-related lost productivity
- More than 70 million Americans suffer from a sleep disorder

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue, but industry leaders recently have been drawing attention to this issue. Employers, too, are in an ideal position to educate employees on how to avoid fatigue-related safety incidents. NSC supports science-based fatigue risk management systems in the workplace.



REGISTRATION

FOR LGRMS IN-PERSON REGIONAL TRAINING CLASSES NOW OPEN! WHAT ARE YOU WAITING FOR?



CLICK HERE TO REGISTER



WOULD YOU MIND LETTING US KNOW IF ANYTHING HAS CHANGED?

FILL OUT THE FORM ON PG. 9

As we all strive to get back to some sense of normalcy, changes in personnel continue to occur. Try as we might to keep our distribution lists up to date, we find that we need your help. As a result of the ongoing pandemic, many of you have experienced changes in personnel, or have had to alter the way you conduct business altogether. To ensure that we are able to keep you abreast of program changes, training dates, etc., we are asking that you please take a moment to complete the Contact Information form on page

For your convenience, we have made it fillable (meaning that you can fill it out online, save, and send it back via email); or if you prefer, you may print it out, complete the required fields, and send it back to us via mail or fax.

LGRMS

Attn: Tamara Chapman 3500 Parkway Lane Suite 110

Peachtree Corners, GA 30092

Email: lgrmsadmin@lgrms.com

Fax: 770-246-3149



CAMPAIGN MONITOR

IMIS



SHARE LIST

CONTACT LIST FORM

				Date:		
ORGANIZATIONAL INFORMA	TION ACC	G (GMA			
ADDRESS						
СІТҮ		STATE				
ZIP CODE		COUNTRY				
PHONE		E-MAIL				
CONTACT INFORMATIO) N					
PRIMARY CONTACT NAME	, II					
TITLE						
ROLE	LOSS CONTROL	HEALTH & W	VELLNESS			
EMAIL ADDRESS						
PHONE NUMBER						
ARE YOU THE SAFETY COORDINATOR YES NO						
IF NO, PLEASE PROVIDE NAME &	IF NO, PLEASE PROVIDE NAME & EMAIL					
SECONDARY CONTACT NAME	SECONDARY CONTACT NAME					
TITLE						
EMAIL ADDRESS						
MEMBER DISTRIBUTION LISTS & A	ACCESS					
Select all that apply SHARE Newsletter	LGRMS WEBSITE	LocalGovU	BrainShar	k		
Other			2.3			
FOR LGRMS OFFICE ONLY Contact info has been added to:			eieved: Recieved by	y:		

BrainShark

EMAIL LIST



On October 27, 2020, the Court of Appeals of Georgia decided Edwards v. State[i], in which the court examined whether officers violated the Fourth Amendment when they entered without consent and without a warrant. The relevant facts of Edwards, taken directly from the case, are as follows:

The evidence shows that officers from the Rome Police Department ("RPD") responded to a report that Devion Tremaine Neal had pulled a gun on his child's mother. Neal was not at the scene when the officers arrived, but the victim told police that Neal likely would be at his apartment or at Edwards' house. The officers also learned that Neal left the scene in a blue, four-door car.

The officers first attempted to locate Neal at his apartment, but the apartment was dark, and the described vehicle was not there. The officers proceeded to Edwards' house, where an officer from the Floyd County Sheriff's Department ("FCSD") met them. The FCSD officer informed the other officers that Neal was a convicted felon and that the vehicle Neal was reportedly driving was registered to Edwards. The vehicle was not at Edwards' house when the officers arrived.

Video footage from two of the officers' body cameras was played for the trial court and shows the following. The officers approach Edwards' home and knock on the door. Edwards answers the door, and one of the officers asks her to step outside of the house. Edwards refuses and asks what is going on and why the officers are there. One officer explains that they "have a

situation with Devion Neal" and that he is supposedly driving Edwards' vehicle. Edwards denies this, stating her mother has her vehicle. The officer then mentions the smell of marijuana and tells Edwards they have two choices: she can give them consent to search her house or they can obtain a search warrant. Edwards replies that they can get a warrant. The officer tells Edwards to step outside of the house and sit outside and that the officers have the authority to "clear the house." Edwards steps outside as instructed. The officer asks if anyone else is in the home, Edwards responds that her friend is, and a second female steps outside. The officers then enter the house as Edwards asks why they are going inside. After entering, the officers find Neal. It is undisputed that the officers never attempted to obtain a search warrant of Edwards' house or an arrest warrant for Neal.

During the combined suppression hearing and bench trial, the officers testified that they smelled marijuana as they approached Edwards' house. One officer confirmed that the officers were concerned about people getting rid of drugs, but that the officers did not enter the home "just because [they] smelled marijuana." The officers also testified that they entered the home to do "a safety sweep for other persons within the residence," and that they were concerned Neal was armed. One of the officers acknowledged that they were not in "hot pursuit" of Neal.[ii]

Edwards was arrested and charged with misdemeanor obstruction (OCGA 16-10-24) and hindering the

apprehension of a criminal (OCGA 16-10-50) under Georgia law. She filed a motion to suppress and argued that the discovery of Neal, the wanted person, in her home was the result of an unlawful entry into her home. The trial court denied the motion to suppress and held that the odor of marijuana provided probable cause for a search warrant and Neal would have been "inevitably discovered" during the execution of the warrant.

Edwards appealed the denial of the motion to suppress to the Court of Appeals of Georgia.

Inevitable Discovery

On appeal, Edwards argued that the inevitable discovery exception to the warrant requirement did not apply in her case because the police were not "actively pursuing" a search warrant before entering her residence.

The court first noted that when evidence is obtained in violation of the Fourth Amendment, the exclusionary rule prevents that evidence from being used against the defendant in the prosecution of the case. Further, searches or entry into private premises is generally prohibited by the Fourth Amendment absent a warrant or the presence of one of the exceptions to the warrant requirement. One such exception to the warrant requirement is the "inevitable discovery" exception. The court stated

[T]he courts have identified a number of exceptions to the usual rule of exclusion," including the inevitable discovery doctrine. Id. Pursuant to this exception, "if the State can prove by a preponderance of the evidence that evidence derived from police error or illegality would have

been ultimately or inevitably discovered by lawful means, then the evidence is not suppressed as fruit of the poisonous tree." Taylor v. State, 274 Ga. 269, 274 (3) (553 SE2d 598) (2001), disapproved on other grounds, State v. Chulpayev, 296 Ga. 764, 783 (3) (b) (770 SE2d 808) (2015). See also Teal v. State, 282 Ga. 319, 323 (2) (647 SE2d 15) (2007).[iii]

Thus, if the State can show that the evidence was inevitably going to be discovered by a lawful method, suppression of the evidence is not required. The court then discussed the requirements for the inevitable discovery doctrine to apply. The court stated

For the doctrine to apply, "there must be a reasonable probability that the evidence in question would have been discovered by lawful means, and the prosecution must demonstrate that the lawful means which made discovery inevitable were possessed by the police and were being actively pursued prior to the occurrence of the illegal conduct." (Citation and punctuation omitted; emphasis supplied.) *Mobley, 307 Ga. at 76 (4) (b)*. This "active pursuit rule' ... is a judicial effort to prevent application of the inevitable discovery doctrine from emasculating the search warrant requirement of the *Fourth Amendment*."

Teal, 282 Ga. at 325 (2). [iv]

Thus, in order for the inevitable discovery doctrine to apply, the police must have applied for a warrant or be in the process of doing so. The court of appeals then noted that there was no evidence in the record that the police

had applied for a warrant, were in the process of completing an affidavit or even contemplated a warrant prior to the search. As such, the court of appeals held the inevitable discovery exception to the exclusionary rule did not apply.

The State argued that even the inevitable discovery exception did not apply, the nonconsensual entry into Edwards's home was permissible either as a "protective sweep" or to prevent the imminent destruction of evidence.

The court first noted the applicable legal principles regarding warrantless entry into private residences. The court stated

As a rule to justify a nonconsensual, warrantless intrusion into a person's home, there must exist probable cause for the arrest or search inside the home and a showing of exigent circumstances Watson v. State, 302 Ga. App. 619, 622 (1) (691 SE2d 378) (2010). Thus, "even if officers have probable cause, absent exigent circumstances or proper consent, warrantless searches and seizures within a home by officers in pursuit of their traditional law enforcement duties are presumptively unreasonable." Arp v. State, 327 Ga. App. 340, 342 (1) (759 SE2d 57) (2014). Such "[e]xigent circumstances include where an officer is in hot pursuit of a fleeing felon, where an officer reasonably fears the imminent destruction of evidence if entry into the residence is not immediately effected, and where an officer reasonably perceives that a suspect

within the dwelling poses a risk of danger to the police or others." (Citations and punctuation omitted.) *Minor v. State, 298 Ga. App. 391, 396-397 (1)* (b) (680 SE2d 459) (2009)[v]

Protective Sweep

The court then examined the applicability of the protective sweep exception to the warrant requirement.

The court stated

A protective sweep is a limited search of the premises primarily to ensure officer safety by detecting the presence of other occupants. ...

[O]fficers are authorized to perform a protective sweep in connection with an in-home arrest when they possess articulable facts which, taken together with the rational inferences from those facts, would warrant a reasonably prudent officer in believing that the area to be swept harbors an individual posing a danger to those on the arrest scene. (Citations and punctuation omitted.) State v. Gray, 285 Ga. App. 124, 127-128 (2) (645 SE2d 598) (2007). See also Kirsche v. State, 271 Ga. App. 729, 732-733 (611 SE2d 64) (2005)[vi]

When the court applied the facts of Edwards's case to the rule above, the court noted that the entry into Edwards's residence came prior to the in-home arrest. Specifically, Neal was located and arrested as a result of the warrantless entry. The court also noted that there was no evidence that Neal, or anyone, was in the residence that posed a threat to the officer's safety. The victim's tip that Neal might be at that residence was not sufficient. As such, the court held the "protective sweep" exception to

the warrant requirement did not apply.

Destruction of Evidence

The court first examined the legal principles for the "destruction of evidence" exception to the warrant requirement. The court stated

[E]xigent circumstances may be found where an officer reasonably fears the imminent destruction of evidence if entry into the residence is not immediately effected." (Citation and punctuation omitted.) James v. State, 294 Ga. App. 656, 659 (670 SE2d 181) (2008). However, "the presence of contraband [inside a residence] without more does not give rise to exigent circumstances." (Citation and punctuation omitted.) Curry v. State, 271 Ga. App. 672, 675 (2) (610 SE2d 635) (2005). [vii]

In this case, assuming the odor of marijuana provided probable cause, the record contained no evidence that someone was inside the residence and posed a threat for the imminent destruction of the marijuana.

Therefore, the court of appeals reversed the trial court and held that the trial court should have granted the motion to suppress.

Citations

[i] A20A0888 (Ga. App. October 27, 2020)

[ii] Id. at 2-4

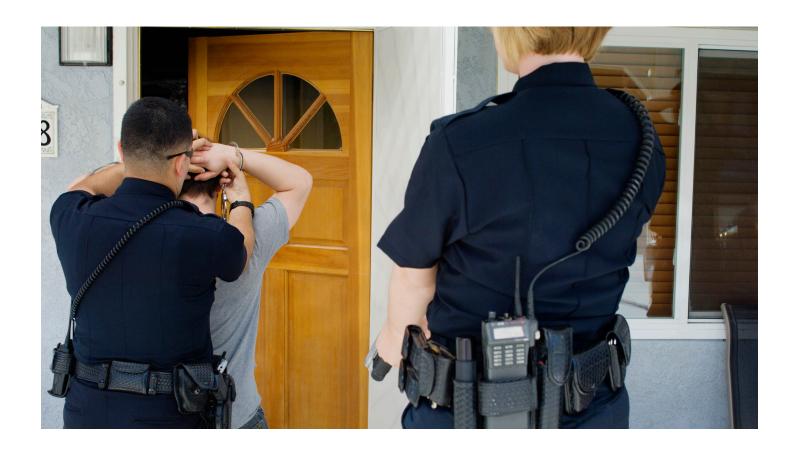
[iii] Id. at 6 (emphasis added)

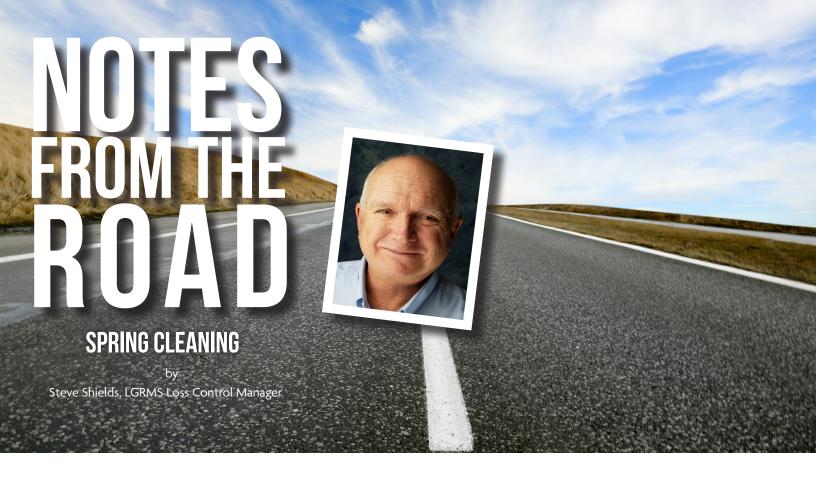
[iv] Id. at 6-7 (emphasis added)

v Id. at 8-9 (emphasis added)

[vi] Id. at 9 (emphasis added)

[vii] Id. at 11 (emphasis added)





It's spring and for a lot of people they use this time of year for cleaning up in and around their home. From my visit this year, I think we should extend the spring cleaning to our facilities. You can see from the photos the sooner the better.

So, in closing, let's clean up and then keep it neat and clean moving forward to reduce the potential accidents which could occur.

Until next time, this is Steve Shields with Notes from the Road.





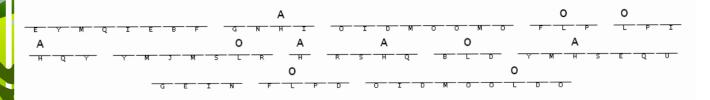
FUR WITH SAFETY

Who said safety can't be fun? Test your knowledge and see how much you have retained from the articles in this month's SHARE Newsletter. The puzzles below and on the adjoining page can be solved using words and clues scattered throughout the publication. *Check your answers to the Word Search on p. 22.*

R	Ε	G	I	S	Т	R	А	Т	I	0	Ν	F	D	I
S	Ε	I	Ε	0	F	Н	0	F	\subset	Р	Н	R	Ε	В
D	U	М	А	Ν	А	G	Ε	М	Ε	Ν	Т	Ν	S	Υ
М	Υ	Ε	V	I	Т	\subset	Ε	Т	0	R	Р	Н	Т	D
S	W	Ε	Ε	Ρ	I	В	W	S	R	I	R	Z	R	I
\times	U	Н	L	Z	G	U	\times	Ε	Н	I	\boldsymbol{W}	S	U	S
R	Ε	L	А	\times	U	Ε	Н	G	М	I	I	Т	\subset	\subset
Υ	F	J	Ε	D	Ε	Т	C	Ρ	G	В	Ν	R	Т	0
S	U	Т	\times	R	А	Т	R	Ν	А	Ν	D	Ε	I	V
W	I	0	I	Ε	0	S	I	U	Ε	Υ	Ε	S	0	Ε
0	Z	S	W	R	Т	V	F	Υ	S	D	Р	S	Ν	R
R	К	\subset	Ν	Н	I	Ν	Т	\times	Н	А	I	R	W	Υ
D	W	А	R	R	А	Ν	Т	L	Ε	S	S	V	S	0
Н	D	F	D	Z	Q	К	F	٧	Z	Р	Т	Υ	Ε	Z
0	Ε	М	Ε	R	G	Ε	Ν	\subset	Υ	Ν	Υ	S	I	В

destruction drowsy fatigue registration shrimp tornado wind discovery emergency management relax stress warrantless driving evidence protective risk sweep weather





CRYPTOQUOTE. Enjoy a good mystery? Try your hand at figuring out this quote. Each letter in the phrase has been replaced with a random letter or number. Try to decode the message. The first letter has been provided. **Check your answers on p. 22**



MAZE. Spring time is in the air. Although beautiful, the warmer weather can bring out hazards that we don't often remember. Test your abilities to move past perilous situations in our a-Maze-ing puzzle and see how quickly you can make it to safety. **Answer key on p. 22.**





Stress can sometimes be a good thing. It pushes us to accomplish goals and get things done, but sometimes stress can be serious and cause negative effects on the body. Stressful situations unleash hormones and speed the beat of the heart. Managing stress through relaxation, reflections and releasing tension can reduce the harmful effects of stress on your body. Temporary stress can cause short-term effects like fatigue, lack of concentration, increased acne, stomach irregularities and irritability. As the problem dissipates, so do the effects.

However, the longer stress lasts, the more serious damage to the body becomes. We all experience stress at one point or another, but what can you do to protect your body from further damage?

HERE ARE SOME HELPFUL TIPS:

- Identify what stresses you out and develop a plan for dealing with your stressors.
- Make time for yourself. Turn off all outside distractions, meditate or read a book.
- · Eat a healthy, balanced diet.
- · Exercise.
- Cut out alcohol, smoking and too much caffeine.
- · Get enough sleep!

The mind/body connection is something we don't understand, but is it very real. If stress has you anxious, tense and worried, meditation is a simple and inexpensive practice that anyone can do for a tranquil mind. Stress is the response to the demands and overload that build up every day. Meditation is

about finding an inner stillness and peace within some of life's most difficult situations. The mind with all its jumbled thoughts and chaotic feelings can cause stress. Meditation can help give you a sense of calmness through your day and improve your physical and emotional well-being. There are many ways to practice meditation to calm the mind when it constantly chatters with thoughts, daydreams, worry or fantasy.

Some techniques include:

- Focus on the present. Being in the now, rather than focusing on the past or the future involves experiencing each moment and then letting it go.
- Pick a word or phrase that has meaning to you, such as peace, love or one.
- Find a quiet and comfortable place with few distractions.
- Close your eyes and notice your breath as you inhale and exhale. As you exhale, repeat your word or phrase.

When you notice your mind wandering, gently return to your focus word. Don't worry if you are doing it right or wrong. As you practice you will find it easier to quiet



the mind and distracting thoughts will come less and less. Meditation practice will help you relieve stress in the moment and create changes to deal with stress more effectively in the future.



Managing your stress is a vital way to care for your health. And there are many ways you can protect yourself, as well as your employees' health. You can start by participating in the LGRMS HPS Forum Call, in which we'll go over a Health Toolkit that provides "tools" to promote health in your organization.

The Health Toolkit for May is available now. In it, you'll receive all the tools you'll need beforehand to start planning.

The 2022 Monthly Forum Call calendar is out too. The Forum Call is for Health Promotion Champions and individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. All are welcome to participate. You'll receive an invite each month. Please stay on the



CALENDAR 2022 Monthly Forum Call

- January
 - Monthly Forum Call calendar placed in SHARE
 - · February Toolkit available
- February
 - Forum Call will be held on 02/18/2022
 - · Will discuss March Toolkit
- March
 - Forum Call will be held on 03/18/2022
 - Will discuss April Toolkit
- April
 - Forum Call will be held on 04/14/2022
 - Will discuss May Toolkit
- May
 - Forum Call will be held on 05/20/2022
 - · Will discuss June Toolkit
- June
 - Forum Call will be held on 06/17/2022
 - · Will discuss July Toolkit



Dial-In Number (267) 930-4000

Participant Code

- July
 - Forum Call will be held on 07/15/2022
 - Will discuss August Toolkit
- August
 - Forum Call will be held on 08/19/2022
 - · Will discuss September Toolkit
- September
 - Forum Call will be held on 09/16/2022
 - Will discuss October Toolkit
- October
 - Forum Call will be held on 10/21/2022
 - · Will discuss November Toolkit
- November
 - Forum Call will be held on <u>11/18/2022</u>
 - Will discuss December Toolkit
- December
 - Forum Call will be held on 12/16/2022
 - · Will discuss January Toolkit



WEEK		PERMIT
WEEK	ACTION/ACTIVITY	RESOURCES
Week of April 25th	Start planning for first week of May Promote events on company's social media site and company intranet sites Consider promoting the Move Your Way Activity Planner and/or using it for an activity challenge Consider promoting Move More Together weekly 5-Minute Movement Breaks Consider promoting a weekly walk (before/after work, at lunchtime)	 May is National Physical Fitness and Sports Month National Fitness Day (May 7th) Move Your Way Activity Planner Move More Together- Fierce 5 Movement
Week of May 2nd	 Hang poster Move Your Way Distribute flyer 10 Changes To Get More Exercise Every Day Distribute podcast Dispelling Fitness Myths Promote National Fitness Day (May 7th) Promote and Launch weekly walk/activity challenge 	Poster – DHHS: Move Your Way Flyer – Anthem: 10 Changes To Get More Exercise Every Day Podcast – Anthem: Dispelling Fitness Myths
Week of May 9th	 Distribute video Fierce 5 Movement Break: Flexibility Distribute flyer Make Every Move Count 	 Video – AHA: Fierce 5 Movement Break: Flexibility Flyer – AHA: Make Every Move Count
Week of May 16th	 Distribute video Fierce 5 Movement Break: 5-Minute Core Activation Distribute flyer Cardio vs. Strength Training 	 Video - AHA: Fierce 5 Movement Break: 5-Minute Core Activation Flyer - Anthem: Cardio vs. Strength Training
Week of May 23rd	 Distribute video Fierce 5 Movement Break: Quick Blast Circuit Distribute flyer Move Your Way 	Video – AHA: Fierce 5 Movement Break: Quick Blast Circuit Flyer – DHHS: Move Your Way
Week of May 30th	 Distribute video Fierce 5 Movement Break: Upper Body Strength Distribute flyer Keep Exercise on Your To-Do List 	 Video – AHA: Fierce 5 Movement Break: Upper Body Strength Flyer – Anthem: Keep Exercise on Your To-Do List

FUN WITH RECIPES

LEMONY SHRIMP KEBOBS

Ingredients:

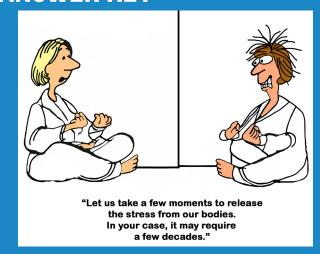
Shrimp | Olive Oil | Lemon Peel | Lemon Juice | Parsley | Cherry Tomatoes | Scallions

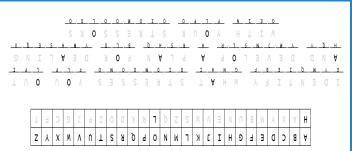


1 1/2 lbs. fresh or frozen jumbo shrimp | 1/3 Cup olive oil | 2 Tbs. chopped fresh parsley | 8 cherry tomatoes | 2 scallions, sliced

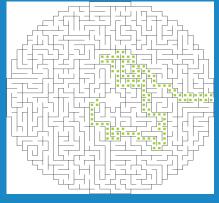
Thaw shrimp, if frozen. Peel devein, rinse and pat dry the shrimp. Combine olive oil, lemon peel, lemon juice and parsley in a large bowl. Set aside half of the oil mixture. Toss the shrimp with the remaining oil mixture. Cover and marinate in refrigerator for no longer than 15 minutes. Drain shrmip and thread onto eight skewers. Grill for 2 to 3 minutes on each side or until shrimp are opaque. Transfer shrimp to a plate with tomatoes and scallions then drizzle with the reserved oil mixture. Source: Diabetic Living Magazine

FUN WITH SAFETY ANSWER KEY

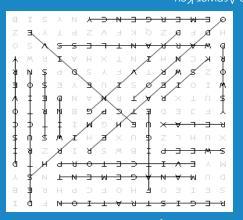




Cryptoquote Puzzle Asnwer Key



Maze Puzzle Asnwer Key



Word Search Puzzle Asnwer Key



SHARE SAFETY THEME

APRIL 2022 ISSUE #14

LOCAL GOVERNMENT RISK MANAGEMENT SERVI UNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION WHENTHE PREPARING FOR **WEATHER EMERGENCIES**

Joint Statement on Tornado Safety by the American Red Cross and the National Weather Service

The National Weather Service and the American Red Cross share a common goal of protecting lives through public education. Regarding tornado safety, we both agree that the best options are to go to an underground shelter, basement or safe room. We have been giving this advice for decades, and it is recognized as the most effective way to stay safe in a tornado.

The National Weather Service and Red Cross also agree on the critical importance of preparedness and quick action when conditions are right for tornadoes to develop like during a severe thunderstorm warning or tornado watch. When a tornado warning is issued, immediate action is required. Preparedness begins by identifying a safe location well in advance of any severe weather and having a way to get weather alerts wherever you are, such as from a NOAA weather radio. When a watch or warning is broadcast, people should already have a plan on what to do and where to go. They should take action immediately and never wait until they actually see a tornado.

The National Weather Service and the Red Cross continue to agree that if no underground shelter or safe room is available, the safest alternative is a small windowless interior room or hallway on the lowest level of a sturdy building, such as an interior bathroom. We also recommend that residents of mobile homes go to the nearest sturdy building or shelter if a tornado threatens.

The Red Cross and Weather Service believe that if

you are caught outdoors, you should seek shelter in a basement, shelter or sturdy building. If you cannot quickly walk to a shelter:

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If flying debris occurs while you are driving, pull over and park.

Now you have the following options as a last resort:

- Stay in the car with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.
- If you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands.

Your choice should be driven by your specific circumstances.

The important thing to understand is that if you find yourself outside or in a car with a tornado approaching and you are unable to get to a safe shelter, you are at risk from a number of things outside your control, such as the strength and path of the tornado and debris from your surroundings. This is the case whether you stay in your car or seek shelter in a depression or ditch, both of which are considered last resort options that provide little protection. The safest place to be is in an underground shelter, basement or safe room.

Dated: June 22, 2009

Tornadoes

Although tornadoes occur in many parts of the world, they are found most frequently in the United States. In an average year, 1,200 tornadoes cause 60-65 fatalities and 1,500 injuries nationwide. You can find more information on tornadoes at www.spc.noaa.gov.

Tornado Facts

- A tornado is a violently rotating column of air extending from a cumuliform cloud, such as a thunderstorm, to the ground.
- Tornadoes may appear nearly transparent until dust and debris are picked up or a cloud forms within the funnel. The average tornado moves from southwest to northeast, but tornadoes can move in any direction and can suddenly change their direction of motion.
- The average forward speed of a tornado is 30 mph but may vary from nearly stationary to 70 mph.
- The strongest tornadoes have rotating winds of more than 200 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes that form over warm water. Waterspouts can move onshore and cause damage to coastal areas.
- Tornadoes can occur at any time of day, any day of the year.
- Have a plan of action before severe weather threatens. You need to respond quickly when a warning is issued or a tornado is spotted.
- When conditions are warm, humid, and windy, or skies are threatening, monitor for severe weather watches and warnings by listening to

NOAA Weather Radio, logging onto weather.gov or tuning into your favorite television or radio weather information source. www.spc.noaa.gov/efscale/

Tornado Fiction and Fact

Fiction: Lakes, rivers, and mountains protect areas from tornadoes.

Fact: No geographic location is safe from tornadoes. A tornado near Yellowstone National Park left a path of destruction up and down a 10,000 foot mountain.

Fiction: A tornado causes buildings to "explode" as the tornado passes overhead.

Fact: Violent winds and debris slamming into buildings cause the most structural damage.

Fiction: Open windows before a tornado approaches to equalize pressure and minimize damage.

Fact: Virtually all buildings leak. Leave the windows closed. Take shelter immediately. An underground shelter, basement or safe room are the safest places. If none of those options are available, go to a windowless interior room or hallway.

Fiction: Highway overpasses provide safe shelter from tornadoes.

Fact: The area under a highway overpass is very dangerous in a tornado. If you are in a vehicle, you should immediately seek shelter in a sturdy building. As a last resort, you can either: stay in the car with the seat belt on. Put your head down below the windows, covering with your hands or a blanket if possible, OR if you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands. Your choice should be driven by your specific circumstances.



SAFETY THEME POSTER

APRIL 2022 ISSUE #14

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

TORNADOES

KNOW THE SIGNS. KNOW WHAT TO DO. BE ALERT



Minute

Safety Talk Weather

& Natural Disasters

impact connection

Extreme heat kills more people than hurricanes, floods, tornadoes and lightning combined.

National Weather Service

Site-SpecificGuidelines



This **Risk Map** highlights locations of some of the major weather and natural disasters across the United States.

- Most areas in the country are affected by floods and earthquakes.
- Tornadoes occur primarily in the Midwest and South.
- Since hurricanes form over ocean waters, they occur along coastlines.
- Tsunamis are specific to the West Coast and islands south of the United States.

Prepare for a **Weather or Natural Disaster** Emergency

- 1. Become familiar with your organization's weather and natural disaster emergency plan.
- Learn about the alarm system and any distinctive alarms used in the case of a weather or natural disaster emergency.
- 3. Know the location of emergency supplies such as non-perishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting and plastic garbage bags.
- 4. Be aware of the reliable external sources for up-to-date weather and natural disaster information.
- 5. Know the difference between a weather watch and weather warning.

General Self Inspection Program

Location	n, Area, or Department:)ate:		
Surveyo	or:						
A. Prop	al Evaluation perty/Liability a. Fire protection b. Housekeeping c. Slip/trip/fall d. Public safety	Needs Action	Needs Improvement ———	Good	Very Good		
	oloyee Safety a. Safety meetings b. Safety rules c. Work conditions d. Auto/equipment						
Property/Liability Fire protection Emergency numbers posted Fire extinguishers available/serviced Fire alarm panel showing system is operational; no warning lights. Automatic sprinkler system control valve locked in open position. Automatic sprinkler heads clear of storage within three feet. Flammable, combustible liquids stored in UL-listed containers. Flammable, combustible liquid containers stored in proper cabinet or container. Smoking, No Smoking areas designated/marked. Any cigarette butts noticed in No Smoking areas.					Yes	No	
House Stairwe Furnace Work ar Floor su Stored i	Recepting Ils clear of combustible iter e, hot water heater, and elect and public areas are clear of urfaces kept clear of oils, ot items are not leaning or im ents:	ns. etrical panel are extension cord her fluids, or w properly suppo	eas clear of combu ds, boxes, equipme vater. orted; heavy items	stible items. nt, or other	tripping hazards.		
Stair tre Handrai Guardra Stair ha Floor su All rugs Any hol	Prip/Fall eads are in good condition; ils for all stairs/steps. ails for all elevated platform indrails are in good condition urfaces are even, with non-services are held down or have not es, pits or depressions are or signs are available and uents:	ns. on; not loose o slip wax if appl n-slip backing. marked with ta	r broken. icable.	guardrails.			

General Self Inspection Program

Public Safety	Yes	No
Public areas kept clear of storage and supplies. Emergency lighting for public assembly areas in buildings. Evacuation plans posted for public assembly areas in buildings. Public areas have necessary warning or directional signs. Construction work has barriers, covers, and markings. Street and road signs noted in good condition, clear of obstructions. Sidewalks smooth and even; no holes, no raised or broken areas.		
Comments:		
Employee Safety		
Safety Meetings		
Held in the department. Meetings held monthly quarterly other; documented Different topic each time.		
Covers department safety rules.		
Safety Rules		
Rules specific for this department. Rules are written, posted in the department. Reviewed with new employees.		
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. Employees trained on proper use.		
Equipment properly maintained.		
Shop equipment has proper guards to protect from pinch or caught-between type injuries. Chemicals used in the department. MSDS sheets available; employees trained on hazards, proper use, proper PPE to use.		
Comments:		
Auto and Equipment		
Seat belts provided.		
Seat belts required to be used. Drivers noted wearing seat belts. All lights working including strobe lights, turn signals. Tires in good condition, trood sidewalls.		
Tires in good condition, tread, sidewalls. Glass in good condition; not cracked, broken. Reflective tape, signs in good condition. Any periodic, documented, self-inspection of the vehicles/equipment. Proper guards on mowers, other equipment.		
Comments:		

Safety Meeting Attendance Sign Up Sheet

City/County:	
Date:	
Department:	
Topic:	
Attendees:	
	•
•	
Next meeting scheduled for	
Safety Coordinator	



LGRMS HOME OFFICE

Dan Beck

LGRMS Director

dbeck@lgrms.com

O: 678-686-6280

C: 404.558-1874

Tamara Chapman

Office Manager

tchapman@lgrms.com

O: 678-686-6283

C: 404.623-8055

Cortney Stepter

Administrative Coordinator

cstepter@lgrms.com

O: 678-686-6282

PUBLIC SAFETY RISK CONTROL

Dennis Watts

Training, Communication, and Public Safety

Risk Manager

dwatts@lgrms.com

404.821.3974

Mike Earl

Public Safety Risk Consultant

mearl@lgrms.com

404.558.8525

David Trotter

Senior Public Safety Risk Consultant

dtrotter@lgrms.com

404.295.4979

Griffin Attaberry

Public Safety Risk Consultant gattaberry@lgrms.com

404.313.8853

Natalie Sellers

Law Enforcement Risk Consultant nsellers@lgrms.com

404.904.0074

RISK CONTROL

Steve Shields

Loss Control Manager sshields@lgrms.com

404.416.3920

Chris Ryan

Loss Control Representative W Region

cryan@lgrms.com

229.942.2241

Vincent Scott

Loss Control Representative E Region

vscott@lgrms.com

404.698.9614

Weston Cox

Loss Control Representative S Region

wcox@lgrms.com

404.520.6646

HEALTH PROMOTION SERVICES

Sherea Robinson

Health Promotion Services Man-

ager

srobinson@lgrms.com

404.821.4741

Candace Amos

Health Promotion Representative SW Central Region

camos@lgrms.com

404.416.3379

Paige Rinehart

Health Promotion Representative

NE Central Region

prinehart@lgrms.com

404.295.4979

SHARE

APRIL 2022 - ISSUE 14.0

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

VISIT THE LGRMS WEBSITE

For more information. www.lgrms.com

Has your organization undergone any changes in personnel? Are there other staff members that you would like to receive a copy of our publications? If so, please complete the form on p. 9



Local Government
Risk Management Services
3500 Parkway Lane . Suite 110
Peachtree Corners, Georgia 30092