

WORKERS' COMPENSATION

FAIR OR NOT FAIR?

P.4

Also in this issue

**FLAGGER CERTIFICATION
HIGH RISK CRITICAL TASK ROLL CALL
COLORECTAL CANCER SCREENING**



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 March](#)
- 4 Director's Corner
[Is Workers' Compensation Fair?](#)
- 6 Certified Flaggers
- 8 March Roll Call Training
[High Risk Critical Task](#)
- 12 Liability Beat
[Search Warrants & Curtilage of a Residence](#)
- 16 Safety Grant Benefits
- 18 Fun With Safety
[Word Search/Cryptoquote/Maze](#)
- 20 HPS - Living Well Georgia
[Colorectal Cancer Screening](#)
- 25 Safety Theme
[Warm Weather Hazards](#)
- 27 Safety Bulletin
[Poster - Warm Weather Hazards Are Back](#)
- 28 Safety Forms
[General Safety Inspection Form/Attendance](#)
- 31 LGRMS Contacts
- 32 Contact Form
[Update Your Organization's Contact Info.](#)



3500 Parkway Lane
Suite 110
Peachtree Corners, GA 30092

www.lgrms.com

UPCOMING WEBINARS AND TRAINING EVENTS

PERSONNEL LIABILITY

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

March 15 - Tifton
March 17 - Statesboro
March 29 - Macon
April 7 - Cartersville
April 12 - Cornelia

ROADS LIABILITY & TEMPORARY TRAFFIC CONTROL

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

March 8 - Statesboro
March 22 - Cartersville
April 5 - Cornelia
April 19 - Tifton
May 13 - Macon

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

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

March 9 - Statesboro - SCI	May 5 - Statesboro - SCIII
March 16 - Tifton - SCI	May 10 - Tifton - SCIII
March 23 - Cartersville - SCI	May 12 - Macon - SCIII
March 25 - Cornelia - SCI	May 17 - Cartersville - SCIII
March 30 - Macon - SC I	May 18 - Cornelia - SCIII

April 14 - Cartersville - SCII
April 18 - Cornelia - SCII
April 28 - Macon - SCII
May 3 - Tifton - SCII
May 4 - Statesboro - SCII

SPRING HEALTHCARE WORKSHOPS

HALF DAY | 9:00AM - 12:00PM

April 6 - Statesboro
April 13 - Gainesville
April 19 - Macon
April 20 - Tifton
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

A NOTE FROM THE EDITOR

Welcome to the March 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

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. We are also excited to announce our spring and summer regional training schedule is now active. Go to www.lgrms.com and click on Training Event Calendar to see

what is offered and to register. If you are using Internet Explorer the calendar fields may appear empty. Try using Chrome or Firefox as your browser. If you are using your cell phone you may also experience a blank field on our calendar. For questions or issues contact Tamara Chapman tchapman@lgrms.com, or Courtney Steptor at csteptor@lgrms.com. We are also rolling out a new feature for Law Enforcement featuring monthly roll call suggestions.

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
27	28	1	2	3	4	5
6	7	8 Roads Liability 8:30a Training - Statesboro, GA	9 Safety Coordinator I - Statesboro, GA	10	11	12
13	14	15 Personnel Liability Training - Tifton, GA	16 Safety Coordinator I - Tifton, GA	17 Personnel Liability Training - Statesboro, GA	18	19
20	21	22 Roads Liability Training - Cartersville, GA	23 Safety Coordinator I - Cartersville, GA	24	25	26
27	28	29 Personnel Liability Training - Macon, GA	30 Safety Coordinator I - Macon, GA	Law Enf 8:30a Risk Training - Tall Macon		
3	4	5 Roads Liability 8:30a Training - Cornelia, GA	6 Law Enforcement Risk Specialist Training - Cartersville, GA	7 Personnel Liability Training - Cartersville, GA		

DIRECTOR'S CORNER



IS WORKERS' COMPENSATION FAIR?

I have been doing safety and risk management for over 30 years and I have heard from both leaders and employees that the workers' compensation system isn't fair. Is that true? Is the system fair? Well, my short answer is nope, it isn't fair to the employee or the employer.

Prior to 1911 in the US, no state within the union had a workers' compensation law. If an employee was injured at work, their only option for potential benefits

was to sue their employer for negligence. At best, this would take a long time to receive those benefits, but more than likely they would never receive any benefits or compensation for their loss.

Within this time period, after a coal mine collapse, fiscally minded leadership were more concerned about the loss of a mule used to haul coal than any of the miners. The miners were easy to replace, but new mules were expensive.

During the 1910's, lawmakers agreed to compromise between employees and employers. The law made it much easier to receive benefits after a work-related incident. The benefits would be smaller, limited, and more manageable than those possible if the employer was found negligent. Wisconsin was the first state to establish this law in 1911. By 1920,

42 other states had their own workers' comp laws. Georgia established their workers' comp law in 1920.

Each state has different workers' comp requirements/systems. States like California, New York, and Illinois have very employee friendly workers' compensation laws, with high benefits, and high employee control. Comparatively, state laws in Georgia provide less employee benefits, and more employer control of the claim.

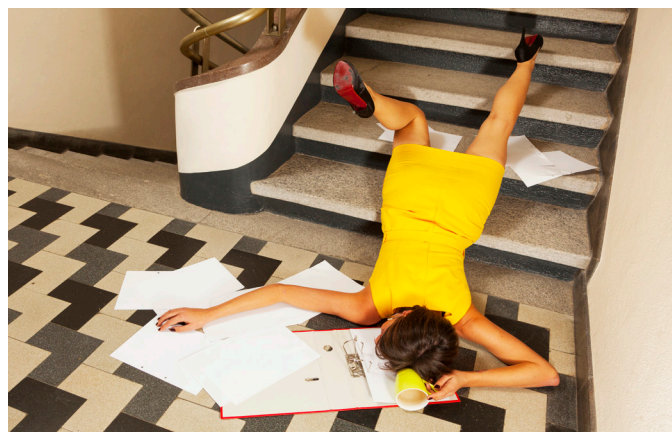
With this workers' comp law compromise, employees are not really well compensated for their physical losses. When you consider a person that lost a finger in a workers' compensation injury, they may receive several thousand dollars. That same person in a negligence case could receive a considerable higher settlement. But the system makes it much easier for employees to receive those benefits. And in a few circumstances, employees may be able to receive benefits without a true incident, injury, or illness.

Over the last 30 years, I have talked with many leaders frustrated with the reality or perception that employees are taking advantage of the workers' compensation system. I typically advise them of the history of workers' comp and that the system was designed to allow easier access to benefits for all injured workers. And yes, some employees may take advantage of the system, but we should allow the claims adjuster to focus on managing the claim and determining compensability.

We should focus on ensuring all employees get the best medical treatment they need to recover from their loss. We should show sincere compassion and concern for every employee while on workers' comp, regardless of our thoughts on the nature of

their incident, injury, or illness. We should also ensure we have programs in place that assist with the reduction of workers' compensation costs and claims management:

- At least one person trained in First Aid, CPR, and AED;
- Incident reporting and investigation policy/program;
- Return to work program;
- Strong relationship with panel of physicians (Annual site visits and review of job descriptions).





CERTIFIED FLAGGERS

The State of Georgia mandates certified flaggers when required for traffic control while working on public roads. Flagger training and certification can be obtained through training organizations that provide certified American Traffic Safety Services Association (ATSSA) or National Safety Council (NSC) programs or from ATSSA or NSC themselves.

All flaggers doing any flagging on the State Highway System must have received training and a certificate upon completion of the training. This includes all work, whether by contract or by permit, such as roadway construction, utility accommodations, etc. All costs for providing certified flaggers will be borne by the contractor, utility company, or any other entity granted permission to encroach upon right of way.

Failure to provide certified flaggers as required above

shall be reason for suspending work regarding the flagger(s) until a certified flagger can be provided.

Online flagger training cannot be used in Georgia if state funding is being used on the project. Carefully review this before committing to this training.

The NSC Southeastern Chapter in South Carolina has teamed up with the local ATSSA to provide flagger training. **Call 1-800-272-8772** for more information. Prices shown are subject to change.

**Southeastern Chapter National Safety Council
(SCNSC) Georgia Learning Center**

6425 Powers Ferry Road, Suite 140
Sandy Springs, GA 30339
(800) 733-6185 / info@scnsc.org

Georgia Flagger and Flagger Instructor Training

NSC Georgia Learning Center Atlanta, GA

Address: 6425 Powers Ferry Rd. NW, Ste 140 (1st Floor)

Starts: 03/21/2022 at 08:00 AM EST

Ends: 03/21/2022 at 04:00 PM EST

Member: \$395

Non-Member: \$495

Southern Safety Services


2020 Avalon Parkway, Suite 337

McDonough, GA 30253

Phone: (770) 897-9955

<http://www.southernsafetysservices.com>

There are also several private businesses that offer flagger training. LGRMS does not endorse, but provides contact information for your use.



“The State of Georgia mandates certified flaggers ... while working on public roads”

HIGH RISK CRITICAL TASK ROLL CALL TRAINING

by Natalie Sellers,
LGRMS Law Enforcement Risk Consultant



Emergency Vehicle Operations - Pursuits

The next topic in the Roll Call Training series is Emergency Vehicle Operations – Pursuits. Emergency response and vehicle pursuits are an everyday occurrence carrying high risk for not only the officer themselves, but the public at large.

“No law book, no lawyer, no judge can really tell the police officer on the beat how to exercise this discretion perfectly in every one of the thousands of different situations that can arise in the hour-to-hour work of the police officer. Yet we must recognize that we need not choose between no guidelines at all and per guidelines. There must be some guidance by way of basic concepts that will assist the officers in these circumstances.”

Chief Justice Warren Burger

Striking the balance between need to apprehend outweighing the risk of harm to the officer/deputy and the public is an analytical puzzle that must be addressed before tragedy strikes.

Any law enforcement officer operating in emergency response or in a pursuit, must constantly evaluate the driving environment, the seriousness of the offense, the need for apprehension, as well as consequences and safety for all persons.

Question:

According to your policy, how many vehicles are allowed to engage in the pursuit of a single vehicle with a single occupant unless authorization from a supervisor is sought and received for additional vehicles?

Answer:

Only two emergency vehicles, a primary and a secondary vehicle, shall engage in a pursuit, unless additional emergency vehicles are authorized specifically by the managing supervisor.

Scenario:

If an officer has reason to believe that a vehicle



operating in front of him is stolen. The suspect flees at a high rate of speed when the officer activates his overhead lights and sirens and attempts to pull him over. The stolen vehicle is traveling in the direction of a nearby school, which is releasing the children for the day. The officer notifies the dispatcher that he is in pursuit and identifies the driver of the stolen vehicle by name and address where he resides.

Question:

Should the officer continue the pursuit?

Answer:

No. When the risk conditions have increased and the subject's identity has been established to the point where later apprehension can be accomplished and there is no longer any need for immediate apprehension, the pursuit should be discontinued.

Scenario:

If an officer is in the process of transporting a prisoner to jail following an arrest. The officer observed a stolen vehicle in front of him, which flees at a high rate of speed when the suspect sees the officer. The officer engages the stolen vehicle in a pursuit and notifies the dispatcher.

Question:

Should the officer continue in the pursuit?

Answer:

No. Officers shall not engage in a pursuit when they are transporting prisoners, witnesses, suspects, complainants, or any person who is not a member of the department.



Policy Considerations

As a best practice, we recommend reviewing departmental pursuit and emergency response policies every year. Here are a few points to consider when reviewing policy:

1. Make sure policies match prosecutorial priorities. If the person we are engaged in a pursuit with can post bond within four hours of arrest, is the risk of the pursuit worth it?
2. If our actions result in innocent people being harmed or killed, what will the due process conversation be like the next day?
3. If something goes wrong, who is most to blame? Or as the Supreme court considered in *Scott v. Harris*, culpability.
4. Does your departmental policy reflect State mandates? (Due Regard 40-6-6)
5. Does your pursuit policy reference “objective reasonableness”? By considering:
 - a. The severity of the offense.
 - b. Whether the suspect posed a threat to law enforcement or others.
 - c. Whether the suspect was actively resisting or attempting to evade arrest.

The toughest job is not writing and issuing policy. The extreme struggle comes after the policy is written. Gone are the days of, “Sign here that you read and acknowledge this policy.” There must be a continuum of training, supervision, and discipline of all policies to muster conformity and guarantee that departmental policy will be followed.



“Striking the balance between need to apprehend outweighing the risk of harm to the officer/deputy and the public is an analytical puzzle...”

WHAT'S NEW

WOULD YOU MIND LETTING US
KNOW IF ANYTHING HAS CHANGED?
FILL OUT THE FORM ON PG. 32

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 settle into 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 page 32.

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

REGISTRATION

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

Register for an LGRMS Regional Training Event Today! No images? [Click here](#)



- SIGN UP TODAY -

**LGRMS Regional Training Classes are
NOW OPEN for Registration!**

The 2022 list of in-person, regional training events from LGRMS is finally here! Click on the link below to register for an event in your area.

REGISTER TODAY WHILE THERE IS STILL TIME

[Click here to register for an LGRMS training event](#)

13 10 01 33
days hours minutes seconds

BEFORE THE FIRST TRAINING EVENT BEGINS.

CLICK HERE TO REGISTER

LIABILITY BEAT



**CAN AN OFFICER ENTER THE CURTILAGE
OF A RESIDENCE WITHOUT ONE?**



SEARCH WARRANT

by Brian S. Batterton, J.D., LLRMI

On February 22, 2021, the Court of Appeals of Georgia decided the *Lewis v. State*ⁱ, which examines whether an officer can enter the curtilage of a residence and seize evidence that is in plain view without a search warrant. The facts of *Lewis* are as follows:

[T]he record shows that on the evening of March 23, 2016, David Gratton—an officer with the Savannah Police Department—was responding to a non-emergency call when he passed through his assigned precinct. While doing so, he observed Lewis (with whom he was familiar) sitting on the side porch of his home with money in hand and making motions as if weighing something on a scale. And based on those observations, Gratton believed Lewis was weighing and portioning drugs; so, he stopped his vehicle and got out to watch Lewis from the street before calling for backup.

When the backup officer arrived, Gratton called out to Lewis, who responded “oh shit” and stuffed what he had been weighing under the stairwell. Lewis then told the officers—who were standing on the other side of the chain-length fence surrounding his house—not to come onto the property.

Lewis walked toward the officers, demanded to speak to a supervisor, and engaged with backup while Gratton walked onto an abandoned property beside Lewis's house. Standing on the other side of the chain-length fence separating Lewis's property from the one next door, Gratton

was mere feet away from where Lewis had been sitting on the side of his house. And on the side steps of Lewis's house, Gratton could see a scale with marijuana residue and residue of a white powdery substance, which he believed to be cocaine. At this point, the supervisor that Lewis requested arrived on the scene. Then, with the approval of the supervisor, officers entered Lewis's yard and retrieved the scales from the steps and multiple bags of drugs that had been pushed under the house when Lewis noticed the officers at the fence.ⁱⁱ

Lewis was arrested and filed a motion to suppress the evidence arguing that the officer unlawfully seized evidence from his property. The trial court denied the motion to suppress, and Lewis was convicted. He subsequently appealed the denial of his motion to suppress to the Court of Appeals of Georgia.

Lewis's first argument on appeal was that the officers viewed the contraband on his curtilage by going onto someone else's property without permission. The court of appeals noted that the trial court found that the property from which the officers made their observations was “apparently abandoned.” The court reached this finding based on an officer's testimony that the interior of that home was uninhabitable and dirty. He testified that he frequently patrols that property on foot to ensure there are no squatters or people using drugs at that location. Thus, the court of appeals held that the trial court did not err in concluding that the property was abandoned or that the officer had a right to be at that location.

Lewis's second argument on appeal was that the trial court erred in determining that exigent circumstances authorized the officer's warrantless entry onto his curtilage and seizure of the contraband.

The court of appeals first noted the legal principles applicable to this issue. The court discussed the "plain view doctrine" and stated

[N]ot only must the officer be lawfully located in a place from which the object can be plainly seen, [. . .], but he or she must also have "a lawful right of access to the object itself. Indeed, under the Fourth Amendment to the United States Constitution police officers are "prohibited from entering a person's home or its curtilage without a warrant absent consent or a showing of exigent circumstances. This is true even when items of contraband are visible within an officer's plain view."ⁱⁱⁱ

Thus, in order to seize contraband under the plain view doctrine, officers must have (1) a lawful vantage point from which they observe the contraband, and (2) lawful access to the contraband.

The trial court held that the officer's lawful access to the contraband was based on the exigent circumstance of preventing the imminent destruction of the evidence. The court of appeals then discussed the law related to the "exigent circumstance" exception to the search warrant requirement of the Fourth Amendment. The court stated

An "exigent circumstances" analysis requires a determination of "whether police had an objectively reasonable basis for fearing the imminent destruction of the evidence at issue during the time it took police to obtain a search warrant." And the appropriate inquiry is whether "the facts, as they appeared at the moment of entry, would lead a reasonable, experienced officer to believe that evidence might be destroyed before a warrant could be secured."^{iv}

The court examined the evidence related to the "exigent circumstance" application in Lewis's case. The court noted that the record showed that a crowd of onlookers developed and people from Lewis's residence came outside and began interacting with the police. However, the court of appeals also noted the record regarding the officer's testimony regarding his entry onto Lewis's curtilage to seize the contraband. At the motion to suppress, the officer testified that he went onto Lewis's curtilage and seized the drugs because his supervisor told him to do so since the drugs were in plain view. Further, when the officer was asked specifically why he did not obtain a search warrant, his response was,

"Plain view." Thus, the court noted there was no testimony in court that articulated that officers had a reasonable belief that evidence might be destroyed.

Additionally, officers testified that they had the residents of Lewis's home detained outside for a short time in anticipation that they were going to obtain a search warrant for inside Lewis's residence. The court noted



that the ability of the police to control the residents also indicates that exigent circumstances were not present. Lastly, the court noted that there was no evidence to suggest that the police could not have secured the outside of Lewis’s residence and then obtained a search warrant to seize the contraband.

Therefore, the court of appeals held that the trial court erred in finding that exigent circumstances justified the warrantless entry onto Lewis’s curtilage to seize the drugs. As such, Lewis’s conviction was reversed.

Note:

Fourth Amendment violations are personal in nature and a person can only assert that his or her rights were violated. Here, even if the officers violated the rights of Lewis’s neighbor by walking on the neighbor’s

property, Lewis could not assert that neighbor’s Fourth Amendment rights because he lacks “standing” to do so.

ⁱ A20A1704 (Ga. App. Decided February 22, 2021)

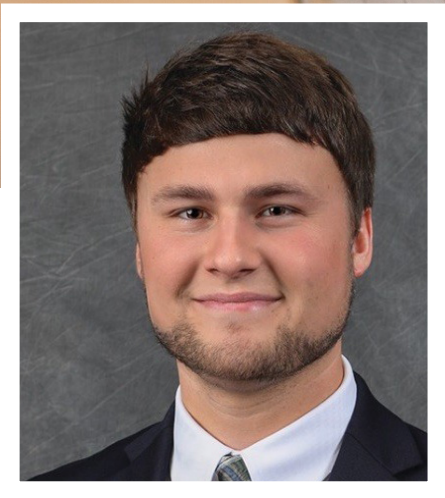
ⁱⁱ Id. at 1-3

ⁱⁱⁱ Id. at 6 (emphasis added)

^{iv} Id. at 7 (emphasis added)

SAFETY GRANT

BENEFITS IN ACTION



by

Weston Cox, LGRMS Loss Control Consultant

It's amazing the benefits that the Safety Grant has afforded our valued members. We strongly encourage everyone who is a member of Workers' Compensation (WC) or GIRMA/IRMA to participate in this program, to ensure that they can utilize the additional funds to obtain much needed safety equipment/supplies. I recently visited our valued member, the beautiful City of Darien, and was able to complete an inspection of their facilities. I spoke in depth with Darien's Safety Coordinator, Arlene Young. Arlene has been very proactive in her approach to safety within the City of Darien. She truly understands

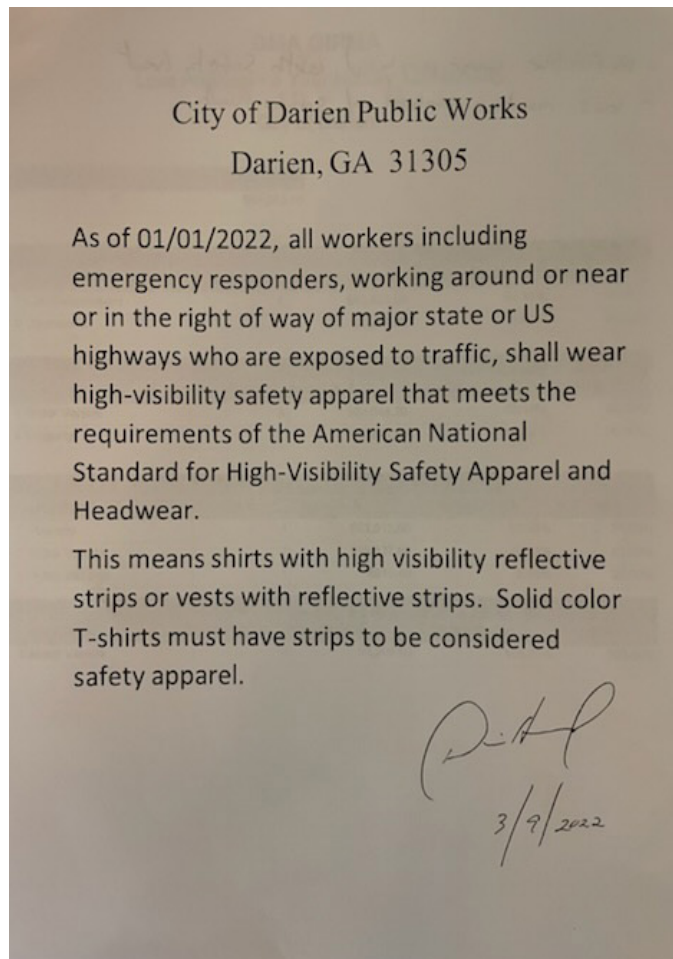
the importance of creating a safe and healthy work environment for their employees. On our visit, Arlene was able to show me how the Safety Grant has impacted their departments. Among other items, she was able to purchase brand new reflective PPE vests for the Public Works department to utilize while in the field. She was also able to obtain brand new Portable Multi-Gas Detectors for their emergency service employees to determine if harmful gases are present. In addition to these purchases, the City of Darien has also implemented a new policy requiring the use of reflective clothing while in the field. This will ensure that all employees performing road maintenance duties will have high visibility and will reduce the chances of an accident occurring. These supplies will prove to be valuable assets to the city and will also help reduce the chances of an injury at work.

Although these were only two examples of the long list of items that can be purchased, they still have an impact

on the overall well-being of their employees. Safety equipment/supplies can also be disbursed amongst various departments within your organization. We encourage our members to alternate which department receives the Safety Grant funds yearly. For example, your employees at the Fire Department may need a new Washer Extractor for turnout gear one year. The next year, your Public Works Department may need new Flagger equipment. Or possibly, your Law Enforcement employees may need some additional body armor to accommodate a larger staff. Whatever your safety need may be, we would like to assist you with the purchase of these items as covered under the Safety Grant. Please notify your LGRMS Risk Control Representative if you have any questions regarding which safety supplies will be covered under our Safety Grant.



,





March SHARE

FUN 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. 24.**

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

CANCER
COLORECTAL
COMPENSATION
COURT
CURTILAGE
DIET
EMERGENCY
ENGAGE
EVIDENCE
FLAGGER
HAZARDS
LOSES
PHYSICAL
PRISONER
RISK
SALMON
WARM
WEATHER

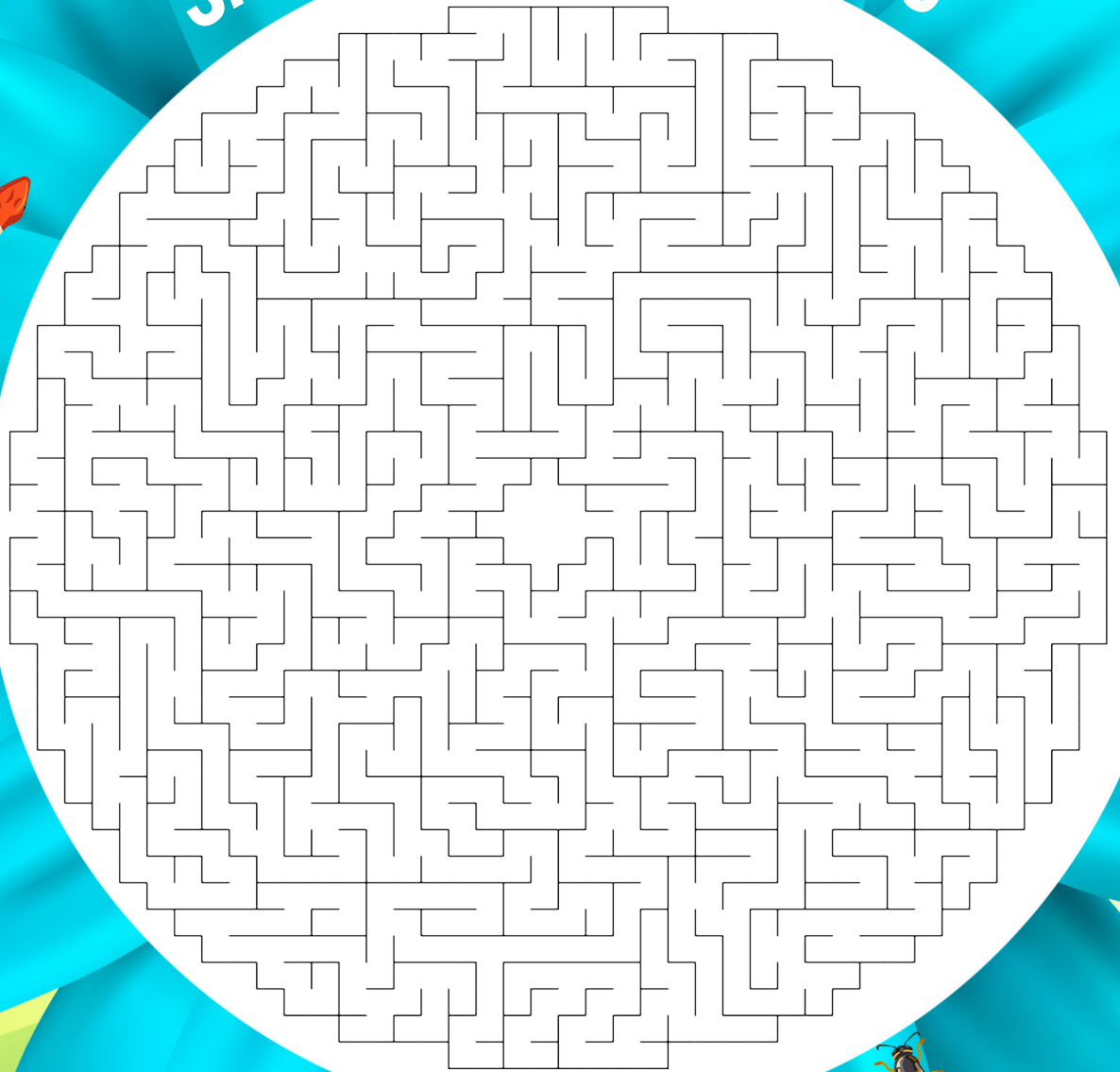
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				T																					

E E E E
F E Z E I T F M A Z F A N F T I V F I T T N J N L
G A U V T T G T G B A I I A V V J N L B O M
E E E E E E E E
I T G T G B T I M X J V M T V M G A U X T Z Q
E E

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. 24**

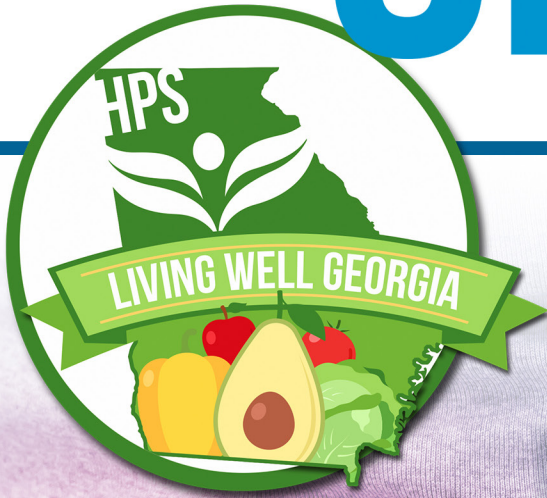
MAZE. Spring time is in the air. Although beautiful, the warmer weather can bring out hazards that we don't often remember. Test your abilities to move past perilous situations in our a-Maze-ing puzzle and see how quickly you can make it to safety. **Answer key on p. 24.**

SAFETY IS A "MAZE"ING



START





COLORECTAL SCREENING: EMBARRASSING CONVERSATION OR LIFE SAVING TEST?



by Candace Amos
LGRMS Health Promotion Representative

March is Colorectal Cancer Health Month. Colorectal cancer, also known as colon cancer, is a disease where cells in the colon or rectum grow uncontrollably (Centers for Disease Control and Prevention (CDC), 2022). The colon is the large intestine or large bowel and the rectum is the passageway that connects the colon to the anus (CDC, 2022).

Sometimes abnormal growths, called polyps, form in the colon or rectum (CDC, 2022). Over time, some polyps may turn into cancer (CDC, 2022). Colorectal cancer is a leading cause of death for both men and women in the U.S., but when found early through screening tests, can be removed before developing into cancers.

Several tests can be used to screen for colorectal cancer and other digestive diseases. No matter what test you choose, the most important thing is to get screened. Screening tests can find polyps so they can be removed before turning into cancer (CDC, 2022).

Colorectal cancer screening may seem embarrassing, but remember, this test may help save your life. Colon cancer may be preventable, detectable, and treatable, if found early. 9 out of 10 people who have colorectal cancer will live for more than 5 years if they find it when it is still in an early stage. Start the conversation with your doctor with these questions:

- When should I be screened?
- Does it matter if one of my relatives had colorectal cancer?
- Which screening tests do you recommend for me?
- How often do I need to be screened?
- What's involved in the test?

- Are there any risks involved?
- When and how will I get results from my test?

Regular screening for colorectal cancer should begin at age 45. If you have risk factors for colorectal cancer, including inflammatory bowel disease or a family history of colorectal cancer, you might need to get screened earlier.

Not getting screened as recommended is missing the chance to prevent colorectal cancer or find it early when treatment often leads to a cure. Also, diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon or rectal cancer (American Cancer Society (ACS), 2022). Try this veggie-filled recipe below: Spinach Salmon Salad Sandwich with Lemon-Dill Dressing.

Following recommendations for colorectal cancer screening as well as following a healthy diet are just some of the fundamental steps in taking care of yourself. 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 April 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

1. American Cancer Society. (2022). Six Ways to Lower Your Risk for Colorectal Cancer. From <https://www.cancer.org/latest-news/six-ways-to-lower-your-risk-for-colon-cancer.html#:~:text=Diets%20that%20include%20lots%20of,increased%20risk%20of%20colorectal%20cancer.>
2. Centers for Disease Control and Prevention (CDC), Division of Cancer Prevention and Control. 2022. From https://www.cdc.gov/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm#:~:text=Colorectal%20cancer%20is%20a%20disease,the%20colon%20to%20the%20anus.



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 March 21st	<ul style="list-style-type: none"> •Start planning for first week of April •Promote events on company's social media site and company intranet sites •Consider giving out stress relief Kits 	<ul style="list-style-type: none"> •April is Stress Awareness Month (National Today)
Week of March 28th - April 1st	<ul style="list-style-type: none"> •Hang poster <i>I'm So Stressed Out!</i> •Distribute flyers <i>Managing Job Stress</i> •Order items for <i>Stress Relief Kits</i> 	<ul style="list-style-type: none"> •Poster – NIMH: I'm So Stressed Out! •Flyer – Anthem: Managing Job Stress
Week of April 4th	<ul style="list-style-type: none"> •Distribute video <i>What is Mindfulness?</i> •Distribute flyer <i>The Principles of Resilience</i> •Check on order progress for <i>Stress Relief Kits</i> 	<ul style="list-style-type: none"> •Video – NCCIH: What is Mindfulness? (3:13) (Scroll down to play video) •Flyer – NOSC: The Principles of Resilience
Week of April 11th	<ul style="list-style-type: none"> •Distribute flyer <i>Mindfulness Over Matter, Combatting Stress Through Self-Awareness</i> •Distribute podcast <i>12-Minute Meditation to Arrive, Breathe, Connect</i> •Hang flyers/posters announcing and promoting April 27th as <i>Walk@Lunch Day</i> •Put together <i>Stress Relief Kits</i> 	<ul style="list-style-type: none"> •Flyer – Anthem: Mindfulness Over Matter, Combatting Stress through Self-Awareness •Podcast – Mindful: 12-Minute Meditation to Arrive, Breathe, Connect (Scroll down to play podcast) •Flyer (PDF) – BCBS: Walk@Lunch Day  •Poster (PDF) – BCBS: Walk@Lunch Day 
Week of April 18th	<ul style="list-style-type: none"> •Promote April 27th as <i>Walk@Lunch Day</i> •Hang poster <i>Stop Stress in its Tracks</i> •Give out <i>Stress Relief Kits</i> 	<ul style="list-style-type: none"> •Poster – AHA: Stop Stress in Its Tracks
Week of April 25th	<ul style="list-style-type: none"> •Promote April 27th as <i>Walk@Lunch Day</i> •Distribute flyer <i>Take a Break for Stress Relief</i> 	<ul style="list-style-type: none"> •Flyer – Anthem: Take a Break for Stress Relief

FUN WITH RECIPES

SPINACH SALMON SALAD SANWICH WITH LEMON-DILL

DRESSING

Ingredients:

Baby Spinach | Smoked Salmon | Extra Virgin Olive Oil

Lemon Juice | Scallions | Radishes | Dill | Pepper



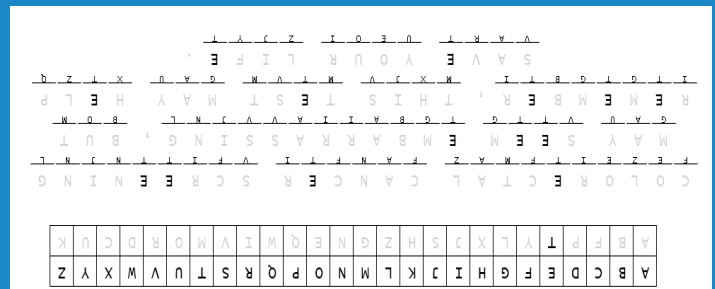
8 cups baby spinach | 2 scallions, thinly sliced | 6oz.
wild canned or smoked salmon | 2 radishes, sliced thin
3 tablespoons extra-virgin olive oil | 1 tablesspon dill | 2
tablespoons fresh lemon juice | Ground black pepper |
2 slices pumpernickel bread

In a large bowl, whisk the olive oil with the lemon
juice and dill, and season with ground pepper. Add the
spinach, salmon, radishes and scallions to the bowl and
toss in the dressing. Spread onto slice of pumpernickel
and close sandwich.

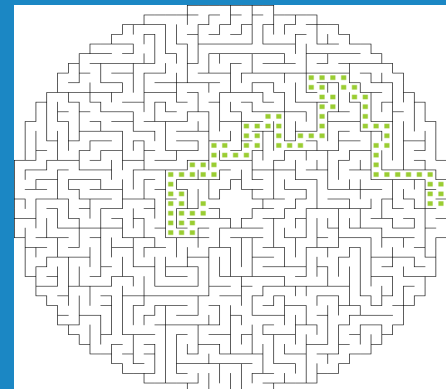
FUN WITH SAFETY ANSWER KEY



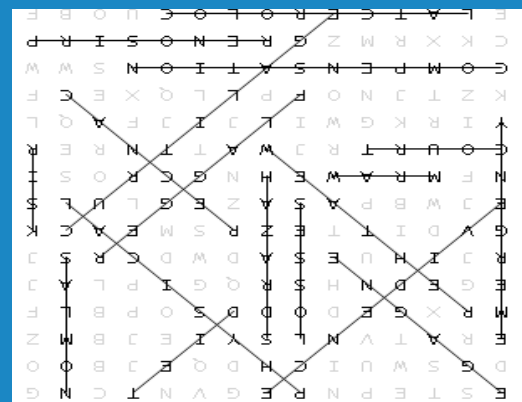
“Anything else we can do
to improve the workstations?”



Cryptogram Puzzle Answer Key



Maze Puzzle Answer Key



Word Search Puzzle Answer Key

WARM WEATHER *Hazards*

THEY'RE BACK!



Be Safe Outside!

Hazards to Outdoor Workers

Outdoor workers – including water, wastewater, parks, groundskeepers, public works, streets, police, and fire – can be exposed to physical hazards and biological hazards. Employers should train their workers about their workplace hazards, including hazard identification and recommendations for preventing and controlling their exposures.

Sun and Heat

Extreme heat can cause heat stroke, heat cramps, heat exhaustion, and heat rash. Take shade breaks and hydrate throughout the work shift. Ultraviolet radiation (UV) can cause sunburn and, potentially, skin cancer. Limit skin exposure by wearing longsleeved shirts, long pants, and hats. Use sunscreen, and reapply when needed.

Insects

Diseases may be spread by mosquitos and ticks. Mosquito-borne diseases include West Nile virus; tick-borne diseases include Lyme disease. Limit skin exposure (follow the same clothing recommendations as for sun and heat) and use repellent. Be aware of spiders (black widows, brown recluse) in dark moist places, heavy bush, or trash. Stinging insects, such as bees, wasps, yellow jackets, ants, and scorpions, can be found everywhere. Wear gloves when moving materials or trash and be alert for nests in the ground or on trees or bushes.

Animals and Other Critters

Threats include venomous snakes (rattlesnakes,

copperheads, cottonmouth water moccasins, and coral snakes). Rattlesnakes and copperheads range throughout the state; cottonmouths generally range from Middle Georgia to South Georgia, and coral snakes are common in South Georgia. Along with the above clothing recommendations, heavy boots and chaps can provide additional protection.

Poisonous Plants

Poison ivy, poison oak, and poison sumac can cause allergic reactions from skin contact. They can also be dangerous respiratory hazards if they are burned. In addition to long sleeves, long pants, and gloves, use barrier creams prior to exposure, and thoroughly wash affected areas immediately after exposure. Keep in mind that your clothing could still have residue, so carefully wash them separately from other clothing.

Other Hazards

Outdoor workers may encounter other hazards in addition to the physical and biological hazards described here. They may be exposed to pesticides or other chemical hazards, traumatic injury hazards, or other safety and health hazards depending on their specific job and tasks. Employers should train outdoor workers about their workplace hazards, including hazard identification and recommendations for preventing and controlling their exposures.

For more information, contact your county extension agent (<https://extension.uga.edu/county-offices.html>) or visit the CDC website at www.cdc.gov/niosh/topics.



LGRMS
RISK CONTROL
ACCG | GMA

SAFETY THEME POSTER

MARCH 2022
ISSUE #13

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

WARM WEATHER HAZARDS ARE BACK

Be Safe Outside



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		
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 _____



LGRMS CONTACTS 2022

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 Manager
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

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 Received by: _____

☐

CAMPAIGN MONITOR

☐

IMIS

☐

EMAIL LIST

☐

BrainShark

☐

SHARE LIST

SHARE

MARCH 2022 - ISSUE 13.0

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.28.



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