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HEALTH AND RISK E-CONNECT NEWSL SAFET LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC. - A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

LOCKOUT/ The opinions expressed in this newsletter are those of the author's and do not reflect the views of LGRMS, ACCG, or FAGOUT **Controlling Hazardous Energy** P.29

> Also in this issue THE IMPORTANCE OF WORKPLACE ORGANIZATION WHY ARE WE HERE?

SAFETY THEME DOWNLOAD THIS MONTH'S SAFETY POSTER

HEALTH PROMOTION SERVICES

Important Notice!

The June/July SHARE

Newsletter will be a double issue.

Issue date: July 20, 2022

CHECK OUT THE LIVING WELL GEORGIA CORNER **RISK/LIABILITY** CHECK OUT THIS MONTH'S LIABILITY BEAT

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UPCOMING WEBINARS AND TRAINING EVENTS

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



3500 Parkway Lane Suite 110 Peachtree Corners, GA 30092

www.lgrms.com



Welcome to the May 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. As part of that, our focus for workers is Lockout /Tagout focusing on electrical safety. We also have a member-focused article from our South Georgia Loss Control Field Rep, Weston Cox, on how being organized makes our workplace safer. Our law enforcement focus discusses the positives of using Power DMS and an article from LLRMI on a 5th Circuit opinion on use of force. Our Heath Promotion focus is on the tie in between mind and body, how physical activity helps not only our physical health but also mental health. Our Director, Dan Beck, continues his focus on who is responsible for safety, in his article "Why Are We Here?"

Just a reminder, the June and July SHARE is a combined publication. You should be getting it in early July. Our online training calendar is up and running. Go to www. lgrms.com and click on TRAINING EVENT CALENDAR to see what is offered and to register. For questions or issues, contact Tamara Chapman at tchapman@lgrms. com, or Cortney Steptor at csteptor@lgrms.com. Be safe.

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

DIRECTOR'S CORNER



WHY ARE WE HERE?

By Dan Beck, LGRMS Director

As a safety professional, I often ask myself, "Why am I here?" and "What is my purpose?" Within the rest of this article, I will ask a series of questions that will hopefully lead to the answers of my purpose.

HOW MANY SAFETY EXPERTS DO YOU HAVE WITHIN YOUR organization?

I often ask member leadership the question, "How many safety experts do you have within your organization?" Typically, the responses I get are "We don't have any safety experts" or "We have one" or "Safety is a portion of one of our employees job responsibilities". But every once in a while, some leaders will provide the correct answer and say, "All our employees are safety experts". All your employees are safety experts. Let me prove it with a few test questions. Ask your employees these questions:

- If you have two interlocked spinning metal gears and you place your finger between the metal gears, who is going to win the metal gears or your finger?
- If you have an employee using a ladder on the back of his pickup truck to replace a lightbulb and the employee falls 20 feet and land on the ground, who is going to win the employee or the ground?
- If you have an employee thrown out of a vehicle onto the pavement, because they were driving 45 mph without a seatbelt and is hit head-on by another vehicle, who

wins the employee or the pavement?

I would assume all your employees would be able to give you the correct answers to these questions. Safety and risk management "ain't rocket science", it is pretty common sense.

SO, IF ALL OUR EMPLOYEES ARE SAFETY EXPERTS, WHY DO WE HAVE SO Many incidents?

There are many different variables that cause our employees to not use their safety expertise, but most of them have to do with your culture. Let's discuss the four most common.

The culture of priority. Within many of our cultures, we don't value or prioritize safety and risk management. You will see a lot of "git-r-done" attitudes or "we have time for those safety procedures" or "I'd rather be first than safe". Ultimately, you and your department leaders are responsible for helping to change those attitudes.

The culture of risk tolerance. We can't remove all risk within life or work, but we can establish an acceptable level of risk. We all know that person that will buy one Powerball ticket and think they are going to win, even though we know they only have a one in one hundred million chance of winning. But that same person will do something risky or unsafe that has a 1 in 1,000 or 1 in 100 chance of resulting in a serious incident. Our role is to work with leadership, establish an acceptable level of risk, and educate our employees on that process. The culture of questioning the status quo. What are the eight most dangerous words you can say to a new employee within your organization when they ask the question, "Why are we doing it this way?" The answer: "That is the way we have always done it". We have new employees with fresh eyes, with fresh safety expertise, and we kill that expertise with those eight simple words. By anyone saying those words, we dismiss the question, and we tell the employee to shut up and do the job we have always done in the way we have always done it. These eight words kill safety, risk, and productivity potential. It is your role to empower, recognize, and reward employees to standup and suggest changes to improve safety and health.

The culture of Rah-Rah Sis Boom Bah. Many organizations feel that awareness is the key to a successful safety program. Let's test this theory. Please stand and raise your right hand in a fist. Now raise your hand again and yell "Safety!" Ok, now let's do it again, three times in a row "Safety! Safety! Safety!" We are certainly aware of safety, but do you feel any safer? Of course not. I like the rahrah sis boom bah of safety awareness. It is fun, it gets me pumped, but without leadership, employee engagement, policies, training, audits/inspections/ investigations, and accountability it doesn't have much impact on our reducing risk. As leaders, you must build a strong foundation with the elements above to ensure you have a sound safety culture. Safety awareness on its own will not have an impact.

THE MPORTANCE OF WORKPLACE ORGANIZATION

Weston Cox, LGRMS Loss Control Representative

Although we all strive to maintain a clean/organized work environment, workplace organization is an area that can always be improved upon. When it comes to document storage, equipment storage, or even chemical/fuel storage, it's very important that we maintain a safe and organized work environment. As temperatures warm up and people begin to do a little spring cleaning, we see some of our members taking a more proactive approach in reorganizing their workspace. While in the field, I've come across multiple members who have a very clean, tidy, and organized work environment. These members work hard every single day to make their buildings, offices, facilities, and grounds a place that provides a professional work environment for all employees. However, there are a few members that could benefit greatly from a more organized work environment. There are multiple hazards that can be associated to an unorganized,

unkept work area. These hazards include but are not limited to: ergonomic hazards, slip/fall hazards, chemical exposures, exposure to hazardous materials/ equipment, equipment malfunctions, improper document storage, improper data storage, etc.

Whether it be the Public Works Department, Water/ Wastewater Treatment Plant, or the Administration Office, our members should strive every day to create a welcoming work environment for both employees and the general public.

Here are a few quick tips to ensure your department is very well organized and free from hazards.

 Examine the building/office at the beginning of each working shift. Repair or correct any unsafe equipment or conditions.

- 2. Establish safe procedures to accomplish everyday tasks before beginning work.
- Do not assign a person to work alone in areas where hazardous conditions could endanger employee safety, and account for everyone at the end of the shift.
- 4. Wear appropriate personal protective equipment (PPE), such as a hard hat, safety shoes, gloves, and glasses and store in a safe and organized manner.
- 5. Provide and maintain clean, clear access to warehouses, storage areas, and stored materials.
- Keep aisles, travel ways, and exits clear and free of clutter and eliminate slip, trip, and fall hazards.
- Store flammable, combustible, and hazardous materials in a way that minimizes the dangers.
- Organize and label storage areas so parts and materials can be quickly located without searching.
- Store materials and supplies in an organized manner to ensure easy access for retrieval and transportation.
- 10. Place heavier loads on lower or middle shelves in offices to avoid potential strains, sprains, or musculoskeletal injuries.
- 11. Store long, tall, or top-heavy items on their side or secure them to prevent them from tipping over.
- 12. Place ladders on stable, level surfaces, and use stair platforms to access materials in higher locations.
- 13. When moving, disposing, or replacing materials, lift materials properly. Bend your knees, keep

your back straight, hold the load close to your body, maintain a clear vision path, and turn your feet and whole body together (never twist at your waist).

- 14. To the extent feasible, lift and handle loads in the body's "power zone": between knees and shoulders.
- 15. Use powered equipment such as a forklift or hydraulic fork jack instead of manually lifting heavy materials in warehouses, buildings, and on grounds.

Following these simple tips and more can help prevent additional workplace hazards from occurring. Not only will it mitigate previous issues and prevent futures issues from arising, but it will also present a safe, healthy, and professional work environment for all visitors who enter your workplace.



USE BEST PRACTICES TO LOWER THE RISK OF INJURY & ILLNESS

FIREFIGHTER CANCER SUPPORT NETWORK LAUNCHES DIGITAL LEARNING PLATFORM



The online learning system aims to educate fire service professionals and first responders on ways to protect themselves against occupational hazards and aboveaverage cancer risk.

WORCESTER, Mass. (PRWEB) February 15, 2022 -- The Firefighter Cancer Support Network (FCSN) is proud to announce the launch of its online cancer prevention education initiative for fire service professionals. The program is a partnership between the FCSN and Applied Interactive, an agency specializing in digital engagement platforms.

Committed to the wellbeing of fire service professionals and their families, FCSN conducts research and provides education to help reduce the number of firefighters who contract cancer, the number one cause of line-of-duty deaths in our nation's fire service.

"FCSN's mission is to help firefighters and their families understand and overcome many of the unique risks faced in the fire service. We want to provide easy access to the information needed to stay healthy," said Chief Financial Officer of the Firefighter Cancer Support Network, Trey Kelso. "Working with Applied made it possible for us to bring this program to the next level and expand the reach of our efforts to keep firefighters informed and healthy."

This online learning initiative provides nationwide access to educational resources through the custom learning management system and digital content developed in partnership with Applied Interactive. "Firefighters put their lives on the line to protect people every day. We jumped at the chance to help return the favor and amplify this important message, albeit in a very small way by comparison," said Applied Interactive CEO Joshua Rothschild. "By leveraging a digital learning management system, we were able to help FCSN quickly and effectively expand access to their materials for firefighters across the country."

FCSN also offers other programs for fire service professionals, including badge-to-badge support from peer survivors, and plans to expand the online education portal's offerings through a continued partnership with Applied Interactive.

To access FCSN's free firefighter cancer prevention education materials or learn more about educational initiatives, visit <u>learn.firefightercancersupport.org</u>.

Learn more about strategies to engage your audience via learning management systems and other innovative digital communication platforms, visit www.appliedinteractive.com.

About The Firefighter Cancer Support Network

The Firefighter Cancer Support Network (FCSN) is a global leader in firefighter cancer awareness and education. Since its founding in 2005, FCSN has been dedicated to providing badge-to-badge support for firefighters and their families. With a focus on generating awareness and early detection of cancer, FCSN supplies training and self-guided educational resources to fire service and EMS professionals around the world. To learn more about the FCSN, please visit www.FirefighterCancerSupport.org

About Applied Interactive

Applied Interactive is a full service agency that helps growing companies and organizations strengthen their digital presence and connect with target audiences using innovative strategies. A diverse array of expertlymanaged services include branding, content creation, web design, social media, and promotion. Services strategically woven into custom campaigns focused on delivering results for every client. At Applied Interactive we don't just connect with your audience— we engage, excite, and inspire. Visit <u>www.appliedinteractive.com</u> to learn more.

> The online learning system aims to educate fire service professionals and first responders..."

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-

The 2022 list of in-person, regional training events from LGRMS is finally here! Click

LGRMS Regional Training Classes are

NOW OPEN for Registration!

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



BEFORE THE FIRST TRAINING EVENT BEGINS.

CLICK HERE TO REGISTER



WOULD YOU MIND LETTING US KNOW IF ANYTHING HAS CHANGED? FILL OUT THE FORM ON PG. 11

As we all strive to get back to some sense of normalcy, changes in personnel continue to occur. Try as we might to keep our distribution lists up to date, we find that we need your help. As a result of the ongoing pandemic, many of you have experienced changes in personnel, or have had to alter the way you conduct business altogether. To ensure that we are able to keep you abreast of program changes, training dates, etc., we are asking that you please take a moment to complete the Contact Information form on page 11.

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

LGRMS

Attn: Tamara Chapman 3500 Parkway Lane Suite 110 Peachtree Corners, GA 30092

Email: lgrmsadmin@lgrms.com

Fax: 770-246-3149



CAMPAIGN MONITOR

IMIS



SHARE LIST

CONTACT LIST FORM

Date: ORGANIZATIONAL INFORMATION ACCG **GMA ADDRESS** CITY STATE COUNTRY **ZIP CODE** 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 Date Receieved: Contact info has been added to: **Request Recieved by:**

LGRMS 3500 Parkway Lane . Suite 110 . Peachtree Corners, GA 30092 | Igrmsadmin@LGRMS.COM

EMAIL LIST

BrainShark





FIFTH CIRCUIT DISCUSSES THE BOUNDARIES REGARDING USE OF FORCE

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

On April 29, 2021, the Fifth Circuit Court of Appeals decided Hinson v. Martin[i], which serves as an excellent review of the law related to excessive force, the use of a police canine (K9) and the boundaries on use of force. The relevant facts of Hinson, taken directly from the case, are as follows:

In February 2016, DeSoto Parish Sheriff's Deputies, including Martin, were informed that Hinson was wanted on a felony arrest warrant for armed robbery involving a firearm. He was presumed armed and dangerous, according to the warrant; a Crime Stoppers tip also indicated that he was likely armed. The tip described his vehicle and indicated that he was likely traveling with his pregnant girlfriend, Krystal Grigg. Martin spotted the vehicle, identified the driver as Hinson, and pursued. Hinson initially accelerated his vehicle to flee, but then pulled over and fled on foot into a wooded area. Martin deployed Rex, and both pursued Hinson into the woods. After approximately 200 yards, Rex caught Hinson by the arm and took him to the ground.

What happened next is a matter of factual dispute. According to Martin, Rex bit Hinson's right forearm, held on, and thereby took him to the ground. Although Martin could see that Rex had hold of Hinson's right arm, he could not see Hinson's left arm. Instead of calling Rex off Hinson, Martin drew his handgun and "held cover on Hinson" until a backup officer could assist him in handcuffing and securing Hinson. As soon as backup arrived, Martin removed Rex from Hinson's arm, and Hinson was handcuffed and taken into custody without further incident or application of force.

According to Hinson, however, Rex initially bit him on the wrist, at which point hevoluntary went to the ground with the canine. Hinson alleges he ceased any attempts to escape or resist and submitted to commands from that pointon. Nonetheless, Martin cursed at him, hit Rex, and gave Rex a command that caused Rex to bite Hinson several more times on the upper arm. Both while Hinson was being handcuffed and after, deputies, including Martin, kicked him in the ribs. While Hinson lay handcuffed on the ground, subdued and compliant, Martin yanked on Rex's choke chain, causing Rex to once again bite down on Hinson's forearm and not let go. The biting stopped only when another deputy said, "he's had enough," causing Martin to remove Rex from Hinson's arm.[ii]

Hinson sued the Sheriff and Deputy Martin and alleged that Martin used excessive force by initially using the K9 to apprehend him, by allowing the K9 to bite him after he was handcuffed and subdued, and by kicking him after he was handcuffed and subdued. The district court dismissed the claims against the Sheriff but denied qualified immunity for Deputy Martin. Martin appealed the denial of qualified immunity to the Fifth Circuit Court of Appeals.

The court of appeals first discussed the standard for qualified immunity and stated

To overcome an official's claim of qualified immunity, a plaintiff must be able to prove "facts showing (1) that the official violated a statutory or constitutional right, and (2) that the right was clearly established at the time of the challenged conduct." Ashcroft v. al-Kidd, 563 U.S. 731, 735, 131 S. Ct. 2074, 179 L. Ed. 2d 1149 (2011)[iii]

On appeal, Hinson argued that Deputy Martin used excessive force (1) by initially using the K9, Rex, to apprehend him, (2) causing Rex to continue to bite him after he was handcuffed and subdued, and (3) kicking him after he was handcuffed.

The court then examined the excessive force claims under the Fourth Amendment. Under the Fourth Amendment, a use of force is examined under an "objective reasonableness" standard. The court cited Graham v. Connor stated

[T]he reasonableness of force may be evaluated by looking to factors including (1) "the severity of the crime at issue," (2) "whether the suspect poses an immediate threat to the safety of the officers or others," and (3) "whether he is actively resisting arrest or attempting to evade arrest by flight." 490 U.S. at 396. We must be careful to judge the reasonableness of a use of force "from the perspective of a reasonable officer on the scene, rather than with the 20/20 vision of hindsight." Id.[iv]

The Initial Use of Force to Apprehend Hinson

The court then examined the initial use of force, particularly, Deputy Martin's decision to use Rex to apprehend Hinson as he fled on foot, in light of the factors above from Graham v. Connor.

The first factor considered was the seriousness of the offense. The court stated that they have previously held

[T]hat driving under the influence is a serious offense, and "[i]f DUI is serious, then a fortiori so is felony assault." Escobar, 895 F.3d at 394. Similarly, a violent felony like armed robbery is certainly at least as serious (if not clearly more so) than DUI.[1]

As such, the court held that armed robbery is a serious offense, and this factor weighed in favor of Deputy Martin.

The court then examined the second factor, whether Hinson posed an immediate threat to the officers or others. The court noted that Hinson alleged that Griggs, his girlfriend who was with him at the time, told the officers that Hinson was unarmed at the time he fled. However, the court also considered the following: (1) Hinson's armed robbery warrant noted that he was to be considered "armed and dangerous, (2) Hinson was suspected of a crime involving the use of a weapon, and (3) a Crime Stoppers tip received by the police indicated that Hinson was armed. The court then stated

[Deputy] Martin was under no obligation to blindly accept Grigg's bare assertion that her boyfriend (and father of her unborn child) was unarmed. In other words, Martin reasonably believed he was chasing an armed and dangerous fugitive suspected of a violent felony through a wooded area, near residences. Martin had adequate cause to believe Hinson poseda substantial threat to himself, his fellow officers, and bystanders.[v]

Therefore, the second factor weighed in favor of Deputy Martin.

The court then considered the third factor, particularly, whether Hinson was actively resisting arrest or attempting to evade arrest by flight. The relevant facts are that (1) Hinson first attempted to evade arrest by fleeing in his vehicle, and then (2) attempted to evade arrest by fleeing on foot into the woods. As such, the third factor weighed in favor of Deputy Martin.

Therefore, the court of appeals then held, that because Hinson was (1) suspected of a serious crime, (2) a threat to officers based on reasonable belief that he was armed and (3) he was resisting arrest by flight, Deputy Martin's use of K9 Rex to initially apprehend Hinson was reasonable under the Fourth Amendment. As such, Hinson failed to establish a constitutional violation and qualified immunity should have been granted for the initial use of force.

The Uses of Force (K9 and kicks) After Hinson was Handcuffed and Subdued

The court noted that Deputy Martin disputes Hinson's allegations that he caused Rex to bite him and kicked him after he was handcuffed and subdued. However, at this stage of the litigation, the court must view the facts in a light most favorable to the plaintiff, unless there is clear evidence, such as video, that refutes the plaintiff's allegations. In this case, the court noted that there was notno evidence that clearly contradicted the plaintiff's claims, and as such, they must consider them as true for the appeal.

The court of appeals also observed

Merely because a use of force was reasonable at the outset of an apprehension does not mean that the continued use of force remains reasonable.[vi]

The court then considered the factors from Graham v. Connor. First, as previously discussed, the offense, armed robbery, is a serious offense. This weighed in favor of Deputy Martin.

The court next considered the second factor, whether Hinson posed a threat to the officers or others. The court stated that, assuming Hinson was apprehended, handcuffed, and offering no further resistance, he then no longer posed a threat to the officers or others. Thus, the second factor weighed in favor of Hinson.

The third factor, whether Hinson was actively resisting or attempting to avoid arrest by flight, also weighs in favor of Hinson, assuming that he was handcuffed and subdued as Martin kicked him and caused Rex to bite him.

Thus, the court held that Hinson, assuming his version of the facts to be true, has alleged a Fourth Amendment violation and satisfied the first prong of the qualified immunity analysis. The court then set out to determine if the second prong required to defeat qualified immunity was satisfied, particularly whether the law was clearly established such that a reasonable officer in Martin's position would have known he was using excessive force.

The court stated

The law was also clearly established before February 2016 that, generally speaking, "once a suspect has been handcuffed and subdued, and is no longer resisting, an officer's subsequent use of force is excessive." Carroll v. Ellington, 800 F.3d 154, <u>177 (5th Cir. 2015);</u> see also <u>Ramirez v. Martin, 716</u> F.3d 369, 378-79 (5th Cir. 2013) (tasing a suspect after he has ceased resisting and is handcuffed is clearly excessive); Bush v. Strain, 513 F.3d 492, 500-02 (5th Cir. 2008) (slamming a handcuffed and non-resisting suspect's head against a car is clearly excessive). This well-established general principle-that harsh force should not be applied to a handcuffed, compliant suspect-is enough to give an officer "fair warning" that ordering a dog to inflict a severe bite wound or kicking a handcuffed and compliant suspect without cause violates the suspect's *Fourth* Amendment rights.[vii]

Thus, Hinson satisfied the second prong of the qualified immunity analysis. As such, the court reversed the denial of qualified immunity for Deputy Martin for the initial use of the K9, and affirmed the denial of qualified immunity regarding the alleged force used after Hinson was handcuffed and subdued.

Citations

[1] Id. at 11 (emphasis added)
[i] No. 19-30243 (5 Cir. Decided April 29, 2021 Unpublished)
[ii] Id. at 1-3
[iii] Id. at 8 (emphasis added)
[iv] Id. at 10 (emphasis added)
[v] Id. at 11-12
[vi] Id. at 13 (emphasis added)
[vii] Id. at 17 (emphasis added)



WATER System Face unique challenges from Russian cyber threats

by Jule Pattison-Gordon

Federal lawmakers are asking how to better help the critical infrastructure sector defend against cyber threats.The answer may involve tailored, actionable intelligence and minimum cybersecurity requirements.

Federal lawmakers scrutinized the ability of U.S. critical infrastructure to withstand a hypothetical cyber attack from Russia during an April 5 hearing, with testifying witnesses underscoring that the water sector faces unique challenges.

Rep. Ritchie Torres — vice chair of the Committee on Homeland Security and a member of the Subcommittee on Cybersecurity, Infrastructure Protection and Innovation — said the U.S. is particularly at risk to cyber attack because much of its infrastructure is automated or digitized. The recent arrests of alleged perpetrators behind the LAPSUS\$ cyber crime groupis also a stark reminder that cyber attackers need relatively few resources to wreak considerable damage.

"LAPSUS\$ has shown that with only \$25,000, a group of teenagers could get into organizations with mature cybersecurity practices," said Amit Yoran, CEO of cybersecurity risk management company Tenable. "Consider Russia with much deeper pockets, focus and mission targeting critical infrastructure."

The water sector could be at particular risk and has been previously referred to by Cyberspace Solarium Commission Executive Director Mark Montgomery as critical infrastructure's "weakest link."



Boosting the water system's defenses could mean deepening industry-federal partnerships to ensure water entities are receiving quick, actionable advice tailored to their specific contexts, as well as establishing minimum cybersecurity standards across the sector, said Kevin Morley, federal relations manager for the American Water Works Association (AWWA), during the hearing.

Unlike its more consolidated critical infrastructure counterparts, the water sector is in the hands of a vast array of organizations, many of which are small and under-resourced.

"There are more than 45,000 community water systems that serve fewer than3,300 people," Morley told federal legislators. The sector also relies on a variety of physical infrastructure, and updating operational technology (OT) can be slow going, especially because services must run 24/7.

"Rehabilitating or upgrading those OT systems can often be a three- or four-yearcapital improvement project to ensure that the system maintains operations during that whole period. So, it's not a rapid process, but support from our federal partners is encouraging," Morley said.

Operational technology systems are also increasingly getting connected to Internet or cellular to enable gathering remote data to support activities like metering and billing or predictive equipment maintenance, Yoran noted. But these connections then need to be protected against potential cyber vulnerabilities.

Rep. Carlos Gimenez, R-Fla., suggested removing such risks via a mandate forbidding critical infrastructure operators from connecting operational technology to the external Internet, something Yoran said operators would likely find impractical.

The White House has also been putting attention on such vulnerabilities and recently raised funding for CyberSentry, a voluntary program that deploys sensors to monitor participating critical infrastructure owners and operators' OT and IT networks. The new appropriations bill budgets \$95.5 million above what the Cybersecurity and Infrastructure Security Agency (CISA) had requested for the program, per LawFare Morley said that the "Shield's Up" website CISA launched recently to explain how organizations can improve their cyber postures has helped consolidate useful information in one space, making it easier for organizations to keep up with the latest threat and mitigation information.

Still, federal partners need to be careful that threat alerts and advice aren't too technical for small water entities to parse and understand how to apply to their particular systems and contexts, Morley said. After all, many of these entities don't have any cyber staff to decipher the intelligence.

 Prevent
 Rewater sector could be at particular risk and has been proviously referred to by Cyberspace Solarium Commission Executive Director Mark Montgomery as critical infrastructure's "weakest link."

That's one place where sector partnerships can kick in, with the Environmental Protection Agency (EPA) and other water sector groups able to frame threat information to be most relevant to their space. "Certain advisories, in some cases, have a certain level of technical sophistication that probably requires a little bit of contextualization. And that's why we would encourage a little more frontline engagement between EPA and CISA, to ensure that that information is actionable to our members at the smallest level," Morley said.

Entities also want to receive governments' threat alerts as fast as possible.

Many testifying during the hearing praised the Joint Cyber Defense Collaborative(JCDC) and the government's push to declassify and share information more rapidly, but any extra speed counts. Government information sharing can get slowed down by concerns over what to declassify, but Morley said water entities are rarely looking for sensitive details like those about attributions and tactics. Instead, they often just want to know when a new vulnerability has been detected and what they should do to mitigate it.

Another piece of the puzzle is making sure entities are keeping up their cyberhygiene and at least doing the basics of defense. To that point, Morley advocated for creating a minimum set of "tiered risk- and performance-based" cybersecurity standards for water sector entities.

Government Technology is a sister site to Governing. Both are divisions of e.Republic.



REPOSITORY

& A NEW SEARCHABLE ONLINE



LGRMS, in conjunction with Power DMS, is excited to announce a new searchable online repository of resources for police and sheriff's departments called the LGRMS Resource Library. This resource library will contain complimentary access to LLRMI Model Policies on a secure and searchable platform called Power DMS.

Through our partnership with Power DMS, they are providing our members with free Power DMS access for up to five members of your agency. If you already have Power DMS, you will be able to view all the resources that we have made available. Power DMS makes policy review and revision easy, letting you compare your policy side by side with State standards.

With Power DMS, you can highlight policy changes and send them out to employees with the click of a button. And

by Natalie Sellers, LGRMS Law Enforcement Risk Consultant

> you can use the workflow function to collaborate with legal counsel, as well as GMA and ACCG insurance pools on policy and training material.

Using Power DMS can help you strengthen all layers of agency liability avoidance. Power DMS lets you easily create, distribute, and track policy. It streamlines online training, lets you test for comprehension, and captures all training records for each officer. This can help your agency hold officers accountable and know how to take proper corrective action in the event of inappropriate behavior.

We will be sending out invitations to this free online resource soon that contains all the information needed to get Power DMS working for you and your agency. Or for more information, please contact Natalie Sellers at <u>nsellers@lgrms.com</u>.

Spring FUN WITH SAFETY May SHARE

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. 28.*

Т	Ρ	S	А	S	L	т	S	Ρ	т	к	L	\times	Е	R	appointment combustible
Ν	Е	н	А	U	\subset	н	\vee	U	F	А	\vee	к	\times	W	equipment fitness
Е	Q	R	0	F	Е	н	0	Е	С	z	z	0	Р	н	organization
м	×	А	Ρ	R	Е	G	к	I	Ν	W	Ν	L	Е	R	safety threats
Р	z	I	I	U	А	т	s	Ν	R	Е	0	\times	R	Е	cancer
I	z	F	Q	т	к	Υ	Υ	\subset	т	Е	R	М	т	С	cyber experts
U	F	к	т	в	Н	С	Υ	А	U	\times	С	G	s	I	hazardous physical
Q	Ν	Е	F	Р	М	в	Е	А	0	т	W	Ν	Y	Р	sheriff
Е	F	I	т	N	Е	s	s	н	к	I	Q	U	А	Е	checkup energy
н	А	Z	А	R	D	0	U	s	С	R	R	в	к	\subset	firefighter lockout
Е	L	в	I	т	s	U	в	м	0	\subset	А	м	D	W	recipe
т	s	т	А	Е	R	н	т	F	L	L	N	н	J	J	tagout
R	Е	т	н	G	I	F	Е	R	I	F	0	к	v	D	
Е	J	0	Р	т	N	Е	М	т	N	I	0	Р	Р	А	
0	R	G	А	N	I	z	А	Т	I	0	N	v	Е	Q	



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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. 28*

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MAZE. Spring time is in the air. Although beautiful, the warmer weather can bring out hazards that we don't often remember. Test your ablities 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. 28.*

START

SAFETY IS A"MAZE"ING

SHARE LGRMS RISK CONTROL ACCG | GMA

IPS

LIVING WELL GEORGIA

MAY 2022 ISSUE #15

RECHARGE YOUR WITH YOUR BODY

by Paige Rinehart LGRMS Health Promotion Representative



When tired or stressed, it feels like working out will just make it worse. The truth is physical activity is a powerful energizer.

HERE ARE A FEW WAYS TO MOVE YOUR BODY TO IMPROVE YOUR Physical and mental stamina:

Aerobic exercise like walking, swimming, or biking releases powerful chemicals in the brain that relieve anxiety and increase mental energy.

Strength training such as lifting weights or using a resistance band not only builds muscle, but it can also improve mood, enhance concentration, and increase decision making skills.

You can reap all the benefits of exercise with 30-minutes of moderate exercise five times a week including:

- Better sleep. Try yoga or gentle stretching in the evening.
- More energy. Increasing your heart rate gives you more get-up-and-go power.
- Stronger resilience can boost your immune system and reduce the impact of stress.

It's okay to start small. Schedule a workout at the time of day when your energy is the highest. If you keep at it, the benefits will pay off.

"There is a direct correlation between positive energy and positive results." Joe Rogan



Stress affects the mind and the body, so it makes sense that stress can be eased through both mental and physical exercises. Stretching can be a quick way to relax your body and spirit.

A few movements you can practice when tension starts to build include:

Neck Stretch:

- Stand with your knees slightly bent or sit up straight.
- Drop your chin to your chest.
- Place hands on the back of head while gently pushing down.
- Hold for 30 seconds.
- Breathe steadily.

Ear to Shoulder Stretch:

- Tilt your head, bringing your right ear to your right shoulder.
- Using your left hand, apply slight pressure.
- Feel the stretch along the left side of your neck.
- Repeat on other side.

Upper Back Stretch:

- Stand with your knees slightly bent or sit up straight.
- Clasp your hands in front of you, with arms parallel to floor.
- Keep head relaxed.
- Round upper back and push hands forward with palms away from body.
- Hold for 30 seconds.

Breathe steadily through each stretch and repeat 3-5 times. Whether standing or sitting, maintain a proper alignment with neck and spine in a neutral position, shoulders and torso relaxed.

"The human spirit is like an elastic band. The more you stretch, the greater your capacity." Bidemi Mark-Mordi Physical activity goes beyond our physical health. And there are many ways you can protect yourself, as well as your employees' health. You can start by participating in the LGRMS HPS Forum Call, in which we'll go over a Health Toolkit that provides "tools" to promote health in your organization.

The Health Toolkit for June 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!

CHAMPION TRAINING 2022	<u>CALENDAR</u> Monthly Foru	m Call
 January Monthly Forum Call calendar placed in SH. 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 	<u>Call Time</u> 11:30 AM-12:00 PM <u>Dial-In Numb</u>	 July Forum Call will be held on <u>07/15/2022</u> Will discuss August Toolkit August Forum Call will be held on <u>08/19/2022</u> Will discuss September Toolkit September Forum Call will be held on <u>09/16/2022</u> Will discuss October Toolkit
 April Forum Call will be held on <u>04/14/2022</u> Will discuss May Toolkit May Forum Call will be held on <u>05/20/2022</u> Will discuss June Toolkit June 	(267) 930-4000 Participant Code 491-626-960	 October Forum Call will be held on <u>10/21/2022</u> Will discuss November Toolkit November Forum Call will be held on <u>11/18/2022</u> Will discuss December Toolkit December
 June Forum Call will be held on <u>06/17/2022</u> Will discuss July Toolkit 		 December Forum Call will be held on <u>12/16/2022</u> Will discuss January Toolkit



WEEK	ACTION/ACTIVITY	RESOURCES
Week of May 23rd	 Start planning for first week of June Consider doing a hydration challenge Consider having a sun safety or hydration lunch and learn Promote events on company's social media site and company intranet sites 	 Guide – Anthem: Preventative Care Month Click on Calendar Select June: Preventive Care Men's Health Month – Wear Blue Day June 19th
Week of May 30th	 Hang poster Regular Checkups-Key to Good Health Promote water challenge and lunch and learns Purchase water bottles for hydration challenge 	• Poster- <u>Regular Checkups – Key to Good Health</u>
Week of June 6th	 Promote Men's Health Week: June 13-19, 2022 Distribute flyer Primary Care Makes a Difference Start water challenge Promote Wear Blue Day (June 19th) 	 Men's Health Week Flyer – Anthem: Primary Care Makes a Differ- ence
Week of June 13th	 Distribute flyer Men's Health: Healthy Living Promoting June 19th as Wear Blue Day Promote water challenge and lunch and learns 	 Flyer – <u>Men's Health: Healthy Living</u>
Week of June 20th	 Distribute flyer Prepare for your Appointment Promote any other planned events 	• Flyer – <u>Prepare for your Appointment</u>
Week of June 27th	Distribute flyer Preventative Health Guidelines	• Flyer – <u>Preventative Health Guidelines</u>

FUN WITH RECIPES

FIT & FABULOUS FRITTATA

Ingredients:

Eggs | Spinach | Onion | Tomato | Olive Oil | Cheese



6 eggs beaten | 1 cup chopped spinach | 1/2 Sweet onion diced |1 small tomato seeded and diced | 1 Tbsp olive oil | 30z. shredded part skim cheese

Pour oil in a non-stick pan over medium heat. Add onions to hot pan, cook and stir until soft. Add spinach and tomato until slightly wilted, then pour in egg mixture. Cover and cook on low until thickened. Sprinkle cheese over fritata until melted. Cut into wedges and serve.

FUN WITH SAFETY ANSWER KEY



"Better make mine a double. It's been a tough day."

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 <u>6</u>		<u>12</u>	_	<u>π</u>				_		<u>91</u>			_	<u>- 81</u> N				_	<u>50</u> E				· · ·	<u>л</u>		50	<u>31</u>
	0				-	1			U	IN .	1			0			, ,								5		0
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22	ST	97	92	8	6T	52	8	8T	S	13	ĩ	91	77	6	9	ZU	52	75	0T	Π	50	L	÷	ψŢ	2		
Z	Y	Х	Μ	٨	١	Ţ	S	Я	Ò	d	0	N	W	٦	К	۵	I	H	9	F	Э	۵	С	8	¥		
Cryptoquote Puzzle Asnwer Key																											



Maze Puzzle Asnwer Key



Word Search Puzzle Asnwer Key





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

DCKOUT/ DCKOUT/ DAGOUT/ Controlling

HAZARDOUS ENERGY

What is hazardous energy?

Energy sources including electrical, mechanical, hydraulic, pneumatic, chemical, thermal, or other sources in machines and equipment can be hazardous to workers. During the servicing and maintenance of machines and equipment, the unexpected startup or release of stored energy can result in serious injury or death to workers.

What are the harmful effects of hazardous energy?

Workers servicing or maintaining machines or equipment may be seriously injured or killed if hazardous energy is not properly controlled. Injuries resulting from the failure to control hazardous energy during maintenance activities can be serious or fatal! Injuries may include electrocution, burns, crushing, cutting, lacerating, amputating, or fracturing body parts, and others.

- A steam valve is automatically turned on, burning workers who are repairing a downstream connection in the piping.
- A jammed conveyor system suddenly releases, crushing a worker who is trying to clear the jam.
- Internal wiring on a piece of factory equipment electrically shorts, shocking a worker who is repairing the equipment.

Local Government workers, craftsman workers, electricians, machine operators, and laborers are

among the millions of workers who service equipment routinely and face the greatest risk of injury.

What can be done to control hazardous energy?

The OSHA standard is the minimum safe industry standard for control of hazardous energy. Cities, counties, and authorities in Georgia should follow the OSHA standard. Proper lockout/tagout (LOTO) practices and procedures safeguard workers from hazardous energy releases. The LOTO standard establishes the employer's responsibility to protect workers from hazardous energy.

- The OSHA standard for The Control of Hazardous Energy (Lockout/Tagout) (29 CFR. 1910.147) for general industry, outlines specific action and procedures for addressing and controlling hazardous energy during servicing and maintenance of machines and equipment. Employers are also required to train each worker to ensure that they know, understand, and are able to follow the applicable provisions of the hazardous energy control procedures. Workers must be trained in the purpose and function of the energy control program and have the knowledge and skills required for the safe application, usage, and removal of the energy control devices.
- All employees who work in an area where energy control procedure(s) are utilized need to be instructed in the purpose and use of the energy control procedure(s), especially

prohibition against attempting to restart or reenergize machines or other equipment that are locked or tagged out.

- All employees who are authorized to lockout machines or equipment and perform the service and maintenance operations need to be trained in recognition of applicable hazardous energy sources in the workplace, the type and magnitude of energy found in the workplace, and the means and methods of isolating and/or controlling the energy.
- Specific procedures and limitations relating to tagout systems where they are allowed.
- Retraining of all employees to maintain proficiency or introduce new or changed control methods.

OSHA's Lockout/Tagout <u>Fact Sheet</u> describes the practices and procedures necessary to disable machinery or equipment to prevent the release of hazardous energy. What are you doing to protect your employees?





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DANGE

LOCKED

OUT

DO NOT REMOVE

DONOT

REMEMBER TO HX (



LOCKOUT/TAGOUTS

DO YOU KNOW HOW THE PROCESS WORKS?

Lockout Tags are placed on the locks of equipment and machinery to prevent others from turning on the equipment while it is being serviced. Each person involved in the service, locks out the power with their respective key to ensure they maintain control of the energy source. Use the infographic below to review the proper steps..







What is the OSHA standard for control of hazardous energy sources?

The OSHA standard for *The Control of Hazardous Energy (Lockout/Tagout), Title 29 Code of Federal Regulations (CFR)* Part 1910.147, addresses the practices and procedures necessary to disable machinery or equipment, thereby preventing the release of hazardous energy while employees perform servicing and maintenance activities. The standard outlines measures for controlling hazardous energies—electrical, mechanical, hydraulic, pneumatic, chemical, thermal, and other energy sources.

In addition, 29 CFR 1910.333 sets forth requirements to protect employees working on electric circuits and equipment. This section requires workers to use safe work practices, including lockout and tagging procedures. These provisions apply when employees are exposed to electrical hazards while working on, near, or with conductors or systems that use electric energy.

Why is controlling hazardous energy sources important?

Employees servicing or maintaining machines or equipment may be exposed to serious physical harm or death if hazardous energy is not properly controlled. Craft workers, machine operators, and laborers are among the 3 million workers who service equipment and face the greatest risk. Compliance with the lockout/ tagout standard prevents an estimated 120 fatalities and 50,000 injuries each year. Workers injured on the job from exposure to hazardous energy lose an average of 24 workdays for recuperation.

How can you protect workers?

The lockout/tagout standard establishes the employer's responsibility to protect employees from hazardous energy sources on machines and equipment during service and maintenance. The standard gives each employer the flexibility to develop an energy control program suited to the needs of the particular workplace and the types of machines and equipment being maintained or serviced. This is generally done by affixing the appropriate lockout or tagout devices to energy-isolating devices and by deenergizing machines and equipment. The standard outlines the steps required to do this.

What do employees need to know?

Employees need to be trained to ensure that they know, understand, and follow the applicable provisions of the hazardous energy control procedures. The training must cover at least three areas: aspects of the employer's energy control program; elements of the energy control procedure relevant to the employee's duties or assignment; and the various requirements of the OSHA standards related to lockout/tagout.

What must employers do to protect employees?

The standards establish requirements that employers must follow when employees are exposed to hazardous energy while servicing and maintaining equipment and machinery. Some of the most critical requirements from these standards are outlined below:

- Develop, implement, and enforce an energy control program.
- Use lockout devices for equipment that can be locked out. Tagout devices may be used in lieu of lockout devices only if the tagout program provides employee protection equivalent to that provided through a lockout program.
- Ensure that new or overhauled equipment is capable of being locked out.
- Develop, implement, and enforce an effective tagout program if machines or equipment are not capable of being locked out.

General Self Inspection Program

Location, A	Area, or Department:			C	Date:		
Surveyor:							
General	Evaluation	Needs Action	Needs Improvement	Good	Very Good		
b. c.	ty/Liability Fire protection Housekeeping Slip/trip/fall Public safety						
b. c.	yee Safety Safety meetings Safety rules Work conditions Auto/equipment						
Property/Liability Fire protection Emergency numbers posted Fire extinguishers available/serviced Fire alarm panel showing system is operational; no warning lights. Automatic sprinkler system control valve locked in open position. Automatic sprinkler heads clear of storage within three feet. Flammable, combustible liquids stored in UL-listed containers. Flammable, combustible liquid containers stored in proper cabinet or container. Smoking, No Smoking areas designated/marked. Any cigarette butts noticed in No Smoking areas.							No
Houseke Stairwells Furnace, h Work and µ Floor surfa Stored iter	clear of combustible ite ot water heater, and ele oublic areas are clear of ices kept clear of oils, o ns are not leaning or im s:	ms. ctrical panel are extension corc ther fluids, or w properly suppo	eas clear of combu ls, boxes, equipme /ater. orted; heavy items	stible items. nt, or other	tripping hazards.		
	(7.1)						
Handrails f Guardrails Stair hand Floor surfa All rugs ar Any holes,	s are in good condition for all stairs/steps. for all elevated platforr rails are in good conditing the sare even, with non- e held down or have non- pits or depressions are signs are available and the	ns. on; not loose o slip wax if appl n-slip backing. marked with ta	r broken. icable.	guardrails.			

General Self Inspection Program

Public Safety	Yes	No
Public areas kept clear of storage and supplies.		
Emergency lighting for public assembly areas in buildings.		
Evacuation plans posted for public assembly areas in buildings.		
Public areas have necessary warning or directional signs.		
Construction work has barriers, covers, and markings.		
Street and road signs noted in good condition, clear of obstructions.		
Sidewalks smooth and even; no holes, no raised or broken areas.		
Comments:		

Employee Safety

Safety Meetings

Held in the department. Meetings held monthly guarterly other ; documented	
Different topic each time. Covers department safety rules.	
Safety Rules	
Rules specific for this department. Rules are written, posted in the department. Reviewed with new employees.	

Work Conditions

Employees exposed to:HeatCold		Use of chemicals		
Noise Work i	n confined spaces	Work in trenches		
Traffic Blood	/body fluids	Other		
Proper personal protective equipment availal	ble			
Respirators, goggles, face shields, chemic	cal gloves, traffic vest	s, appropriate clothing		
Trench boxes/shoring for trenching, ear p	lugs/muffs, body arm	or (law enforcement)		
Confined space equipment, harness, air t	esting equipment, ver	ntilation equipment, tripod	1	
Fire department turn-out gear, blood-borr	ne pathogens kits			
Personal protective equipment required to be	e worn.			
Employees trained on proper use.				
Equipment properly maintained.				
Shop equipment has proper guards to protect	t from pinch or caugh	nt-between type injuries.		
Chemicals used in the department.				
MSDS sheets available; employees train	ed on hazards, prope	r use, proper PPE to use.		
Comments:				

Auto and Equipment

Seat belts provided.	
Seat belts required to be used.	
Drivers noted wearing seat belts.	
All lights working including strobe lights, turn signals.	
Tires in good condition, tread, sidewalls.	
Glass in good condition; not cracked, broken.	
Reflective tape, signs in good condition.	
Any periodic, documented, self-inspection of the vehicles/equipment.	
Proper guards on mowers, other equipment.	
Comments:	

Safety Meeting Attendance Sign Up Sheet

City/County:			
Date:			
Department:			
Topic:			
Attendees:			
· · · ·	9		
		•	
			-
·			
Next meeting scheduled for			

Safety Coordinator ____



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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. fa9



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