



# Introducing Online Safety Training!

KWORCC now offers training online through a partnership with LocalGovU. LocalGovU offers over 150 online training courses specific to the needs of county governments. KWORCC provides training on safety topics that relate to workers compensation issues. Each month several courses are made available to KWORCC members. Training can be accessed 24/7/365 from any computer that has internet access.

**This training is offered to KWORCC members and their staff at no cost!**

Training is a key to loss control, and KWORCC is committed to providing programs that will help member counties meet their training needs. LocalGovU provides tracking and reporting capabilities that may help reduce liability in cases where proof of training can be documented.

**To set up an account and access your training,** go to the KWORCC website: [www.kworcc.com](http://www.kworcc.com) and click on the KWORCC Online Training link. This will take you to the online training page. Follow the instructions to set up your account. Once this is done, a representative from LocalGovU will call you to assist with loading your staff information and setting up the courses for the current month. After you are set up, all of your staff will be able to come to this site to log in and take their courses.

**\*\*Please note: If you are a KCAMP member, you will need to set up a new account through KWORCC to receive this training.**

**Questions?** Contact LocalGovU toll free at 1-866-845-8887 if you have any questions. They are available 8:00 a.m. to 5:00 p.m. CDT Monday through Friday to assist you.

The course schedule for 2011 is as follows:

<b>MARCH</b> Back Injuries Advanced Defensive Driving Chain Saw Safety	<b>JUNE</b> Defensive Driving Basics Slips, Trips and Falls Emergency Preparedness & Egress	<b>OCTOBER</b> Defensive Driving Basics Slips, Trips and Falls Chain Saw Safety
<b>APRIL</b> Defensive Driving Basics Slips, Trips and Falls Forklift Safety	<b>JULY</b> Back Injuries Advanced Defensive Driving Work Zone Safety for Local Government	<b>NOVEMBER</b> Back Injuries Advanced Defensive Driving Workplace Ergonomics
<b>MAY</b> Back Injuries Advanced Defensive Driving Basic First Aid	<b>AUGUST</b> Defensive Driving Basics Slips, Trips and Falls Equipment Safety	<b>DECEMBER</b> Defensive Driving Basics Slips, Trips and Falls Dealing with Cold Stress
	<b>SEPTEMBER</b> Back Injuries Advanced Defensive Driving Trench Safety	

*(continued on page 2)*



700 SW Jackson • Suite 200  
Topeka, Kansas 66603  
Toll Free 1-877-357-1069  
[www.kworcc.com](http://www.kworcc.com)

### CLAIMS REPORTING

For assistance with on-the-job injuries, contact IMA at 1-800-333-8913. Questions on claims should be directed to Susan May. All correspondence, bills or other documentation for your claims can be mailed to Susan's attention at: 8200 E 32nd Street North, Wichita, Kansas 67226.

### TRUSTEES

- **Doyle "Hooley" Alcorn**, President  
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Oberlin, Kansas 67749  
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- **Jim Wise**  
Miami County Commissioner  
201 S Pearl Street  
Paola, Kansas 66071  
(913) 294-3976

## Introducing Dr. Steve Garten, Barber County Commissioner, KWORCC Trustee for the South Central District.

Dr. Steve Garten, has been Barber County Commissioner since September 2000 and is the newest member of the KWORCC Board of Trustees. Steve was born and raised in Barber County. He attended Kansas State University receiving his Doctor of Veterinary Medicine Degree in 1973. Steve practiced in Orange City, Iowa and in Dodge City, Kansas before joining the Air Force in 1975. During his 20-year military career, he was in charge of public health, health promotions, environmental health, occupational health, disaster preparedness and medical intelligence in addition to his veterinary duties. In 1996, Steve and his wife Bev returned to Barber County and established their home in Medicine Lodge. They have four adult children. Steve was the Kansas representative to the National Association of Counties for four years. Steve can be reached at 620-886-3989.

## Wind Chill

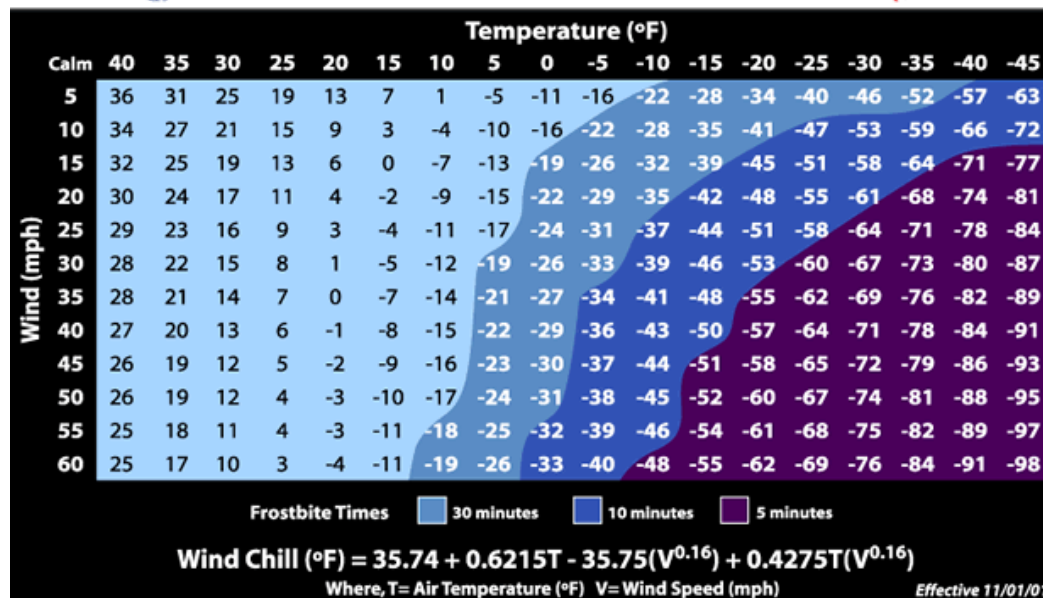
Wind Chill is a frequently misunderstood term. It is not actually a temperature scale but a measurement of heat loss from the combined effect of wind and low temperatures. Another way to look at the wind chill factor is that it is the temperature a person feels because of the wind. If you've ever used a fan to cool yourself on a hot day, then you've felt the effects of a wind chill. A breeze doesn't make the temperature drop, but it can make it seem as if the temperature is cooler than it actually is.

The Antarctic explorer, Paul A. Siple coined the term "Wind Chill" in his dissertation "Adaptation of the Explorer to the Climate of Antarctica," submitted in 1939. Siple was the youngest member of Admiral Byrd's Antarctica expedition in 1928-1930 and later made other trips to the Antarctic as part of Byrd's staff and for the United States Department of the Interior assigned to the United States Antarctic Expedition. He also served in many other endeavors related to the study of cold climates.

**Here's how it works.** The basic law of thermodynamics says that any object warmer than its surroundings will lose heat. Normally we have an invisible layer of "still" air on the surface of our skin that acts like a blanket of insulation and slows our loss of body heat. Blowing wind reduces this insulating layer of warm air next to our skin and increases our rate of heat loss. The faster the wind blows, the more quickly we lose heat.



## NWS Windchill Chart



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Secondly, wind draws away body heat by quickly evaporating any moisture that forms on the skin; essentially, the stronger the wind, the greater the evaporation and the colder you feel. **The wind chill factor becomes critical when the air temperature drops below the freezing point.** If wind is taking away heat faster than our bodies can replace it, we can end up with frostbite. The danger of frostbite increases sharply as the air temperature falls and the wind speed climbs.

**Frostbite** is the crystallization of tissue fluid caused by exposure to temperatures below freezing and occurs when skin and the underlying tissues freeze. The areas most likely to be affected by cold temperatures or low wind chill factor are the hands, feet, nose and ears. The symptoms of frostbite are redness and pain in the early stages, followed by a waxy white appearance, numbness, and the skin may feel stiff and even brittle, a definite lack of sensitivity to touch, although there is probably a sharp, aching pain. The skin becomes hard, pale and cold, and white patches may be seen. In severe cases, the blood vessels are damaged. To treat frostbite, never rub or immerse the affected area in hot water. Use warm water, 100° F to 105° F. Or warm the area with dry, gloved hands. If your feet are frostbitten, do not walk on them. If the skin tingles and there is a burning sensation when warming, the circulation is returning. If numbness remains, seek professional medical care immediately.

While exposure to low wind chills can be life threatening to both humans and animals alike, the only effect that wind chill has on inanimate objects, such as vehicles, is that it shortens the time it takes the object to cool to the actual air temperature (it cannot cool the object below that temperature). For example, water freezes at 32° F, regardless of what the wind chill temperature is.

The current wind chill temperature index (WCI) formula was developed during 2000-2001 and implemented for the winter of 2001-2002. A Joint Action Group for Temperature Indices (JAG/TI) consisting of the National Weather Service, Meteorologic Services of Canada, the academic research community and the International Society of Biometeorology, developed the formula. The JAG/TI formula made use of the advances in science, technology and computer modeling to provide a more accurate, understandable, and useful formula for calculating the dangers from winter winds and freezing temperatures. In addition, clinical trials were conducted and the results of those trials have been used to verify and improve the accuracy of the new formula.

#### Wind Chill / Frostbite Guidelines

30° F or greater. Chilly. Generally unpleasant.  
 15° F to - 30° F Cold. Unpleasant.  
 0° F to -15° F Very cold. Very unpleasant.  
 - 0° F to - 20° F Bitter cold. Frostbite possible.  
 - 20° F to - 60° F Extremely cold. Frostbite likely. Outdoor activity becomes dangerous.

- 60° F or less Frigidly cold. Exposed flesh will freeze within 30 seconds.

**Hypothermia** is a condition that occurs when the body's internal temperature drops steadily. The onset of hypothermia begins when the core temperature dips below 95° F. If this condition is not reversed it can bring fatal consequences. Hypothermia can develop with little warning and is generally characterized by uncontrollable shivering. Mild hypothermia can be treated by drinking warm liquids or by taking a hot shower. A more serious condition requires medical attention.

#### Prevention of Cold Injury

- Use the "buddy system;" this is the best way to prevent cold injury.
  - If you begin to feel cold, do some exercises until you start feeling warm again.
  - Dress for the weather and avoid getting wet or damp.
- To stay warm remember the word **C-O-L-D**:

- C** Cleanliness and Care: Feet, socks and clothing are warmer when clean. Good foot care is essential.
- O** Overheating: Prevent overheating by adjusting your clothing to the job being performed.
- L** Loose and Layered: Loose-fitting clothing ensures good circulation and insulation. Layered clothing provides air spaces which hold body heat and allows you to adjust the number of layers to be proportional to the temperature and activity being performed.
- D** Dampness: Any wet garment is a cold garment, just as tight-fitting garments are cold producing garments. Keep clothing dry.

#### First Aid for Cold Injuries

- Get individual off his or her feet.
- Get individual into warm dry clothing.
- Get individual warm fluids to drink (*no alcohol*)
- Do not smoke.
- Keep the effected area clean, warm and dry. Do not allow to REFREEZE.
- Do not rub effected area.
- Seek immediate medical assistance.

#### Record Lows in Kansas

City	Temperature	Date
Concordia:	-33 Degrees Fahrenheit	01-08-1886
Topeka:	-26 Degrees Fahrenheit	12-23-1989
Wichita:	-22 Degrees Fahrenheit	02-12-1899
Salina:	-31 Degrees Fahrenheit	02-13-1905
Dodge City:	-26 Degrees Fahrenheit	02-12-1889
Goodland:	-27 Degrees Fahrenheit	12-22-1989

\*The coldest temperature ever recorded in Kansas was - 40 degrees F in Lebanon, KS on 2-13-1905.



**KANSAS  
WORKERS RISK COOPERATIVE  
for COUNTIES**

700 SW Jackson, Suite 200  
Topeka, KS 66603-3731

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### Safety Video Library

Recomended winter/spring safety videos:

Chain Saw and Common Sense	G8
Carpal Tunnel Syndrome	G-30
Flagging Safety	G119
Low Visibility Driving	G94
Avoiding Back Pain	G-87
Slips, Trips and Falls (DVD)	G114
Workplace Violence for Employees	G-48
Homicide in the Work Place	G-49

Email Nicole at [nicole@kworcc.com](mailto:nicole@kworcc.com) or give her a call at 877-357-1069 to order these or any of the many other helpful safety videos in our library today.

## 2011 Board Meeting Dates

- ✓ January 20<sup>th</sup>
- ✓ February 17<sup>th</sup>
- March 17<sup>th</sup>
- April 28<sup>th</sup>
- May 19<sup>th</sup>
- June 16<sup>th</sup>
- July 21<sup>st</sup>
- August 18<sup>th</sup>
- September 22<sup>nd</sup>
- October 27<sup>th</sup>
- November 14<sup>th</sup> – Annual Meeting
- December 15<sup>th</sup>