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ONLINE UNIVERSITY COURSE HIGHLIGHT

**FC09: Operating Safety
Committees**

Learn more online
www.imwca.org

IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION
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Comments or suggestions, call
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the Informer

A monthly newsletter addressing workplace safety by Iowa Municipalities Workers' Compensation Association.

There's an app for that

Just a few years ago cell phones were something we used to place telephone calls. Today things are moving at the speed of light (or fiber optics) and a cell phone is more than a phone. In fact, phone calls have taken a back seat to texting, Facebook, Twitter and email. And the "smart phone" has all but taken over the way we communicate with each other. Safety and health are no exception, and smart phone apps have been popping up in surprising places.

Let's start with an app that is particularly timely: the Occupational Safety and Health Administration (OSHA) Heat Tool. If you have a smart phone you can download the OSHA Heat Safety Tool at www.osha.gov/SLTC/heatillness/heat_index/heat_app.html. Take your pick: iPhone or Android. Enter the current temperature and humidity, and the app calculates the heat index and provides a risk level. Under "Precautions" the app provides recommendations for working in the current conditions. To make it even easier, the app will use your current location to populate the temperature and humidity and provide the appropriate information. There are emergency planning and training tips available, all from OSHA.

Hot weather produces another concern: too much sun. Not to worry, the Environmental Protection Agency (EPA) has an app that will calculate the ultra violet (UV) index for you. Enter a zip code or use your current location and the app does the rest. This app provides

an hourly forecast and risk level for UV exposure, a forecast for the next three days, and a link to a Web site with more information. Learn more and find the app at www.epa.gov/sunwise/uvindex.html

The National Institute for Occupational Safety and Health (NIOSH) recently released a ladder safety app. Available for both iPhone and Android, it contains information on ladder selection, inspection, set up and proper use. One of the neatest gee-wiz pieces of the app is the measuring tool. The tool is built into the app so you hold the phone flat against the side rail of the ladder and move the ladder until you hear a beeping sound. To check the angle, align the phone on the top of the side rail. The app gives you a reading of the angle and a green light when you get it right. To learn more and download the app, go to www.cdc.gov/niosh/updates/upd-06-17-13.html.

Do you know of another app out there designed for safety and health? Send us a note at LossControl@iowaleague.org, and we'll share the app information with the rest of IMWCA in a future Informer.



Altoona attains Best Practices

The city of Altoona joined an elite group of IMWCA members by qualifying for the Best Practices award. Jeff Hovey, director of risk services, presented the award to the mayor and representatives of the employee safety committee on July 2. A plaque recognizing the accomplishment and a check for \$2,000 to be used for furthering the safety and loss control efforts of the city were presented by several staff members, including Dean Schade, senior loss control representative and Tim Kirgan, marketing manager. To learn more about Best Practices, visit the Loss Control section of www.imwca.org.



Welcome new members!

For the first time in history, IMWCA renewed its policies July 1 with more than 500 members! We are happy to welcome our newest additions:

Cerro Gordo County
Fort Atkinson
Humboldt County
Manly
Mediapolis

IMWCA hosts Iowa League of Cities Annual Conference workshop

Everyone Goes Home is a National Fallen Firefighters Foundation (NFFF) program designed to prevent firefighter line-of-duty deaths and injuries. The program promotes 16 firefighter Lifesaving Initiatives with the goal to reduce the number of preventable firefighter line-of-duty injuries and deaths. The program developed a series of trainings that are targeted at specific fundamental attitudes and behaviors found in the fire service that will impact a change in the culture of fire and emergency services operations.

To learn about the “courage to be safe” and the 16 lifesaving initiatives, join Scott Lyon with Iowa Firefighters Resource and deputy chief for the city of Clive at the Iowa League of Cities Annual Conference & Exhibit, September 25-27 in Dubuque. Lyon will help you learn how to protect the people who protect our communities. Learn more about the conference on the Iowa League of Cities Web site, www.iowaleague.org.

2013 One-Day Safety University

IMWCA will host the fifth annual One Day Safety University on October 15, 2013, at the Ankeny Fire Station #1 located at 410 W. 1st Street.

This year’s sessions include:

- Guest presenter on NFPA 70E Arc Flash requirements
- Human resource issues and hiring, including panel discussions about functional capacity exams and workers compensation history
- Panelist discuss getting and keeping boards and councils involved in safety
- Safety manual basics
- Seatbelt usage strategies
- IMWCA staff updates on volunteer firefighter issues such as junior firefighter programs and new safety training resources

The free sessions begins at 9 a.m. and concludes at 4 p.m. with lunch provided.

Online registration is available online at www.imwca.org. Check the IMWCA calendar to find the registration link or contact LossControl@iowaleague.org for more information.

Run, walk for health, fitness

IMWCA is once again sponsoring a Fun Run/Walk at the Iowa League of Cities' Annual Conference & Exhibit in Dubuque. The whole conference goes from September 25-27, and the Run/Walk will take place Thursday morning, September 26. The event is free for registered, conference attendees, and individuals who register by August 21 will receive a free, IMWCA Run/Walk shirt.

Everyone can benefit from a running or walking routine. Check out the article to the right, reprinted from Fit Day's Web site, to learn more:



Eagle Point Park in Dubuque, the site of this year's IMWCA Fun Run/Walk. Join us to take in views of the mighty Mississippi River from the bluffs of Dubuque.

refresh
YOUR VIEW

Is one better than the other?

Adding aerobic exercise to your routine is an excellent way to build your cardiovascular fitness. Running and walking are both excellent aerobic exercises. Both will help promote weight loss, improve your sleep, elevate your mood, boost your energy level, decrease blood pressure and cholesterol levels and decrease the risk of cancer, diabetes, and heart disease.

Distance wise, a 160 pound person burns about 100 calories per mile walking or running. If you look at it on a calories-burned-per-hour basis, a person will burn more calories by running an hour rather than walking an hour.

You may have heard that walking burns more fat than running because while exercising at a lower intensity, fat is being used as fuel. This is actually true. As you increase your exercise intensity from walking into a run, more carbohydrates from your body are used to fuel the exercise. But it doesn't matter if fat or carbs are being used as fuel. What matters most is how many total calories you burn for the time you have exercised. If you have 30 minutes to exercise you will burn 187 calories walking 4 mph versus burning 365 calories running at 6mph. Walking may burn more fat for fuel, but running burns more total calories which will contribute to greater weight loss.

If you choose to run, reduce your risk of injury by running on the best surfaces in this order: Grass, woodland trails, earth, cinders and man-made tracks; wear good quality shoes that have been fitted for you by a shoe expert. Run with correct form and technique, gradually increase the mileage that you run.

Walking or running both have benefits. Choose that which best meets your needs and preferences.

Reprinted from www.fitday.com/fitness-articles/fitness/walking-vs-running-which-one-is-best.html

IMWCA Informer is a bimonthly newsletter published by the Iowa Municipalities Workers' Compensation Association (IMWCA) in cooperation with the Iowa League of Cities.

This newsletter is designed to educate local officials on workers' compensation issues. Suggestions for articles or topics to appear in IMWCA Informer are always welcome. Contact IMWCA at (515) 244-7282. You may also view this publication online at www.imwca.org.

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