

HEALTH & SAFETY COMMITTEE MEETING

MAY 10TH, 2023

AT 2:30 P.M.

ROOM 250

Please use the following link to view this meeting remotely
<https://www.youtube.com/channel/UCjwHFloW13M224SgVU95Ifg>

Call to Order

Citizen Comment

Approval of Minutes from Previous Meeting

Old Business

- Emergency Guidelines/Safety Procedures Flip Chart
 - Forward to LCIT
- 2023 Blood Drive

New Business

-

Workers' Compensation Incidents – Report Only NOT Included

This Year 12.1.2022– 11.30.23	Last Year 12.1.21 – 11.30.22
April 2023 – 1 claim reported	April 2022 – 0 claims reported
2023 Year to Date – 8 claims reported	2022 Year to Date – 5 claims reported

Safety Concern Submissions

Monthly Safety or Training Topic

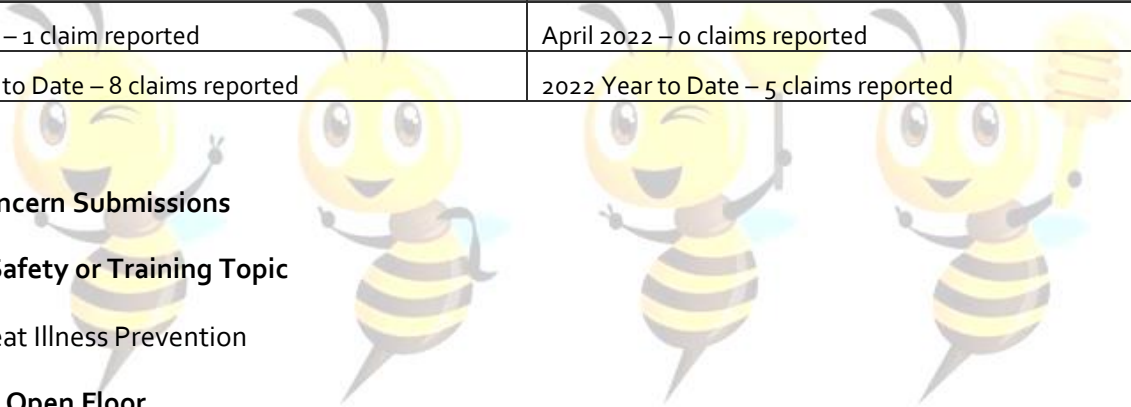
- Heat Illness Prevention

Employee Open Floor

Next Meeting: Wednesday, June 14th, 2023

Adjournment

BEE ALERT AND YOU
WON'T GET HURT!



Safety & Health Committee May 10th, 2023

A meeting of the Safety & Health Committee was held on **May 10, 2023** in Room 250 with the following members present: Board Members Present: Doug Stockley, Dave Torres, William Brown, Matthew Slager and Tony Tooley. Absent: Michael McEmery

Holly Pabian – Recorder’s Office
Jenny Barrie – Health Department
Traci Hancock – Circuit Clerk’s Office
Lisa Dahl – School Health
John Haag – I.T. Department
Jennifer Gende – Auditor’s Office
Fred Moore – EMA
Laura Braasch – CCMSI

Maryann Kettman – Highway Department
John Dyke – Sheriff’s Dept
Delie Lingenfelter – Central Services
Keri Donahue – County Clerk
Jessica Haywood - ROE
Tom Walsh – County Board
Julie Ziel HR Department

Doug Stockley called the meeting to order at 2:30 pm.

The committee observed a moment of silence honoring committee member Joe Witczak.

Motion by William Brown 2nd by Matthew Slager to approve the minutes of the prior meeting. Aye-all. Nay-o. Motion Carried.

Old Business:

- Emergency Guideline/Safety Procedures Flip Chart – Fred Moore announced a draft version of the Emergency Guidelines/Safety Procedures Flip Chart. Before printing, the policies will be reviewed.
- 2023 Blood Drive – In a previous meeting an incorrect date was announced for the 2023 Blood Drive. The correct date is **Thursday, July 27th**. Julie Ziel will follow up with an email to Department Heads, Elected Officials and employees formally announcing the Blood Drive. The email will also contain the link to sign up.

New Business:

- No new business was discussed

Departmental Incident Report:

- April 2023 – 1 claim reported compared to April 2022 – 0 claims reported
- YTD 2023 – 8 claims reported compared to YTD 2022 – 5 claims reported

Safety Concerns Submissions:

- Fred advised he received several safety concerns. The concerns were deemed to be administrative in nature and were forwarded to the respective management group for corrective action.

Employee Open Floor:

- Fred updated the committee regarding a request for hands on fire extinguisher training. He has been in contact with a vendor who has agreed to conduct the training for a discounted rate. Once the expenditure is approved, dates and times will be announced.
- Fred announced Active Shooter training is currently being conducted. Departments who are interested are asked to contact the Sheriff's Department. The possibility of training for board members during full board session was discussed.

Monthly Safety Topic:

- May Monthly Safety Topic – Heat Awareness & Sun Safety. Laura Braasch, CCMSI Loss Control Consultant, provided a brief summary on the risks of heat illness and how to prevent. Signs and symptoms were discussed. Committee members received a hand out with a Heat-Related Emergency Guide. Departments are asked to contact Laura for additional training.

Announcement of Next Meeting: The next meeting is scheduled for June 14th, 2023 at 2:30 pm in Room 250.

Motion by William Brown 2nd by Lisa Dahl that the meeting adjourn. Aye-all Nay-o. Motion Carried.

Minutes prepared by Julie Ziel

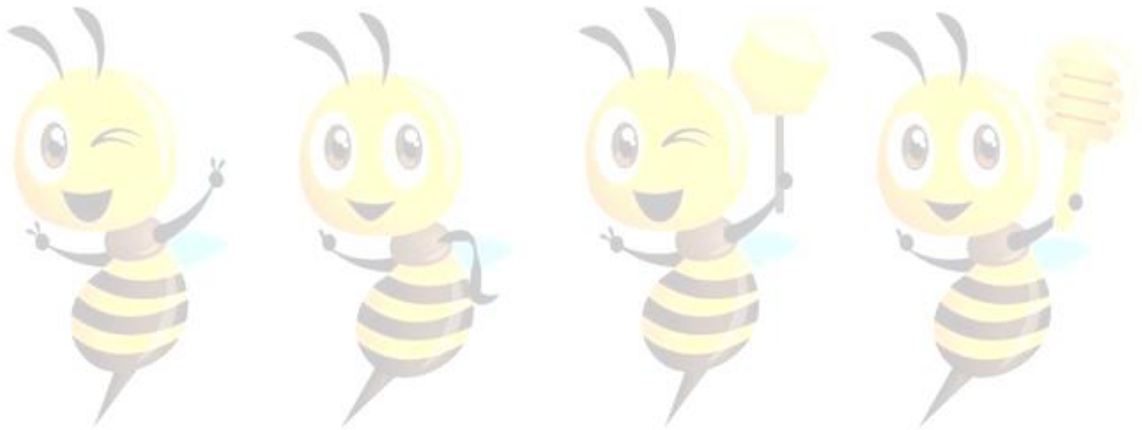


Reports

And

BEE ALERT AND YOU
WON'T GET HURT!

Handouts



GENERAL INDUSTRY

Safety education provided by the insurance professionals at: CCMSI

TARGET → ON SAFETY

Heat-related Illnesses

Overview

Heat and humidity can cause several different types of heat-related illnesses such as heat cramps, heat exhaustion and heat stroke. Knowing the signs and symptoms of each type of heat-related illness will help to keep you safe on the job. Normally, the body has ways of keeping itself cool by allowing heat to escape through the skin and evaporating sweat (perspiration).

However, if the body does not cool down properly or does not cool down enough, a person may suffer a heat-related illness. Anyone is susceptible to a heat-related illness, but the very young and elderly are at the greatest risk. Beyond that, heat-related illnesses can become serious or even deadly if unattended.

Types of Heat-related Emergencies

These are three types of heat-related emergencies:

- **Heat Cramps** are muscular pains and spasms caused by heavy exertion. This is generally the result of a loss of water and salt through sweating.
- **Heat Exhaustion** is caused by fluid loss and decreased blood flow to your vital organs. This condition can produce flu-like symptoms.
- **Heat Stroke** is the most serious heat-related emergency and occurs when the body's internal cooling system has failed. This is a life-threatening condition requiring immediate and aggressive action.

The Heat Index

The heat index is a method that combines air temperature and relative humidity to determine an apparent temperature. The human body normally cools itself through perspiration (or sweating), when the water in sweat evaporates and carries heat away from the body.

However, when the relative humidity is high, the evaporation rate of the water is reduced. This means heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air. The heat index is important to know when doing physical work outdoors, as higher combinations of heat and humidity can make the body more susceptible to heat-related illnesses.

Preventing Heat Related Emergencies

Know the signs and symptoms of the various types of heat-related illnesses. Take time to monitor yourself and be aware of your co-workers. If working outdoors, avoid long periods of direct sunlight. Use cooling fans to keep air circulating around your body. This helps aid your natural cooling process. Wear lightweight, light-colored and loose-fitting clothes when working in warm and humid environments. Drink primarily non-caffeinated fluids. Caffeine actually works against you because it is a diuretic and will cause you to lose more fluids than you are ingesting. Drinking water or other electrolyte products are best. Never wait until you feel thirsty to start hydrating – you are well on your way to becoming dehydrated when you feel thirsty. It is critical to your overall health to stay properly hydrated, especially when working in hot and humid environments.

Heat-related Emergency Guide

The first step is always prevention. In hot and humid environments, always wear loose-fitting and lightweight clothes, take frequent breaks, drink lots of fluids, avoid caffeine (coffee and soda) and alcohol and do not stay in direct sunlight for long periods of time.

Heat Cramps	Heat Exhaustion	Heat Stroke
Heat cramps are muscular pain and spasms due to heavy exertion. Generally thought to be caused by a loss of water and salt through sweating.	Heat exhaustion is caused by fluid loss causing blood flow to decrease to vital organs. As a result of dehydration, victims often complain of flu-like symptoms hours after exposure.	Heat stroke is the most serious type of heat-related illness that is LIFE THREATENING and requires IMMEDIATE care.
Heat cramps usually occur during outdoor activities or strenuous activities. Can occur even when it does not seem very hot or humid.	Heat exhaustion is serious but not life threatening, if identified and treated properly. Without treatment, heat exhaustion can lead to heat stroke.	Heat stroke occurs when the body's heat regulating system fails. Body temperatures raise to a point that brain damage and death may result, unless the body is cooled very quickly.
Signs & Symptoms	Signs & Symptoms	Signs & Symptoms
<ul style="list-style-type: none"> ▪ Leg cramps ▪ Muscle spasms ▪ Stiff abdomen ▪ Weak, faint or dizzy ▪ Stiff abdomen ▪ Possible nausea ▪ Normal mental status 	<ul style="list-style-type: none"> ▪ Skin is cool and moist ▪ Excessive perspiration ▪ Pupils are dilated (large) ▪ Body temp near normal ▪ Headache ▪ Weak, dizzy or faint ▪ Disorientation ▪ Dark and decreased urine 	<ul style="list-style-type: none"> ▪ Skin is hot and dry ▪ No sweating ▪ Pupils are very small ▪ Victim is confused or unable to think straight ▪ Possible seizures ▪ Body temperature is very high (can be as high as 105° F)
Heat Cramps	Heat Exhaustion	Heat Stroke
<ul style="list-style-type: none"> ▪ Move to a cooler location ▪ Seek medical help if victim loses consciousness ▪ Drink plenty of fluids 	<ul style="list-style-type: none"> ▪ Get medical attention ▪ Move victim to a cool area ▪ Lay victim on their back and elevate feet 8-10 inches ▪ If conscious, give water every 15 minutes ▪ Cool by fanning or spraying with cool water 	<ul style="list-style-type: none"> ▪ Call 911 immediately ▪ Move victim to a cool area ▪ Loosen clothing ▪ Douse body with water ▪ Apply ice packs or wet clothes to neck, armpits and groin

General Guidelines and Reminders

Do not underestimate the seriousness of heat-related illnesses. Do not give medication to reduce fever and do not allow the victim to drink any caffeinated or alcoholic beverages. In heat-related emergencies, do not overlook other medical conditions that might be complicated by excessive heat. When in doubt, seek medical attention as soon as possible.

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Loss Report 2023

DEPARTMENTS	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	YTD TOTALS
Nursing Home													0
Maintenance	1												1
Health Dept.													0
Highway Dept.	1		1										2
Sheriff's Office				1									1
Sheriff's Office / Jail	1				1								2
County Parks													0
Central Services													0
Assessor													0
Animal Control													0
Circuit Clerk													0
State's Attorney													0
County Clerk													0
Schools Services													0
Office of Education													0
Auditor													0
HR/County Board													0
Recorder													0
Treasurer													0
Coroner													0
Probation Dept.				1									1
708 Board													0
EMA													0
Env. Services													0
I.T.													0
Detention Home													0
Court Services			1										1
2023 Totals	3	0	2	2	1								8
2022 Totals	1	1	2	1	0	2	1	1	1	1	1	0	12
2021 Totals	3	1	3	1	4	0	1	4	2	4	3	0	26
2020 Totals	2	2	1	1	0	2	3	4	2	2	1	0	20
2019 Totals	4	1	3	5	0	1	2	5	2	1	2	1	27
2018 Totals	5	8	2	1	3	2	1	2	6	0	3	0	33

2017 Totals	3	3	5	1	1	0	6	2	2	6	0	1	29
2016 Totals	3	9	3	5	6	4	11	6	7	8	5	0	67
2015 Totals	2	6	4	1	2	2	6	6	3	4	2	4	42
2014 Totals	4	4	6	5	6	3	7	8	4	3	3	4	57
2013 Totals	5	4	6	6	7	4	1	4	4	3	4	1	49
2012 Totals	6	6	5	2	4	7	4	2	4	5	4	1	50
2011 Totals	4	5	3	1	7	7	8	6	6	3	7	5	62
2010 Totals	5	5	1	3	4	4	6	4	5	2	2	8	49

