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May 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, Habersham County
July 20	Cartersville, Bartow County
August 2	Tifton, Tift County
August 3	Statesboro, Bulloch County

Advanced Workers' Compensation

September 2	Tifton, Tift County
September 13	Cartersville, Bartow County
September 15	Gainesville, Hall County
October 6	Macon, Bibb County
October 13	Tifton, Tift County

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GEORGIA
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ASSOCIATION

Safety Bulletin

Tick, Tick, Tick...



What Should You Do If You Pick Up A Hitchhiker?

Tick, Tick, Tick . . .

No, this isn't an alarm clock!

Spring is here and summer is on the way. Now is the time to be aware of those little critters called "ticks". Ticks spend the majority of their time waiting to attach themselves to a host. Since they cannot run, hop, fly, or move quickly, they wait for the host to come near where they are—in shady areas, on tall grass, in brush or weeds, on fences, the sides of buildings—and then fall or snag a ride. They actually can detect nearby vibrations, use chemical cues, or detect shadows to find a potential host.

Once on the host, they insert their head into the skin and feed on the host's blood until they are full. Then, they drop off and go through their reproducing stage. Homes, workplaces, and vegetation can become infested through this process.

Ticks are very small and hard to detect; they can look like a mole, dirt, or a small dark spot on the skin or in your hair. Not all ticks carry diseases, but every precaution should be taken. Lyme Disease, Rocky Mountain Spotted Fever, and Southern tick-associated rash illness are some of the illnesses associated with ticks. If a tick is found, remove it as soon as possible and watch for any type of rash, fever, feeling of weakness, headaches, joint pain, or other illness within the next thirty days. If any type of symptom appears, you need to immediately visit a health care provider.

Precautions to Take

- Wear light-colored clothing so you can see them
- Tuck your pant legs into your socks, so they cannot crawl up onto your leg (some are small enough to go through socks).
- Use a repellent with DEET (skin & clothing) or with permethrin (for clothing) and read manufacturers' directions and warnings for how to use it and who it can be used on.
- After spending time in potentially tick infested areas, do a complete body check, paying attention to the waist, areas with body hair, back of knees, under the arms, around the ears, between the legs, and inside the belly button.



- Remove ticks immediately, using the proper procedure.
- Clothing should also be checked and ticks removed.

Visit the websites at the end of this article for additional information and pictures of the common ticks found in Georgia.

Removal of ticks

The Georgia Department of Health does not recommend common home remedies such as lighting the tick on fire or covering it in petroleum jelly, nail polish, alcohol, or kerosene.

1. Grasp the tick as close to the skin surface as possible with fine-tipped tweezers.
2. Pull the tick straight out slowly. DO NOT squeeze or twist the tick while pulling it out.
3. Wash and treat the bite area with a disinfectant.

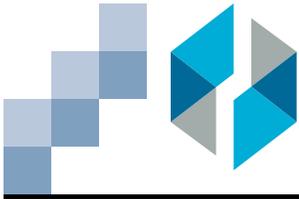
You can save the tick in rubbing alcohol for identification.

Additional Resources

<http://www.cdc.gov/Features/StopTicks/>

<http://health.state.ga.us/pdfs/epi/vbd/allaboutticks.pdf>

<http://health.state.ga.us/pdfs/epi/vbd/VBBrochure2008.pdf>



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