



LGRMS
RISK CONTROL
ACCG | GMA



Advancing Georgia's Counties.



GEORGIA
MUNICIPAL
ASSOCIATION

July 2016

Local Government Risk Management Services, Inc.

Safety Theme

A Service Organization of the Association County Commissioners of Georgia and the Georgia Municipal Association

The Safety Theme program is designed to help you get an important safety message across to all employees in a simple-to-use format that can be completed each month.

Monthly Theme Poster

Make copies, and post them wherever you will get the most impact.

Safety Theme Article

The article expands on the poster message for the month. Make copies and hand them out to each meeting participant.

Participant Sign-In Sheet

Use the sign-in sheet to document your safety training.

Suggested Agenda for the Monthly Safety Meeting

- Assemble the participants.
- Hand out copies of the article and pass around the sign-in sheet.
- Read the Safety Theme aloud.
- Discuss aspects of the theme relevant to the department, with examples. Ask for ideas and encourage participation.



Training Calendar

Contracts for Local Governments

July 19	Cornelia
July 20	Cartersville
August 2	Tifton
August 3	Statesboro

Advanced Workers' Compensation

August 10	Statesboro
September 13	Cartersville
September 15	Gainesville
October 6	Macon
October 13	Tifton

Local Government Safety Coordinator 1 & 2

August 31	Savannah
September 7	Cornelia
September 21	Tifton
October 4	Macon

Local Government Safety Coordinator 3

September 1	Savannah
September 9	Cornelia
September 22	Tifton
October 5	Macon

Health Promotion Champion

September 21	Tifton
September 22	Statesboro
September 27	Macon
September 28	Jefferson
September 29	Cartersville



LGRMS
RISK CONTROL
ACCG | GMA

ACCG
Advancing Georgia's Counties

GEORGIA
MUNICIPAL
ASSOCIATION

Safety Bulletin

Beat the Heat



Avoid Heat Injuries

Heat Injury Prevention

Now that summer is upon us, precautions must be taken to protect ourselves from the summer heat. Everyone is at risk when temperatures rise above 90°. Heat-related illnesses can cause serious injury and even death if unattended. In fact, extreme summer heat causes more fatalities in the U.S. per year than any other weather-related factor. However, the following preventative measures can help you to avoid heat-related injuries.

For Parents: Never leave your kids alone in a car, even for a minute. Tragically, dozens of kids die every year because they are left unattended in a hot car during the summer. Be particularly mindful of your kid's play activity, and make sure they do the following as well.

Drink plenty of fluids. In hot environments, it is possible for the body to lose one liter of fluids per hour. Thirst is not a good indicator of fluid loss; don't wait until you are thirsty to drink fluids.

Be aware of your environment. If you work in the heat or around heat sources, take whatever steps are possible to control the heat externally.

Take frequent breaks. As the temperature increases, more frequent breaks are needed to stay cool.

Wear proper clothing. Loose, lightweight fabrics encourage heat release.

Acclimatize. It takes at least seven to ten days to get used to working in a hot environment.

Stay in shape. A healthy heart and good muscle tone work more efficiently and generate less heat.

Eat light during the workday. Hot, heavy meals add heat to the body and divert blood flow to aid with digestion. Normal dietary intake typically replaces all salt lost during the day, so there is no need to take salt supplements.

Be aware of special heat stress risk. Caffeine, alcohol, diabetes, or medications for high blood pressure and allergies can increase the risk of heat stress.

When the body is unable to cool itself through sweating, serious heat illness may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If action is not taken to treat heat exhaustion, the illness could progress to heat stroke and possible death.

The following are symptoms and treatments for these heat-related illnesses:

Heat Exhaustion

Symptoms: Heavy sweating; headaches; dizziness/lightheadedness; weakness; mood changes (irritable or confused/can't think straight); feeling sick to your stomach; vomiting/throwing up; decreased and dark-colored urine; fainting/passing out; pale and clammy skin.

Treatment:

- Move the person to a cool, shaded area to rest. Don't leave the person alone. If the person is dizzy or lightheaded, lay them



on their back and raise their legs about six to eight inches. If the person is sick to their stomach, lay them on their side.

- Loosen and remove any heavy clothing.
- Have the person drink some cool water (a small cup every fifteen minutes) if they are not feeling sick to the stomach. Also try carbohydrate-electrolyte drinks, such as sports drinks. Other beverages, such as 2% milk and coconut water, have recently been shown to be effective as well.
- Try to cool the person by fanning them. Cool the skin with a cool spray mist of water or wet cloth.
- If they do not feel better in a few minutes, call for emergency help (ambulance or 911).

If heat exhaustion is not treated, the illness may advance to heat stroke.

Heat Stroke – A Medical Emergency

Symptoms: Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); mood changes (irritable, confused/not making any sense); seizures/fits; collapse/passed out (no response).

Treatment:

- Call for emergency help (ambulance or 911).
- Move the person to a cool shaded area. Don't leave the person alone. Lay them on their back, and if the person is having seizures/fits, remove any object close to them so they won't strike against them. If the person is sick to their stomach, lay them on their side.
- Remove any heavy and outer clothing.
- Have the person drink some cool water (a small cup every fifteen minutes) if they are alert enough to drink anything and not feeling sick to the stomach. Don't force them to drink.
- Try to cool the person by fanning them. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
- If ice is available, place ice packs under the armpits and groin area. If possible, immerse the victim up to the neck in cold water; if that is not possible, place the victim in a cold shower.
- Monitor the victim and be ready to perform CPR if needed.



LGRMS
RISK CONTROL
ACCG | GMA

Local Government Risk Management Services, Inc.

3500 Parkway Lane • Suite 110

Norcross, Georgia 30092

800.650.3120 • 770.246.3149 Fax



July 2016

Heat Injuries

Safety Theme