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# the Informer

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

## OSHA adopts new reporting regulations

Recently, the Occupational Safety and Health Administration (OSHA) adopted new regulations which change how and when employers must provide notification pertaining to workplace fatalities, amputations, eye loss and hospital admissions. The State of Iowa is also adopting these new regulations. It is anticipated these regulations will become effective in Iowa around January 15, 2015. The new regulations expand what employers must report. Up to this point employers have been required to notify OSHA or Iowa OSHA of the following:

- All work-related fatalities
- Work-related hospitalizations of three or more employees

### What Must Be Reported Under The New Requirements?

Once the new regulations become effective in 2015, employers will be required to report the following to OSHA:

- All work-related fatalities
- All work-related inpatient hospitalizations of one or more employees
- All work-related amputations
- All work-related losses of an eye

The above represent a significant change with regards to what employers must report to OSHA. According to OSHA the purpose of the reporting requirements is to provide the agency with more complete information about workplace fatalities and serious injuries.

### Definitions:

For the purposes of the new reporting requirements OSHA provides the following definitions:

- Hospitalization means an employee being formally admitted for care or treatment on an inpatient basis. This does not include ER visits or being admitted only for diagnostic testing or for observation. Please note that employers do have to report an inpatient hospitalization due to a heart attack, if the heart attack resulted from a work-related incident.
- Amputation is defined by OSHA as, "The traumatic loss of a limb or other external body part. Amputations include a part, such as a limb or appendage, that has been severed, cut off, amputated (either completely or partially); fingertip amputations with or without bone loss; medical amputations resulting from irreparable damage; and amputations of body parts that have since been reattached."
- Loss of an eye means that the eye has been separated from the socket.

### Reporting Time Frames:

Employers have 24 hours after learning of the event to report hospitalizations, amputations or the loss of an eye. Work related fatalities must be reported by the employer within 8 hours of learning of the incident. Employers only have to report fatalities that occur within 30 days of a work-related incident.

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**How to Make Required Notification:**

In Iowa employers can call (877) 2IA-OSHA to make these reports. The line is available 24 hours a day, including weekends and holidays. To report in person, employers can go to the Iowa Division of Labor at 1000 East Grand Avenue in Des Moines.

**For more information:**

www.iowaworkforce.org/labor/iosh/  
www.osha.gov/recordkeeping2014/reporting.html



# Wellness challenge

Last year more than three-fourths of the League's staff elected to take part in a little healthy competition (pun intended). The contest: Live Healthy Iowa's 10 Week Wellness Challenge.

According to the Live Healthy Iowa Web site, since 2002 the 10 Week Wellness Challenge has helped more than 230,000 participants lose 925,639 pounds and log nearly 40 million miles of physical activity.

Registration will be available soon for the 2015 Challenge. Participating is easy and relatively cost-effective. Using the Live Healthy Iowa Web site, teams of 2-10 individuals track activity and/or weight loss over 10 weeks. The League chose to register multiple teams from the same organization, but you could also compete with your spouse or neighbor by signing up a single team.

Teams can choose to compete in one of two categories, or both: Minutes of Physical Activity and/or Weight Loss Division. In either case, individuals track and record minutes of activity and weight loss which is used to calculate your team's percentage weight loss and total activity minutes.

Consider participating in the 2015 Challenge with your co-workers, friends or family. Registration opens December 15, and the 10 Week Wellness Challenge happens from January 26 - April 3, 2015. Learn more on the Live Healthy Iowa Web site, livehealthyiowa.org. Improve your health while engaging in a fun, friendly competition.

## Welcome Madison Williamson



The Iowa League of Cities welcomes Madison Williamson as its new Administrative Assistant for the Iowa Municipalities Worker's Compensation Association. Williamson spent the last three years working for Consumer Safety Technology. She recently married and enjoys spending her free time with family.

## All of us wish all of you a joyful & safe holiday season.

The office will also be closed the afternoon of December 24 through December 26 and January 1 and 2.



IMWCA Informer is a monthly 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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