



City Safe

A Guide To Assist In Training
Employees About:

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Number 40

Heat, Summer Driving, & Bucket Truck Safety

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City Safe is a publication of the League of Kansas Municipalities and the Kansas Municipal Insurance Trust for the purpose of educating and informing cities about loss control methods and risk management. Contents herein are not intended to provide specific legal or medical advice. Readers should seek advice on specific concerns from a qualified professional.

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Heat Safety

The state of Kansas is having its raining season right now, but the cool weather and rains will not last. Warmer and then just hot weather is fast approaching. This is said every year, but heat related safety is very important. It is very easy to get over heated very quickly. Heat safety does not apply solely to "the boys on the street crew," office employees are susceptible to heat illness also. Office employees might get to work in a cool, air conditioned, office all day, but are just as vulnerable to the heat as any other person, if not more so, since they are not used to the heat when working outside.



With August and scorching triple digit temperatures (compared to cool triple digit temperatures), there are a few things to keep in mind. You may come across as a mother hen, but sometimes constant reminders are a must.

The brave men and women in the military are taught to "beat the heat by drinking water." If they can hydrate and stay functional in some of the warmest climates on Earth, then the hard working city employees in Kansas should have no problems. Beat the heat by drinking water, may seem a little simple, but that is how dehydration is prevented.

One of the body's most important methods of temperature regulation is perspiration. This process draws heat from inside, allowing it to be carried off by radiation or convection. Evaporation of the sweat furthers cooling, since this endothermic process draws yet more heat from the body. When the body becomes sufficiently dehydrated to prevent the production of sweat, this avenue of heat reduction is closed. When the body is no longer capable of sweating core temperature begins to rise swiftly.

Some signs of a person being affected by heat will be minor at first but will proceed as dehydration gets worst. Victims may become confused, hostile, often experience a headache, and may seem intoxicated. Blood pressure may drop significantly from dehydration, leading to possible fainting or dizziness, especially if the victim stands suddenly. Heart rate and respiration rate will increase (tachycardia and tachypnea) as blood pressure drops and the heart attempts to supply enough oxygen to the body. The skin will become red as blood vessels dilate in an attempt to

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increase heat dissipation. The decrease in blood pressure will cause blood vessels to contract as the heat stroke progresses, resulting in a pale or bluish skin color. Complaints of feeling hot may be followed by chills and trembling, as is the case in fever. Some victims, especially young children, may suffer convulsions. Acute dehydration such as that accompanying a heat stroke can produce nausea and vomiting; temporary blindness may also be observed. Eventually, as body organs begin to fail, unconsciousness and coma will result.

Dehydration is best avoided by drinking plenty of water. The greater the amount of water lost through perspiration, the more water must be consumed to replace it and avoid dehydration. Since the body cannot tolerate large deficits or excesses in total body water, consumption of water must be roughly concurrent with the loss (in other words, if one is perspiring, one should also be drinking water frequently). Drinking water beyond the needs of the body entails little risk, since the kidneys will efficiently remove any excess water through the urine with a large margin of safety.

A person's body, during an average day in the summer, loses approximately 2/3 of a gallon of water. This can be through the lungs as water vapor, the skin as sweat, or the kidneys as urine. Some water (a less significant amount, in the absence of diarrhea) is also lost through the bowels. In warm or humid weather or during heavy exertion, however, the water loss can increase by an order of magnitude or more through perspiration; all of which must be promptly replaced. In extreme cases, the losses may be great enough to exceed the body's ability to absorb water from the gastrointestinal tract; in these cases, it is not possible to drink enough water to stay hydrated, and the only way to avoid dehydration is to reduce perspiration (through rest, a move to a cooler environment, etc.).



A useful rule of thumb for avoiding dehydration in hot or humid environments or during strenuous activity involves monitoring the frequency and character of urination. If one develops a full bladder at least every 3-5 hours and the urine is only lightly colored or colorless, chances are that dehydration is not occurring; if urine is deeply colored, or urination occurs only after many hours or not at all, water intake may not be adequate to maintain proper hydration. When large amounts of water are being lost through perspiration and concurrently replaced by drinking, maintaining proper electrolyte balance becomes an issue. Drinking fluids that are hypertonic or hypotonic with respect to perspiration may have grave consequences (hyponatremia or hypernatremia, principally) as the total volume of water turnover increases.

According to the Center for Disease Control (CDC), more than 6,600 people have died from heat related causes from 1999-2006. And last year in Kansas, 130 people died during the summer. These statistics are grim, but dehydration is 100% preventable. Here are some practical tips to prevent you from becoming dehydrated this summer:

- Drink plenty of fluids: on the average, it is recommended to consume at least 8 - eight ounce glasses of fluid a day.
- Sports drinks can encourage active people to drink more fluids because they are flavored and are higher in sodium.
- Avoid caffeinated beverages and alcohol, both contain substances that will cause dehydration.

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- Avoid carbonated beverages because the carbonation may cause bloating or a feeling of fullness and prevent adequate consumption of fluids.
- Wear light colored, absorbable, loose fitting clothes.
- Stay in cool, shaded areas and protect your skin with sunblock whenever possible.

For most of us, being aware and prepared is the easiest way to prevent dehydration from occurring. On hot humid days, an active person can become dehydrated in just 15 minutes. If you experience any of the symptoms above, stop the activity and rest in a cool area. Then drink fluids to replenish the water lost.



First Aid

If you suspect a heat stroke, the body temperature must be lowered immediately. The victim should be moved to a cool area (indoors, or at least in the shade) and clothing removed to promote heat loss (passive cooling). Active cooling methods may be used: The person is bathed in cool water, a hyperthermia vest can be applied, and however, wrapping the victim in wet towels or clothes can actually act as insulation and increase the body temperature. Cold compresses to the torso, head, neck, and groin will help cool the victim. A fan may be used to aid in the evaporation of the water (evaporative method). Immersion in ice or cold water is dangerous as this may cause vasoconstriction in the skin, preventing heat from escaping the body core.

Immersing a victim into a bathtub of cool - but not cold - water (immersion method) is a recognized method of cooling. This method requires the effort of 4-5 persons and the victim should be monitored carefully during the treatment process. This should be avoided for an unconscious victim; if there is no alternative, the victim's head must be held above water.



Hydration is of paramount importance in cooling the victim. This is achieved by drinking water. Commercial isotonic drinks may be used as a substitute. Some authorities are opposed to giving any fluids, except by emergency personnel. Intravenous hydration is necessary if the victim is confused, unconscious, or unable to tolerate oral fluids.

Alcohol rubs will cause further dehydration and impairment of consciousness and should be avoided. The victim's condition should be reassessed and stabilized by trained medical personnel. The victim's heart rate and breathing should be monitored, and CPR may be necessary if the victim goes into cardiac arrest.

The victim should be placed into the recovery position to ensure that the person's airway remains open.

1-800 Number CORRECTED

WORK COMP CLAIMS & MEDICAL BILLS

MUST

**be sent to
Victoria @ IMA**



Victoria, Claims Adjuster
IMA
PO Box 2992
Wichita, KS 67201-2992

Phone: 316-266-6347
Toll Free: 1-800-288-6732 ext. 347
Fax: 316-266-6385
E-Mail: kmitclaims@imacorp.com

0101

MAKE CHECKS PAYABLE TO:
Medical Center
635 Billing Street
Purple, KS 64835

PHONE
PAGE: 1

050608 00002646 1 00120339 2

John Doe
619 Red Street
Blue, KS 65795

☐ Please check box if address is incorrect or insurance information has changed, and indicate change(s) on reverse side.

Please indicate your account number on your check.

DATE	DESCRIPTION OF SERVICE
4-3-08	ENCOUNTER 395731 FOR JOHN DOE WITH 6549 - OFFICE SERVICES - LEVEL 3 ENCOUNTER TOTAL

STATEMENT

IF PAID BY CARD
CARD NUMBER
SIGNATURE
STATE
05

3838-MSTO

60 DAYS 60-90 DAYS 90-120 DAY

Summer Safe Driving



Summer time means more children out and about, running around and riding their bikes in the streets and parks. Summer also means that more part time, seasonal (usually younger and less experienced) help will be driving city vehicles around. These two factors increase employees' chances for a motor vehicle casualty. The last thing a city department needs is a vehicle-related fatality. The best tool for avoiding an accident is prevention - - using common sense, and taking one's time.

Buckle seats belts: This goes for drivers and passengers. Odds are this is the last thing that crosses a

worker's mind as he/she gets into a vehicle, but it is a must. Do periodic seat belt checks; keep drilling on this.

A major cause for motor vehicle fatalities is excess speed. Having city workers slow down will not only give them more time to react to a situation, to stop if need be; it also saves on fuel. So, if slowing down to save lives does not appeal to a person, then maybe saving money will.

Take extra precaution around areas where children and adults are known to be. Swimming pools, bike lanes, and parks are high in pedestrian traffic. The more pedestrians concentrated in a area, the greater the chance there is for an incident.



Set a realistic goal for the number of miles that can be driven safely each day. Make sure you do not try and put in too many miles in one day. Take time to make sure that realistic routes are planned out, so there are not fifty things to do in the last ten minutes of the day, causing someone to rush and become careless.

This brings us to our next point. Driving requires one's full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone.

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Do not try and race the train. The train always wins; even if it is a draw with the train you still lose.

Be patient and courteous to other drivers. Remember the golden rule; treat other like you want to be treated. America is already the greatest country in the world, but if we follow this rule, it will be a little nicer place to be.

A NOTE ABOUT BUCKET SAFETY

We recently heard of a tragic accident that we wanted to bring to your attention. Thankfully, the accident did not involve a city employee.

A tree trimming crew was commissioned to remove a very large tree which had fallen onto a house during recent storm activity. The crew had a bucket truck for personnel to be elevated for access to high branches. Once the crew had removed all the branches from the trunk, they hooked a cable from the bucket itself onto a section of the trunk. They apparently intended to use the bucket to lift sections of the trunk, once it had been cut, and then tow the trunk away from the house.

Unfortunately, a crew member remained in the bucket as it began to lift the trunk. During this process, the cable snapped, flinging the bucket up and catapulting the employee out of the bucket, 60 feet into the air. The employee fell to the ground, striking the bucket and the truck on his way down. The injured worker suffered critical injuries.



How could this type of accident be avoided?

- Clearly, buckets are not intended for lifting or towing large tree trunks or other heavy objects. Having the right equipment for the job and using the equipment as it is intended is one of the first rules of safety.
- Employees working in buckets should be securely anchored within the bucket with personal fall prevention equipment to protect them against injury in the event of an accident.

Please share this tragic story with supervisors and any employees involved in tree trimming and those who work in a bucket truck. We hope that with heightened awareness that another worker will not have to face a tragedy like this.





PICTURES NEEDED

We are again asking for pictures. For some cities who have already submitted pictures before, we are asking for **NEW** pictures. Do you have **ACTION** pictures of city employees working? If you do, KMIT is in need of them. We use these pictures on the KMIT website, in our *CompControl* and *City Safe* publications, as well as in KMIT brochures, flyers, etc. The pictures **MUST** be of city workers working . . . **NO** posed pictures. Digital format is highly desired. Please email pictures to Wendy Flowers at wflowers@lkm.org.



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