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ONLINE UNIVERSITY  
COURSE HIGHLIGHT

Tailgate Topics: BU64

Learn more online  
[www.imwca.org](http://www.imwca.org)



Comments or suggestions, call  
Bethany Crile, newsletter editor, at  
(515) 244-7282 or email  
[bethanycrile@iowaleague.org](mailto:bethanycrile@iowaleague.org).



# The Informer

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

## Regional Workshops to feature trainings

The dates, times and locations for the IMWCA 2015 Regional Workshops have been set and posted on the IMWCA Web page. Registration is open with some locations already filling up quickly.

Among this year's topics is the IMWCA Online University. Our vendor, FirstNet Learning, will review the basics of using the Online University and will highlight new options that improve usability. Time for questions is also scheduled during this session. More information about IMWCA's Online University is available in the Loss Control section of [www.imwca.org](http://www.imwca.org).

The Regional Workshops will also discuss the different levels of safety training required for the various exposure levels, including how to determine what level your employees need. We will also discuss training options, what training is required by the Occupational Safety and Health Administration (OSHA) and the most common

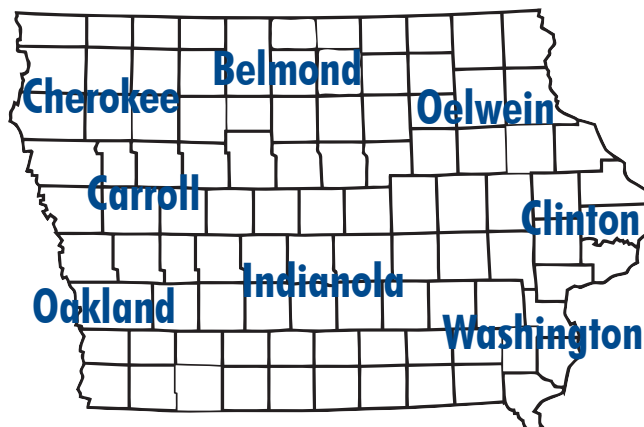
mistakes employers make with safety training.

In addition to the training discussed at the Regional Workshops, IMWCA offers a Video Library. More than 30 DVDs are available for check-out on topics like bloodborne pathogens, office ergonomics, lockout/tagout, ladder safety and more. IMWCA also offers model, customizable programs on many of the same topics. All this can be found at [www.imwca.org](http://www.imwca.org), under Loss Control.

Questions regarding a regional workshop or IMWCA training resources can be sent to [losscontrol@iowaleague.org](mailto:losscontrol@iowaleague.org), or call Ron Sinnwell at (515) 974-5339.

### Dates | Times | Location

- February 3 | 1-3:30 p.m. | Cherokee
- February 4 | 9-11:30 a.m. | Belmond
- February 5 | 9-11:30 a.m. | Oelwein
- February 10 | 1-3:30 p.m. | Clinton
- February 11 | 9-11:30 a.m. | Washington
- February 12 | 9-11:30 a.m. | Indianola
- February 17 | 9-11:30 a.m. | Oakland
- February 18 | 9-11:30 a.m. | Carroll



## Removing snow the healthy way



It is that time of year again! Snow is here, so we must go into the cold to remove it from our driveways, sidewalks, etc. According to the American Journal of Emergency Medicine, 11,500 people visit the emergency room each year with snow shoveling related injuries. Below are some tips for healthy snow removal:

- Listen to your body, and pace yourself.
- Avoid a heavy meal prior to shoveling.
- Do not consume alcohol before or immediately following shoveling or snow blowing.
- Be aware of hypothermia.
- Push, instead of lifting, the snow.
- Use a shovel designed to minimize bending and lifting.
- Use proper footwear, which includes having good traction.

Shoveling snow or even pushing a heavy snow blower can strain the heart enough to cause a heart attack. Although only 7 percent of snow-shoveling injuries are due to heart-related problems, most deaths from snow

shoveling are cardiac-related. Minutes matter in heart attack treatment, so it is important to know the warning signs and symptoms.

### Heart Attack Warning Signs

- **Chest Discomfort:** pain or discomfort in center of chest that comes and goes or lasts more than a few minutes.
- **Shortness of Breath:** with or without chest discomfort.
- **Discomfort in Other Areas:** discomfort in arms, back, jaw, neck or stomach.
- **Other Signs:** breaking out in a cold sweat, nausea or lightheadedness.

Don't drive yourself to the hospital; call 911! If you think you are having a heart attack but you are not sure, tell a doctor and have it checked out.

Enjoy the winter wonderland, safely.

Sources: American Heart Association ([www.heart.org](http://www.heart.org)) & the American Journal of Emergency Medicine, January 2011.

## Video Library update

IMWCA did some housekeeping over the holidays, and one area that got our attention was our video library. We lightened our load by removing every VHS title in the library. The VHS trainings were at least 10 years old, the usage was low and VHS players are becoming extinct.

More importantly, we are focusing resources towards the IMWCA Online University. For just about every VHS title we tossed, the Online University includes one or more online courses available to members, and you can access them any time--no mailing videos back and forth. We may consider adding a DVD on occasion, but we believe the future is in the Online University.

To learn more about the Online University or the Video Library visit the Loss Control section of [www.imwca.org](http://www.imwca.org).

## Available at [www.imwca.org](http://www.imwca.org)

- Customizable Model Programs
- Video Library
- Access to Online University training
- The *Informer*, monthly newsletter
- Work Codes & Rates
- Financial Information & Annual Report
- Workshop Registration
- and much more

# IMWCA is once again proud to support the Iowa Employment Conference



**SAVE THE DATE**    **APRIL 22 - 23, 2015**

## **EMPLOYMENT, TRAINING, BENEFITS & WELLNESS CONFERENCE**

The Meadows Events & Conference Center  
Prairie Meadows – Altoona, IA

This conference is the largest of its kind, offering over 50 informative, interactive and educational break-out sessions delivered by some of the top employment lawyers, payroll professionals, workforce development leaders and many others, in Iowa and surrounding states.

**REGISTRATION**  
**(New!) Early Bird Registration**  
\$215 through 2/27  
\$235 after 2/27

**PRESENTATION TOPICS**  
Employment Law Update  
Discrimination  
Compliance Issues  
FMLA / ADA / Workers Compensation  
FLSA / Wage & Hour Update  
Workplace Investigations  
Many more!

**CONTINUING EDUCATION CREDITS AVAILABLE**

**[WWW.IOWAEMPLOYMENTCONFERENCE.COM](http://WWW.IOWAEMPLOYMENTCONFERENCE.COM)**

## **Pyrotechnics training**

Each year the Iowa chapter of the Pyrotechnics Guild International (PGI) schedules a PGI Display Operator Certification (DOC) Course. The PGI Course is designed to meet the need for both a “basic” course in fireworks display safety and as the first step in an optional certification process which, when completed, results in the successful trainee becoming a PGI Certified Display Operator.

The course closely adheres to well-established Shoot Site Safety Practices and to the Safety Guidelines of the PGI and is congruent with National Fire Protection Association (NFPA) Codes 1123 & 1124. These two codes cover the transportation, handling and storage of 1.3G display fireworks and the planning, setup and operation of 1.3G displays. IMWCA recommends members engaged in fireworks displays receive this training. Currently there are no classes scheduled; however, to learn more or to look for an upcoming class visit [www.pgi.org](http://www.pgi.org).

## **Solid Waste Workshop**

Attention solid waste management professionals! IMWCA is once again hosting a one day workshop focusing on safety in the solid waste industry. Held from 9 a.m. to 3 p.m. on Tuesday, February 24 in Altoona, the workshop is free to members and non-members and includes lunch.

The agenda for this year’s workshop includes topics suggested by solid waste professionals. Presenters include Iowa Occupational Safety and Health Administration (IOSHA) consultants and IMWCA staff. Topics include:

- Shop Safety and General Housekeeping Issues
- Globally Harmonized System Update
- OSHA Reporting Update
- Bloodborne Pathogens
- Company Nurse Injury Reporting System
- Injury Trends in IMWCA Iowa Solid Waste Work Codes
- Solid Waste Safety Manual
- Overview of IMWCA Site Visits and Recommendations
- Interactive Webinar on IMWCA’s Online University

Register or learn more online at [www.imwca.org](http://www.imwca.org).  
Questions can be sent to [losscontrol@iowaleague.org](mailto:losscontrol@iowaleague.org).

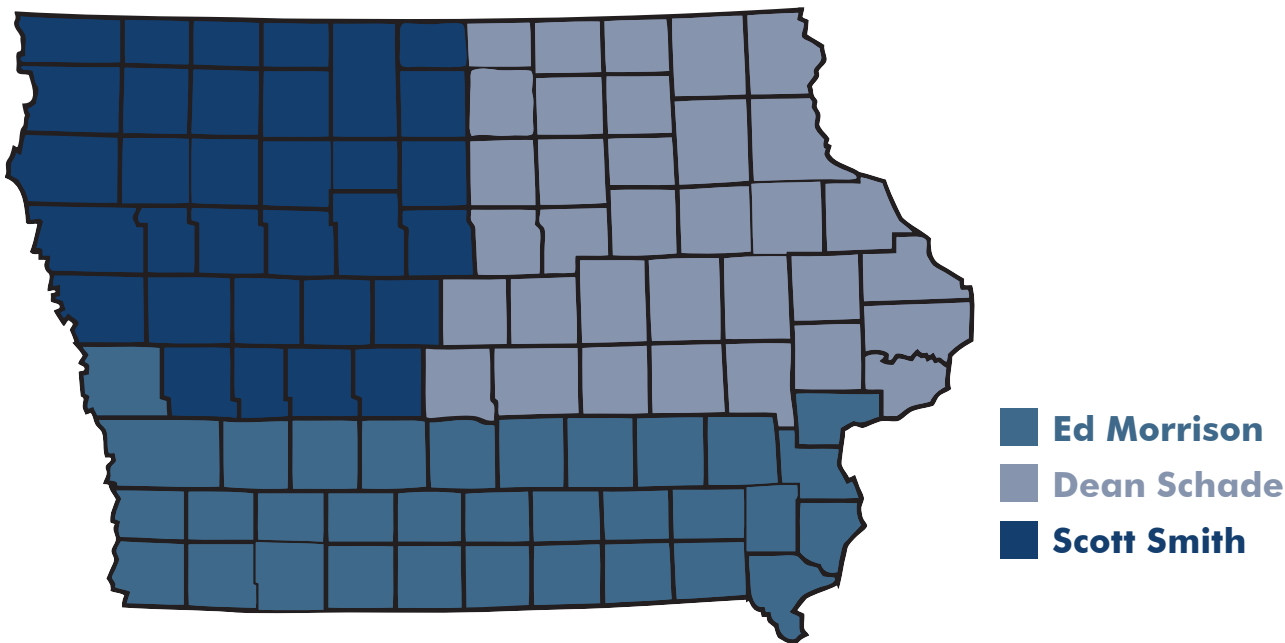
# We've got you covered!

A new year brings more changes at IMWCA. In September we added Scott Smith to our loss control team. Scott has been out and about, learning how IMWCA operates, working with Dean Schade and Ed Morrison and meeting members.

The next change is in the areas each loss control representative serves. We recently proportioned the state into three service areas, depicted on the state map below. This is a general rule, and there are some overlaps, however it provides a good idea of who serves each member. And of course all three loss control representatives have areas we rely on for specific expertise. For example, Dean is the "Dean" of IMWCA loss control, starting the department from scratch; Ed has law enforcement experience we all draw on when needed, and Scott brings the experience of operating a solid waste facility for Boone County. Drawing from all three we have experience in

just about every exposure an IMWCA member might encounter.

Ron Sinnwell is still pretty much relegated to the office, and acts as a resource to all members and the field representatives. Ron is available to answer questions, look up codes and standards, and coordinates resources like the Online University and Video Library. Together the loss control team is here to help all members manage their safety and loss control programs, keep their workers' compensation rates low and most important ensure everyone goes home safe at the end of the day. If you have a question or comment don't hesitate to contact us at [losscontrol@iowaleague.org](mailto:losscontrol@iowaleague.org).



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](http://www.imwca.org).

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