

# the **checkup**

your pulse on preparedness

A Kansas Healthcare Coalition Publication

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## Managing Ice & Snow



*It's that time of year to make sure your organization is ready to manage ice and snow. By using snow and ice control best management practices, you can help make roads, parking lots and sidewalks safer.*

The following are recommendations to consider:

- \* Establish a Snow & Ice Removal Management Plan and review it with involved staff annually. The Plan should have contact numbers updated annually as well and any service contracts. (Remember to inform staff as to who to call for assistance with snow removal and post numbers appropriately.)
- \* Review with involved staff where the removed snow is to be stored (remember that runoff of melted treated snow/ice may contain dissolved salts. Salt dissolves into water and leaves chloride, which is incredibly difficult to remove from waterways). Also, the order of snow removal and application of ice melt should be reviewed. You may need to review with staff that applying ice melt during the middle of a storm should not be done (it should be used before and after).
- \* Verify that all equipment is serviced and calibrated annually so that the right amount of material is put down. Confirm that an appropriate supply of fuel, ice melt and sand are secured.
- \* Staff should take time to stretch before starting to shovel snow. This will help reduce injury to those muscles that have been inactive for awhile. Avoid heavy lifting by clearing the snow a little bit at a time. Moving 5-6 inches is a lot more difficult than shoveling every two inches. Encourage water breaks. Remind staff to bend at the knees and let their legs do the lifting.



- \* Encourage staff to cover every part of their body (including their face) and wear layers of loose-fitting clothing to protect against frostbite and hypothermia. In cold weather, the body actually loses heat faster than it can produce it.
- \* If possible, have staff work from home when temperatures are dangerously cold. Since this is not always possible, encourage all staff to make arrangements to stay at the hospital or office should inclement weather create unsafe conditions for traveling
- \* Staff should wear sensible footwear when streets and sidewalks are snow-covered and icy. Flat-soled shoes with treads (not smooth

soles) make it easier to plant your entire foot securely on the surface, which improves balance. Water-resistant boots designed to protect one's feet from the cold are also a good choice. Walk "like a penguin" with hands out of pockets, feet out slightly, taking slow shorter steps. Sunglasses are a must to avoid eye injury.

- \* Be aware of surroundings. When walking, always look ahead to anticipate any change in conditions, such as a patch of ice, black ice or uneven pavement. Avoid steps or curbs with ice on them. Avoid using headphones that block out the sound of oncoming vehicles, especially snow plows.
- \* Many wintertime injuries occur when getting in or out of a vehicle. To avoid this, encourage staff to be mindful of where they park to try to make sure they won't be stepping out onto a patch of ice, slush, or snow and to exit the vehicle with caution. Hold onto something for support when getting out, and be just as careful when returning.



*Fun Fact: According to the Guinness World Records, the largest snowflake in the world was 15 inches wide and 8 inches thick.*

# Managing Ice & Snow Continued:



Kelly Blue Book has 20 tips for winter driving on the following topics:

Staying Home, Removing Snow and Ice, Decreasing Speed, Minimizing Distractions, Using AWD or 4WD, Keeping a Full Tank of Gas, Schooling Your Teen Drivers on Winter Driving, Watching for Deer, Black Ice, Using Cruise Control with Snow/Ice, What to Check and Inspect, Not Blocking the Radiator, and what Emergency Supplies to Carry.

<https://www.kbb.com/car-news/20-tips-for-safe-winter-driving/#link20>

## Other tips for winter driving:

- \* If stranded and low on phone battery, change the phone's greeting message to the time, location (to the best of your understanding), actions you are taking if walking away from your vehicle, etc. Even if your phone's battery ceases, the message will continue to play if number is called.
- \* Plan for the unexpected. Pack non-perishable food, bottled water, blankets, a flashlight, cellphone, cellphone battery, first-aid kit, air compressor, tire-pressure gauge, a small shovel, jumper cables, extra jacket, boots, gloves, and your prescription drugs. A bag of kitty litter or sand that can be used for traction under a tire is also a good idea. It might also come in handy to keep a bag of environmentally-friendly ice melt in the car.



Carbon monoxide is an odorless, invisible gas found in exhaust fumes of certain fuels such as gas, wood, and coal. Inhaling the fumes leads to carbon monoxide poisoning, which can cause heart and brain problems. Early symptoms of carbon monoxide poisoning include: headaches, nausea, dizziness, fatigue.

The risk for carbon monoxide poisoning skyrockets in the winter due to the increased use of furnaces, fireplaces, and heaters.

To prevent carbon monoxide poisoning, every year you should:

1. Inspect your heating system
2. Clean your fireplace's flue and chimney
3. Make sure any fuel-burning devices, like gasoline generators or heaters, are ventilated properly
4. Test your carbon monoxide alarm — or install one (or more) if you haven't already
5. Never warm your car up inside a closed garage, either.



## Migration to New Authentication Method

Your organization and/or members may have received notification that Juvare (eICS, EMResource, Web EOC) has recently migrated to a new authentication method. Directions were given in the email notification as to the new log-in process. To make the updates, you will need to use the login URL: <https://login.juvare.com>, your login email and the last password used to log into the system. If you are unable to access your account with these details, please reset your password at: <https://login.juvare.com/signin/forgot-password>. Still unable to log in? Please contact the Juvare Support Center at: [support@juvare.com](mailto:support@juvare.com).

## Telemed Equipment Available

HCCP of Kansas secured funding to provide post-acute care facilities with a small equipment package that includes a tablet-type computer, a pulse oximeter and a digital stethoscope. The integration of post-acute care organizations into local telemedicine networks will assist with the transition of patients/residents from an acute care facilities and may reduce the movement of patients/residents to clinics or acute care settings for doctor appointments/consultations.

The URL below is the application for those facilities interested in participating in this exciting opportunity to bring telemed into the Post-Acute Care setting and improve the transition process. HCCP will be accepting these applications as long as equipment is available. Eligibility requirements for this funding can be found in the telemed equipment application page which is linked below. Please note that the distribution is done on a first come, first served basis.

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=AAkaju_pN0GOSIFE11irrYmIIkb4FEsMv2TrZk4yx3RUNzA3RUNXVIE4QIQyNEFYNDRIMVdUSUsxRy4u)

[id=AAkaju\\_pN0GOSIFE11irrYmIIkb4FEsMv2TrZk4yx3RUNzA3RUNXVIE4QIQyNEFYNDRIMVdUSUsxRy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=AAkaju_pN0GOSIFE11irrYmIIkb4FEsMv2TrZk4yx3RUNzA3RUNXVIE4QIQyNEFYNDRIMVdUSUsxRy4u)







## Healthcare Coalition Partners of KS, LLC Receives KLC 2022 Leadership Transformation Grant



The Kansas Leadership Center (KLC) has selected Healthcare Coalition Partners of KS, LLC (HCCP) to receive a Leadership Transformation Grant. The grant will help HCCP to create a culture that embraces change, tackles problems and seizes opportunities. "HCCP of KS is thankful for this opportunity to better our leadership skills and apply them as we assist our coalitions," states Tami Wood, Co-Owner.



## Workplan Items Due to ASPR:

- \* 11/30/21 Review the HCC Response Plan for completeness and consistency with requirements, including inclusion of a burn annex reviewed and/or updated after each exercise and major event.
- \* 12/31/21 Complete the Redundant Communications Drill
- \* 12/1/2021 Final Preparedness Plan approved and sent to KDHE
- \* 12/31/21 Review de-identified data from EmPower to HCC membership



As you likely know, the HCC now has annual mini-grants available. These grants will be awarded to member healthcare organizations to increase the capacity of the HCC members to prepare, plan or respond to an event within the region. The mini grant should be linked to an identified gap or vulnerability from the Hazard Vulnerability Analysis. In order to apply for the grant, your organization must be a member of the HCC. To verify membership status, please make your way to [www.kshcc.com](http://www.kshcc.com) and log-in. Once logged in, the member organizations are listed on the Membership Directory. (If you are a member, please update contact information as needed using the form provided or [webmaster@kshcc.com](mailto:webmaster@kshcc.com).) The application is located at: [www.bit.ly/BP3Minigrant](http://www.bit.ly/BP3Minigrant).

There are still many items available in the COVID Cache. Remember that free shipping to your facility is available. Please complete your order on the website. There is no cost or repayment of PPE involved. [KANSAS HEALTHCARE COALITIONS - | Kansas Healthcare Coalitions \(kshcc.com\)](http://www.kshcc.com). Some items may have limited quantities available.



New OSHA and CMS Regulations have just been released regarding mandated COVID vaccinations. Please contact your Readiness & Response Coordinator for copies of the regulations. Additionally, OSHA created a webinar to provide information on their new Emergency Temporary Standard. This webinar is located at:

[COVID-19 Vaccination and Testing Emergency Temporary Standard - YouTube](https://www.youtube.com/watch?v=...)



*We all need a break sometimes! Speaker Vance Havener once stated, "If you don't come apart, you'll come a-part!" So, come away for a few minutes and think about some happy memories. Can you remember: Getting mail other than bills or junk mail, taking a drive on a pretty road, hearing your favorite song on the radio, lying in bed listening to the rain outside, hot towels out of the dryer, finding the sweater you want is on sale for half price, chocolate milkshake, a bubble bath, giggling, a good conversation, the beach, finding a \$5 bill in your coat from last winter, laughing at yourself, running through sprinklers, laughing at an inside joke or a date with a friend? Cherish the memories. We hope you enjoyed your break; it was well-deserved.*



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