

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

## WINTER WEATHER

AND DRIVING SAFETY

*P.21*

*Also in this issue*  
**FIREFIGHTER CANCER 2021 INCENTIVE WINNERS**  
**NURTURE YOUR BODY**  
**& THE SAFETY THEME POSTER**



### SAFETY THEME

DOWNLOAD THIS  
MONTH'S SAFETY POSTER

### HEALTH PROMOTION SERVICES

CHECK OUT THE LIVING  
WELL GEORGIA CORNER

### RISK/LIABILITY

FIRST AMENDMENT  
AUDITS

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

## UPCOMING WEBINARS AND TRAINING EVENTS

### PERSONNEL LIABILITY

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

March 17 - Statesboro

March 29 - Macon

April 7 - Cartersville

April 12 - Cornelia

### ROADS LIABILITY & TEMPORARY TRAFFIC CONTROL

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

March 10 - Macon

March 22 - Cartersville

April 5 - Cornelia

April 19 - Tifton

### LAW ENFORCEMENT RISK SPECIALIST TRAINING

**FULL DAY | 8:30AM-4:30PM**

March 31 - Macon

April 6 - Cartersville

April 20 - Tifton

### SAFETY COORDINATOR I, II, III

**FULL DAY | TBD**

### SPRING HEALTHCARE WORKSHOPS

**HALF DAY | TBD**

### FIREFIGHTER CANCER REGIONAL PROGRAM

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

May 31 - Tifton

June 2 - Statesboro

June 7 - Cartersville

June 9 - Gainesville

Macon 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/trainingcalendar](http://www.lgrms.com/trainingcalendar)



# A NOTE FROM THE EDITOR

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

Welcome to the January 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](http://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 winter driving safety. The recent shut down of I-95 near Washington, DC was a reminder of our own “Snowmageddon” a few years

ago. Knowing what to do and having a plan are key to our safety in these types of conditions.

We also discuss through the 11th Circuit case, Mistaken Identity and False Arrest. Firefighter cancer is an ongoing focus topic, and January is Firefighter Cancer Awareness Month. We provide training links and topics to help raise awareness here.

Be safe.

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





# DIRECTOR'S CORNER



By Dan Beck, LGRMS Director



## ST. MARYS MITIGATES RISK THROUGH GACP CERTIFICATION

The City of St. Marys Police Department is one of the first agencies in the state to achieve the new Risk Reduction Certificate from the Georgia Association of Chiefs of Police (GACP).

GACP and the Georgia Interlocal Risk Management Agency (GIRMA) developed the Risk Reduction

Certificate to give smaller departments the opportunity to review internal processes, meet current standards and reduce risk, while advancing toward the end goal of state certification.

St. Marys Police Chief Michael Wilkie encouraged other departments in the state to complete the Risk Reduction Certificate, as well as the Georgia Law Enforcement Certification Program, to build trust in their communities.

“There is a lot of legwork involved, a lot of effort involved, and a little bit of brain sweat. But in the end, the objective is well worth it,” Wilkie said. “The things such as discounts on your liability insurance are good incentives. But the primary incentive to me is that public statement to the people who pay your salary, that we are doing the best we can to



provide excellence in law enforcement service to our community.”

The Risk Reduction Certificate aims to reduce liabilities by strengthening departmental policies, training requirements, documentation, and other professional standards. “It offers peace of mind for police leadership,” said Natalie Sellers, Law Enforcement Risk Specialist with the Local Government Risk Management Services (LGRMS).

“It’s kind of like getting ready for a hurricane,” Sellers said. “Sometimes you’re still going to get a lot of damage, but you’ve lessened it, because you were prepared for it.”

“With the right policies and procedures in place, you don’t have to be worried that if something goes wrong your staff won’t know how to handle it,” she said.

For the Risk Reduction Certificate Program, police departments must meet minimum standards in 10 areas including:

- Human Resources
- Property and Evidence
- Vehicle Operations
- Search and Seizure
- Use of Force and Response to Resistance
- Arrest
- Off-Duty and Extra-Duty Employment
- Other Equipment
- Persons Experiencing Mental Health Issues or Persons with Diminished Capacity
- Multi-Jurisdictional Task Force



St. Marys Police Department receives the Risk Reduction Certificate. First row, pictured left to right: Councilman Artie Jones, Councilwoman Lisa James, Mayor John F. Morrissey, Chief Michael Wilkie, LGRMS Law Enforcement Risk Specialist Natalie Sellers, GIRMA Senior Account Manager Meghan Murray. Second row: City Manager Robby Horton, Councilman Allen Rassi Jr., Captain Robbie Guy, Lt. Gary Nichols, Lt. Christopher Winkle

Georgia law enforcement agencies must participate in GIRMA to be eligible for the Risk Reduction Certificate Program. Agencies completing the certificate receive recognition and a 5-percent discount on their GIRMA Law Enforcement Liability Coverage. Resources include a master policy manual, risk reduction resource manual, assessor worksheets, and other helpful items. The certificate is good for two years.

For more information, visit [gachiefs.com/risk-reduction-certificate-program](http://gachiefs.com/risk-reduction-certificate-program). You may also contact Natalie Sellers, Law Enforcement Risk Specialist at 404-904-0074 and [nsellers@lgrms.com](mailto:nsellers@lgrms.com).



“There is a lot of legwork, a lot of effort involved, and a little bit of brain sweat... in the end, the objective is well worth it.”

# WHAT'S NEW

**WOULD YOU MIND LETTING US  
KNOW IF ANYTHING HAS CHANGED?  
FILL OUT THE FORM ON PG. 29**

It's hard to fathom just how quickly this year has flown by. It seems we were just here, and now we're back! As we prepare to enter 2022, we need to take care of a few housekeeping items.

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 the adjoining 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](mailto:lgrmsadmin@lgrms.com)

**Fax:** 770-246-3149



# FIREFIGHTER CANCER

## 2021 INCENTIVE WINNERS & 2022 LGRMS ACTION PLAN



By Dan Beck, LGRMS Director

Did you know that January is Firefighter Cancer Awareness Month? How are you planning to promote this within your fire departments?

The International Association of Fire Fighters (IAFF) and FCSN have partnered to designate January as Firefighter Cancer Awareness Month. They would like you to know that occupational cancer is the leading cause of line-of-duty deaths for firefighters and suggest building your awareness on different fire cancer related topics 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 below link within the Firefighter Cancer Support Network will provide you with five different training modules to assist you in building awareness on the topics above.

[Education Presentations - Firefighter Cancer Support Network](#)

### **2021 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 2021, LGRMS developed an incentive program to encourage member fire departments to develop a specific cancer reduction SOP/policy and show proof of implementation.

Everyone that applied for the program is a winner because they are on the journey to reduce the risks of firefighter cancer. The winners of up to \$5,000 reimbursement for the purchase of equipment that will assist in the reduction of firefighter cancer risks:

#### **The ACCG Winner:**

Troup County Fire Department

Chief Michael Strickland

Name/Brand of Washer Extractor Purchased: TBD

#### **The GMA Winner:**

Kingsland Fire Rescue

Chief Terry Smith and Captain Charles Roney

Name/Brand of Washer Extractor Purchased: New

Ready Rack Bunker Gear Washer

### **2022 Firefighter Cancer Awareness Action Plan**

LGRMS is working with Lt. David Bullard, GSFA President and NVFC State Director, and Michele Ice, FCSN Georgia State Director, to develop and implement the 2022 Firefighter Cancer Awareness Action Plan.

Our focus this year will be on rolling out a train-the-trainer program for the course *Taking Action Against Firefighter Cancers*.

This course is about two hours and covers all aspects of firefighter cancer risks and controls. Attendees will be provided lesson plans, PowerPoints, and all needed training materials required to train their agencies.

LGRMS will schedule these train-the-trainer courses at

multiple locations across the State of Georgia. Dates, times, and locations will be communicated within February of 2022.

LGRMS will continue to use an incentive program to encourage the awareness of hazards and controls surrounding firefighter cancer across the State of Georgia. Thus, we will award two fire departments up to \$5,000 in reimbursement, toward the purchase of equipment that will assist in the reduction of firefighter cancer risks (e.g. washer extractor, ventilation equipment, etc.).

#### **Eligibility Requirements:**

1. The fire department must be a member of GMA's or ACCG's Firefighters' Cancer Benefit Program.
2. Complete the application.
3. The fire department must have at least one person attend the *Taking Action Against Firefighter Cancers* train-the-trainer course.
4. Show proof of training documentation – Training must be completed for at least 80% of the department's firefighters (based on insured population).
5. Application must be submitted by October 31, 2022. Your application should be submitted electronically to Dan Beck of LGRMS at [dbeck@lgrms.com](mailto:dbeck@lgrms.com).

#### **Link to 2022 Application:**

[https://www.lgrms.com/Resources/LGRMS-Firefighter-Cancer-Awareness-Incentive-Progr/Firefighter-Cancer-Awareness-Brochure\\_010322\\_Filla.aspx](https://www.lgrms.com/Resources/LGRMS-Firefighter-Cancer-Awareness-Incentive-Progr/Firefighter-Cancer-Awareness-Brochure_010322_Filla.aspx)



## ELEVENTH CIRCUIT DISCUSSES *Mistaken* IDENTITY AND FALSE ARREST

by Brian S. Batterton, J.D. | January 7th, 2022 | Legal Updates

On December 21, 2020, the Eleventh Circuit Court of Appeals decided *Williams v. City of Montgomery*[i], which is instructive regarding liability for arresting the wrong person, due to mistaken identity, when executing an arrest warrant. The relevant facts of *Williams*, taken directly from the case, are as follows:

At the request of the Montgomery School Enforcement Bureau, Officer Shirah, Sergeant Geier, and Officer Blake Hicks drove to 6812 Briar Gate Court to arrest a student, Braxton Williams, on five felony warrants outstanding in another jurisdiction. Hicks and Geier walked to the house and spoke to a woman who identified herself as Braxton's cousin. Shirah activated his body camera and stood at the front corner of the house where he could see the side yard and his fellow officers standing in front of a glass storm door with iron bars that was ajar.

A young man came to the door to talk to Hicks and Geier. The man resembled Braxton Williams, whose photograph the officers had viewed earlier. The officers asked Williams to identify himself, and he responded that his name was Brandon. While talking to Williams, one of the officers further opened the door.

When Williams told the officers a second time that his name was Brandon, they grabbed his arm, which was visible through the storm door, and pulled him outside the house. Shirah observed the officers' movement and ran to assist them. A 30-second struggle ensued during which the officers pushed Williams against the outside of the house and then to the ground. Williams yelled "help" and "no" while being instructed to "put your hands behind your back" and to "give [us] your hands." Williams insisted that he was innocent, as he was Brandon Williams, Braxton's brother, and was 18 years

old. When Williams returned to his feet, a small amount of blood was visible on his left eyebrow. Williams yelled "help" as the officers escorted him to a patrol car, and an officer warned him that, if he fought them, they would "chain his ass to that g\*d\*mn pole right there."

Williams offered both his own affidavit and that of his cousin, Kimberly Williams, who first answered the door and witnessed the events. Kimberly stated in her affidavit that "Brandon's demeanor in his encounter with the police was calm and without any acts of aggression towards them...He was polite and mild mannered...I did not observe Brandon to have engaged in any criminal conduct towards the police officers." In his affidavit, Williams stated, "My demeanor in this encounter with the police was calm and without any acts of aggression towards them. I answered their questions truthfully about my identity and was polite and mild mannered in accordance with my personality."

The officers transported Williams to the police station. Within a few hours of Williams's arrival, officers in the Criminal Investigation Division identified him as Braxton's brother. In his affidavit, Mr. Williams stated that he overheard the officers state that they "had made a mistake and now they had to find something to charge [Brandon] with." Shirah filed a complaint against Williams for harassment, and Williams was released on bond. Later, the City nol prossed the complaint.[\[ii\]](#)

Williams filed suit and alleged the officers violated the Fourth Amendment by falsely arresting him and using excessive force. The district court granted qualified immunity for the officers and dismissed the suit. Williams appealed the Eleventh Circuit Court of Appeals. [Note: Williams also alleged state tort claims under Alabama law but this article will not discuss the stated claims.]



The first issue was whether the officers violated the Fourth Amendment by mistakenly arresting Brandon Williams on a warrant that was for Braxton Williams.

The court first discussed the general legal principles involved regarding mistaken identity arrests. The court stated

**[A]n officer ordinarily does not violate the Fourth Amendment when he executes a facially valid arrest warrant . . . .” *Williams v. Aguirre*, 965 F.3d 1147, 1162 (11th Cir. 2020).** So “when the police have probable cause to arrest one party [based on a valid warrant], and when they reasonably mistake a second party for the first party, then the arrest of the second party is a valid arrest.” *Hill v. California*, 401 U.S. 797, 802, 91 S. Ct. 1106, 28 L. Ed. 2d 484 (1971). **An arrest based on a reasonable mistake in identity does not violate the Fourth Amendment.** *Rodriguez*, 280 F.3d at 1346-48.[iii]

The court also noted that some minor difference in appearance does not render the arrest unreasonable. Particularly, the court stated

**[T]he failure to notice “small differences” in the men’s appearances did not make the mistaken identity unreasonable because the officers had to make a prompt determination while “in the field and not in a police station.”[iv]**

The court then examined the facts of Williams’s case. First, when the police arrived at Braxton’s home, they met a woman who stated she was Braxton’s cousin. She then sent Brandon to the door to talk to the police. Second, Brandon resembled Braxton. Third, Brandon identified himself as Brandon Williams, however, the police correctly noted that aliases and false names are commonly used by wanted persons. Regarding this, the court further noted that

**Officers “executing an arrest warrant . . . [are not] required . . . to investigate independently every claim of innocence, [even when] the claim is based on mistaken identity,” *Baker v. McCollan*, 443 U.S. 137, 145-46, 99 S. Ct. 2689, 61 L. Ed. 2d 433 (1979)...[v]**

Based on the above facts and legal principles discussed, the court of appeals held that the officers “reasonably mistook Williams for his brother” and were entitled to qualified immunity from the false arrest claim.

The second issue was whether the officers used excessive force under the Fourth Amendment when they arrested Williams.



The court then discussed the relevant legal principles and stated

**[T]he right to make an arrest or investigatory stop necessarily carries with it the right to use some degree of physical coercion or threat thereof to effect it.” *Rodriguez*, 280 F.3d at 1351** (internal quotation marks

omitted). **So an officer’s use of de minimis force to make an arrest does not violate the *Fourth Amendment*.** *Nolin v. Isbell*, 207 F.3d 1253, 1257 (11th Cir. 2000).

**To determine whether a particular use of force was excessive, we ask whether a reasonable officer would believe that the force applied was necessary in the situation.** *Lee*, 284 F.3d at 1197. “[T]he excessive force inquiry [is] completely objective . . . [and] exclud[es] consideration of the officer’s intentions.” *Id.* at 1198 n.7. **In our inquiry, we consider the severity of the arrestee’s crime and his efforts to resist arrest.** *Id.* at 1197-98. **We also consider the need for use of force, the relationship between that need and the amount of force applied, the extent of the injury inflicted, and whether the force was applied in good faith or gratuitously.** *Slicker v. Jackson*, 215 F.3d 1225, 1232-33 (11th Cir. 2000).[vi]

The court then examined the facts relevant to the excessive force issue. First, the officers were confronting a man they reasonably believed was wanted for five felony charges. Second, they reasonably believed that Williams was trying to deceive them about his identity. Third, the officers grabbed Williams before he could retreat into the residence and possibly obtain a weapon. Fourth, the court noted that “when Williams resisted arrest and refused to comply with the officer’s orders,” they followed their standard procedure of forcing him to the ground and using bodyweight to hold him until they secured him in handcuffs.[vii] The court noted

We have approved of officers using similar force in situations that were less perilous. See *Nolin*, 207 F.3d at 1255; *Post v. City of Fort Lauderdale*, 7 F.3d 1552, 1559-60 (11th Cir. 1993).[viii]

The court of appeals also considered that Williams alleged that the officers “choked him,” and “kneed him

in the head” while he was being placed in the police car. The court then stated

[Q]ualified immunity applies to these uses of force as well. “[Q]ualified immunity applies unless application of the standard would inevitably lead every reasonable officer in [Geier and Shirah’s] position to conclude the force was unlawful.” *Id.* at 1559. Even when “no further force [is] needed,” its use is “not plainly unlawful” when the minor nature of an injury reflects that the officers used a minimal amount of force. See *Nolin*, 207 F.3d at 1256-58[ix]

The court explained that the “minor force used against and injury sustained by Williams” was considered de minimis force and does not defeat the officer’s qualified immunity in this case.

As such, the court of appeals affirmed the grant of qualified immunity for the officers on the Fourth Amendment claims.

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## Citations

[i] No. 19-14925 (11th Cir. Decided December 21, 2020)

[ii] *Id.* at 3-5

[iii] *Id.* at 7-8 (emphasis added)

[iv] *Id.* at 9 (emphasis added)

[v] *Id.* (emphasis added)

[vi] *Id.* at 11 (emphasis added)

[vii] *Id.* at 12

[viii] *Id.*

[ix] *Id.*

# NOTES FROM THE ROAD

## PLEASED TO MEET YOU

by  
Weston Cox, LGRMS Loss Control Consultant

Hello everybody! I hope you have all had a happy new year so far. My name is Weston Cox and I am the new Loss Control Consultant for the South Georgia Territory. I am thrilled and excited to meet everyone and to serve as your new Field Representative. I've already had the pleasure of meeting many of you within our recent Safety Coordinator trainings, as well as on our regular field visits. I was born and raised in South GA and have lived here all my life. After graduating from Valdosta State University in 2016, I entered the workforce with a focus in financial services and risk management. I served as a Property Claims Adjuster for four years with two major private insurance carriers and I have seen the results of some of the most devastating losses within our area. Unfortunately, some losses I inspected were not preventable. However, most losses could have been avoided with proper planning, general maintenance, and preparation. Now, I have the opportunity to provide our members with the information and recommendations to promote a safe and healthy work environment.



Our most valuable assets within the workplace are our employees. As your Loss Control Rep, I will work hard to ensure a safe work environment for our employees. I am constantly learning new ways and different perspectives on how to serve all our valued members. I aim to provide a first-class customer service experience for our members and to be a point of contact in the event there is a safety concern. I will be traveling to each location at some point within the next year to introduce myself face-to-face and discuss any/all of your needs. If you have any questions, concerns, or would just like to discuss safety information in general, please feel free to reach out to me at any time. I look forward to meeting all of you soon!



# Fun With Safety

## SAFETY SEARCH

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. 20.**



driving  
ice  
firefighter  
award  
winter  
safety  
nurture  
body  
walk ride  
meditate  
emotional  
heart  
skidding  
antilock  
snow  
preparedness  
cancer  
insurance  
washer  
extractor

**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. 20**

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
				R																					

E                      E                      E                      E                      E  
 G J R G Z J R V F R Y Y U R D G Y Q T F T Q T W R  
 E                      E                      E                      E                      E  
 L U R F R S Z L T H R R N N R K L Y I N Z F  
 E                      E                      E  
 R Q R J S R F K E

**MAZE.** Navigating dangerous roadways can be challenging; especially during inclement weather. Test your abilities to navigate perilous situations in our A-Maz-ing puzzle and see how quickly you can make it to safety. **Answer key on p. 20.**

# AN A-MAZ-ING SAFETY PUZZLE







# NURTURE YOUR BODY



by Candace Amos  
LGRMS Health Promotion Representative



## NURTURE YOUR BODY

We have choices when it comes to what we do with our time. When trying to tackle a tough problem, cope with a stressful day or situation, try an activity that will nurture your body as well as your mind:

- **Go for a walk.** Walking is a path to recovery, a step towards preventive health and can leave major illness like heart disease and diabetes in the dust. Walk away from back pain, bad moods, obesity and towards a longer and happier life.alcoholism.
- **Take a bike ride.** Riding burns mega calories, builds a stronger heart and even a quick sprint can clear your mind.
- **Sit quietly and meditate.** Meditation takes you beyond the mind's busy thought traffic to the silence and peace of expanded awareness. Daily meditation can reduce depression, anxiety and reverse some markers of aging.

A new you in 2022 starts with your worth. Renewing your focus on wellbeing. Emphasizing the value of self-care: physical and emotional. Medical care is important and should be relied on when needed. However, it is estimated to account for only about 20% of the modifiable contributors to healthy outcomes (Magnan, 2017).

We must be proactive, not just reactive, to help ensure healthy outcomes. Being proactive means being intentional about self-care. Pulling for our best. Planning and preparing. Building resilience.

Making the choice and taking action to care for yourself

puts you in a better position to deal with the challenges that life presents. One of your primary responsibilities is to do something good for yourself today. And try a new healthy recipe. It's a new year! An enjoyable recipe is below: Acai Bowl with Pomegranate and Coconut.

By being proactive and taking action, you're not just caring for yourself, but you're thinking about those who care for you too. 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 February 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 lookout!

## References

Magnan, S. (2017). Social Determinants of Health 101 for Health Care: Five Plus Five. From:

[https://nam.edu/social-determinants-of-health-101-for-health-care-five-plus-five/?utm\\_source=National+Academy+of+Medicine&utm\\_campaign=b6e1a8b193-Top+10+Perps\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_b8ba6f1aa1-b6e1a8b193-151105069](https://nam.edu/social-determinants-of-health-101-for-health-care-five-plus-five/?utm_source=National+Academy+of+Medicine&utm_campaign=b6e1a8b193-Top+10+Perps_COPY_01&utm_medium=email&utm_term=0_b8ba6f1aa1-b6e1a8b193-151105069)



# 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

**Call Time**  
**11:30 AM-12:00 PM**

**Dial-In Number**  
**(267) 930-4000**

**Participant Code**  
**491-626-960**

- **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 11/18/2022
  - Will discuss December Toolkit
- **December**
  - Forum Call will be held on 12/16/2022
  - Will discuss January Toolkit



WEEK	ACTION/ACTIVITY	RESOURCES
Week of January 31st – February 4th	<ul style="list-style-type: none"> <li>• Start planning for first week of February</li> <li>• Promote events on company's social media site and company intranet sites</li> <li>• Consider hosting the <a href="#">Heart Health Challenge</a> for the month of February</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">5 Ways To Help Your Heart</a></li> <li>• <a href="#">Guard Your Heart</a></li> <li>• <a href="#">Poster: Small Steps to A Healthier Heart in Just 10 Minutes</a></li> <li>• <a href="#">Heart Health Challenge Overview</a></li> <li>• <a href="#">Heart Health Challenge Intro Poster</a></li> </ul> <p><b>Monday's Mindfulness Moment:</b> "Do what it takes to start to have a healthy heart."</p>
Week of February 7th	<ul style="list-style-type: none"> <li>• Print promotional items</li> <li>• Distribute flyers about Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">How To Lower Your Blood Pressure</a></li> <li>• <a href="#">ConditionCare: Get Heart Support When You Need It</a></li> </ul> <p><b>Monday's Mindfulness Moment:</b> "For where your treasures are, there your heart will be also."</p>
Week of February 14th	<ul style="list-style-type: none"> <li>• Distribute flyers about Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Risk Factors for Heart Disease</a></li> <li>• <a href="#">High Cholesterol: What You Need To Know</a></li> </ul> <p><b>Monday's Mindfulness Moment:</b> "Start each day with a grateful and healthy heart."</p>
Week of February 21st	<ul style="list-style-type: none"> <li>• Distribute flyers about Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Lifestyle Changes to Combat Heart Disease</a></li> <li>• <a href="#">Risk Factors for Stroke</a></li> </ul> <p><b>Monday's Mindfulness Moment:</b> "Keep a healthy heart, so we won't be apart."</p>
Week of February 28th	<ul style="list-style-type: none"> <li>• Distribute flyers about Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">When You Quit Smoking</a></li> <li>• <a href="#">Salt is Sneaky</a></li> </ul> <p><b>Monday's Mindfulness Moment:</b> "When we know how to read our own hearts, we acquire wisdom of the hearts of others..."</p>



# FUN WITH RECIPIES

## ACAI BOWL WITH POMEGRANATE AND COCONUT

### Ingredients:

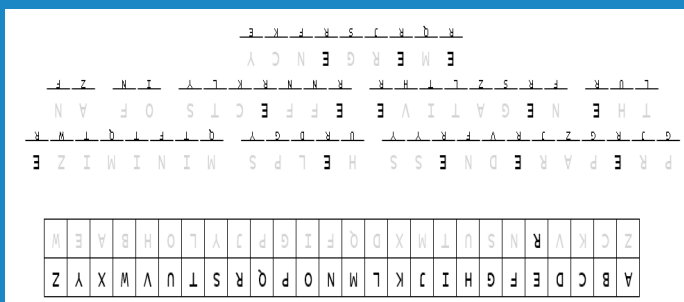
- Banana
- Acai Puree
- Almond Milk
- Pomegranate Seeds
- Coconut
- Chia Seeds



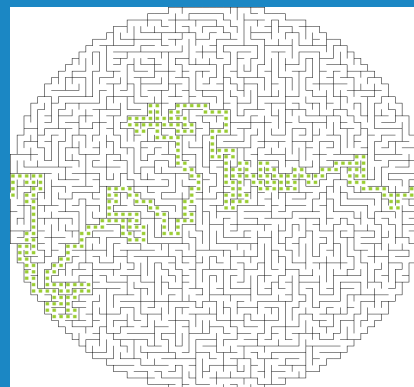
- 1 medium, frozen banana
- 2 tablespoons pomegranate seeds
- 1 packet acai puree, unsweetened
- 1 cup vanilla almond milk, unsweetened
- 2 tablespoons pomegranate seeds
- 2 tablespoons flaked coconut
- 1 tablespoon chia seeds

Place frozen banana, acai packet and almond milk in blender and puree until creamy. Pour into a bowl and top with remaining ingredients.

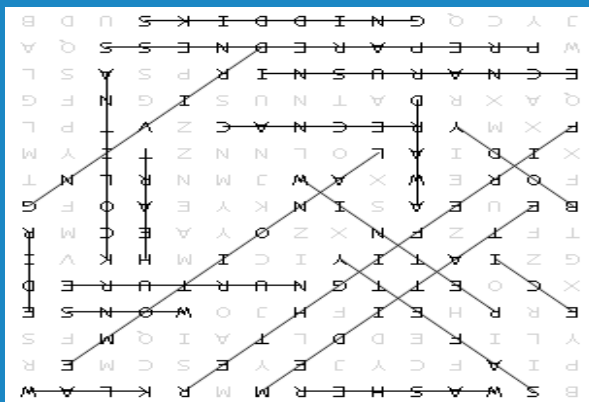
# FUN WITH SAFETY ANSWER KEY



Cryptquote Puzzle Answer Key



Maze Puzzle Answer Key



Word Search Puzzle Answer Key





## WINTER WEATHER AND DRIVING SAFETY



## Winter Weather and Driving Safety

The recent Winter Storm causing a shutdown of I-95 near Washington, DC, stranding thousands for hours on end, reminded me of Georgia's Snowmageddon a few years ago. Many of us were caught on the roads immobile, in some cases 24 plus hours. Unfortunately, there were fatalities related to the recent I-95 debacle. Winter weather can cause many problems. Freezing rain, high wind, or snow, drivers must be prepared to face the hazards winter driving brings. Without proper preparation, these conditions could lead to a tragic accident or injury.

The most frequent reasons for winter weather-related driving accidents are:

- Limited or reduced visibility.
- Limited or reduced traction.
- Aggressive braking on a slick road.
- Inability to judge safe speed for conditions.
- Poor negotiation of a curve.
- Failure to prepare vehicle properly.
- Failure to plan route properly.
- Failure to adapt to changing weather patterns.

Proper planning, preparation, and driving can result in successful completion of a trip. Here are some tips drivers can use to help reduce the risk of a crash while driving in the winter.

## Driving

Plan your trip accordingly. Check weather forecasts and possible construction areas along your route, chart fuel and meal stop locations, and allow extra time for traffic delays.

Compensate for poor traction by slowing down and making all movements gently. Never drive faster than conditions allow!

Double or triple your following distance and **never** tailgate. Try to build as much separation between you and other vehicles. Keep at least a ten second following distance when driving on snow-and ice-covered roads - **avoid driving in packs.**

## Black Ice

Black ice is a weather phenomenon in which an extra-thin layer of ice forms on the road. Its shine can fool drivers into thinking it's water. This shiny ice surface is one of the most slippery road conditions. Black ice is likely to form first in shady spots, at intersections, and under bridges and overpasses.

Approach bridges and overpasses cautiously. Bridges and overpasses are often the most dangerous in the winter, since they freeze before roadways.

Brake gently to avoid skidding. If antilock brakes happen to lock, release them to avoid sliding. This will help to regain steering.

If you begin to skid:

- Take your foot off the gas and shift to neutral, quickly
- Then steer in the direction you want your vehicle to go
- Before the rear wheels stop skidding, shift to drive and gently press the accelerator
- Do not slam on the brakes
- Stay alert. Keeping a window slightly open to provide fresh air is a good idea.



- Turn on your lights and keep them clean.
- Turn off the cruise control. Don't use cruise control or overdrive on icy roads. Watch for melting or hard-packed snow and strong side winds.
- Check for ice by feeling the back of your mirror and watching the spray off tires.
- Don't ask your vehicle to do more than it can. If you don't feel comfortable driving, park it.
- Most importantly,
- **Always, always, always wear your seat belt.**

## Personal Safety

While on the road your vehicle becomes your castle. A few tips to make sure you stay safe and somewhat comfortable in cold weather.

- Make sure your vehicle is up to date in all maintenance or preventive maintenance checks and services.
- Never let your fuel level fall below a minimum of a quarter of a tank.
- Make sure you have a vehicle emergency kit that contains as a minimum, food, water, blankets or other means of warmth, charging device for your cell phone.
- Consider having some extra clothing and footwear that you change into if your normal work or travel clothing may be inadequate.
- Basic first aid kit
- If stuck, think very hard before abandoning your vehicle to strike out on your own. Do you know where you are and how to get where you want to go?

- If you do abandon your vehicle, let someone know where you are going and how you plan to get there. Leave a note in your vehicle, leave a message on friends' or loved ones' cell phone.
- Pre-plan by having an emergency contact plan with those closest to you.
- Bottom line preparedness helps minimize the negative effects of an emergency.





# SAFETY THEME

## POSTER

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



Is that  
everything?

**Preparedness helps minimize the negative effects  
of a weather related emergency. Stay Alert!**

# 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: \_\_\_\_\_

# Safety Meeting Attendance Sign Up Sheet

City/County: \_\_\_\_\_

Date: \_\_\_\_\_

Department: \_\_\_\_\_

Topic: \_\_\_\_\_

**Attendees:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Next meeting scheduled for \_\_\_\_\_

Safety Coordinator \_\_\_\_\_





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# 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



# SHARE

**JANUARY 2022 - ISSUE 11.0**

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](http://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.28.



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