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ONLINE UNIVERSITY COURSE HIGHLIGHT

PH11: Safe Patient
Handling

Learn more online
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IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION

IMWCA

Comments or suggestions, call
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the Informer

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

Safety days a big success

Over the past couple years IMWCA staff has noticed a refreshing trend, more and more members are holding a "Safety Day" or "Safety Fair." These events are held in many different ways and fashions. While each event is different, one thing is for sure: they are all successful and greatly appreciated by the members' employees.

Safety days are designed to create an awareness of safety for employees, as well as celebrate individual and team safety records and accomplishments for the year. Many of these events incorporate training or speakers to enhance a safety culture within the employees' day to day operations. There are several examples of these safety day events that we felt would be advantageous for our members to hear and learn about.

The city of Waukee was the most recent member to hold a safety day. Activities included riding in a snow plow and a fire truck, proper use of a fire extinguisher and sessions on chain-saw safety and methamphetamine labs. IMWCA participated in this particular event by hosting an exhibit booth, giving away small items, and meeting with employees to answer their workers' compensation questions. The event started at 10 a.m., and concluded with a lunch and guest speaker Jerrel Holt, Urbandale Fire Chief, discussing excavation safety.

Earlier this fall the city of Fairfield hosted a safety day at the city library.

Hy-Vee donated a hot breakfast, and IMWCA claims, loss control and marketing staff, along with their agent, Tom Gamrath, presented and answered many questions on workers' compensation, safety and claims handling for more 50 employees. Each department was recognized and City Clerk Joy Messer called the event a great success.

Crawford County hosted a picnic for employees, which included presentations from IMWCA and other local safety organizations. The city of Oelwein held a picnic at a local park shelter house where awards and recognition were given to each department for having zero loss work days and/or no loss time accidents. Kossuth County and Clay County, along with the cities of Evansdale, Hiawatha and Spirit Lake have also held safety day events, again to promote employee safety in the workplace.

IMWCA is a strong supporter of members hosting a safety day for all employees. Any time you can provide a positive atmosphere to promote safety and health, and recognize people for a job well done, we're in! If you need a little guidance getting started, we can help by putting you in contact with a member who has already held a successful event. Let us know when your next safety day is planned. We'll make every effort to attend and help you celebrate your success!

IMWCA to host Regional Workshops

For the fourth consecutive year IMWCA will host seven regional safety meetings during the month of February. This year's workshop will focus on the change in calculating experience modification factors (MODs) and the effect it will have on our members. See dates, times and locations or register for the free workshops at www.imwca.org.



Solid Waste Safety Day

IMWCA will host the Second Annual Solid Waste Safety workshop at the Zeigler Caterpillar facility in Altoona on February 27, 2013, from 9 a.m. to 3 p.m.

The workshop is geared towards landfill, recycling and transfer station operators as well as municipal garbage collection services. The agenda includes topics on safety training methods, preparing for the transition to the Globally Harmonized System, personal protective equipment policies and a panel discussion on developing and maintaining a safety committee for your facility. The workshop is free and lunch is provided.

Interested members can register on the IMWCA Web site. Contact imwcainfo@iowaleague.org for more information.

Safely Speaking

Remember PPE when budgeting

With budgeting in full swing it's a good time to remember to review your personal protective equipment (PPE) inventory and determine what needs to be replaced or inspected, and budget funds accordingly. While conducting our site visits, we unfortunately come across PPE that has outlived its rated life or has incurred excessive wear or damage that renders it unsafe to use. For example, hardhats have a five year life. While they may still look good to the eye, after five years of exposure to the environment the plastic can degrade and become brittle.

The Occupational Safety and Health Administration (OSHA) mandates annual inspections of self-contained breathing apparatus (SCBA) by a qualified person to ensure they meet safety standards. Many fire equipment dealers can provide this service at a reasonable rate as part of their customer service. Electrical gloves also need to be inspected, according to OSHA, at least twice a year by a qualified person.

For PPE replacement, we recommend an annual review by staff of the following items: goggles, face shields, cartridge-type respirators and cartridges, ear muffs, hard hats, specialized gloves, chainsaw chaps, safety boots, harness and lanyards and body armor.

If you are unsure how to inspect your PPE, consult your dealer or the manufacturer for their recommended inspection procedures.

Safely Speaking

OSHA's top ten list

Each year the Occupational Safety and Health Administration (OSHA) publishes a list of the top ten most cited safety and health standards. OSHA announced the top 10 violations of its safety rules for the fiscal year 2012 (October 2011 to September 2012) in October. We listed them, in order, here.

Iowa is a state plan state, which means OSHA regulations are enforced by Iowa Occupational Safety and Health (IOSH). Iowa mirrors the federal regulations referenced above with few exceptions. To learn more about IOSH, visit: www.iowa-workforce.org/labor/iosh/. To learn more about OSHA's top ten, visit: www.osha.gov/dcsp/compliance_assistance/frequent_standards.html or www.nsc.org/safetyhealth/Pages/examining-the-top-10_1212.aspx

Violation	Standard/Regulation	# of Violations
Fall Protection	1926.501	7,250
Hazard Communication	1910.1200	4,696
Scaffolding	1926.451	3,814
Respiratory Protection	1910.134	2,371
Ladders	1926.1053	2,310
Machinery & Machine Guarding	1910.212	2,097
Powered Industrial Trucks	1910.178	1,993
Electrical Wiring-Methods	1910.305	1,744
Lockout/Tagout	1910.147	1,572
Electrical –General Requirements	1910.303	1,332

CLAIMS CORNER:

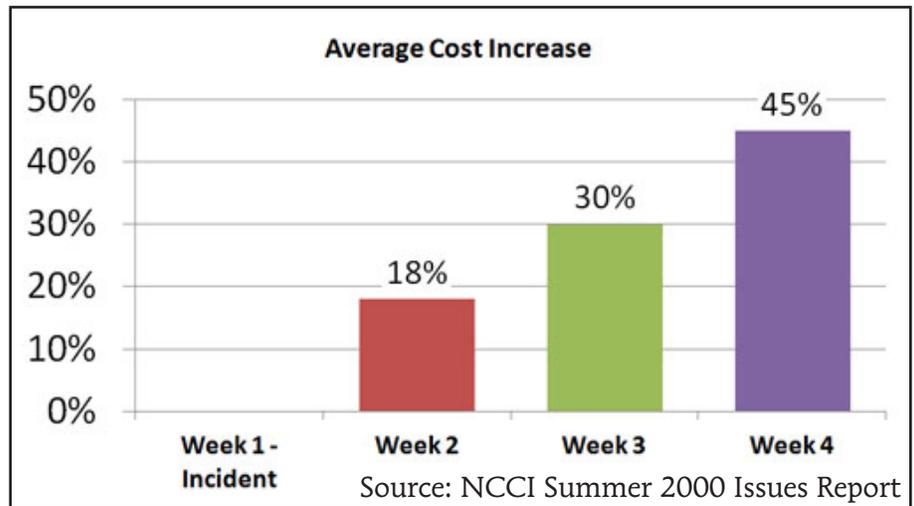
Matt Jackson, Claims Manager

Safety days offer opportunity

As you plan your agendas for upcoming “safety days” or meetings with your employees, include a few minutes to go over Company Nurse procedures. Also remind employees who your designated physicians are and when to report a claim.

To effectively implement a designated physician program, meet with your designated physicians or clinics each year. Several of our members even ask their physician to join them for their “safety day” or employee meeting. This is an opportunity to explain to the doctor any operational changes, update the doctor of any staffing changes, and offer feedback on the way previous injuries were handled. Discuss your return-to-work program with the physician, and explain the light duty jobs you have available. Give the designated physician or clinic a copy of your job descriptions, so they know the type of work your employees are performing.

Remind your employees to report injuries in a timely manner. According to the National Council on Compensation Insurance (NCCI), injuries reported two weeks after the accident date resulted in an 18 percent greater cost, 3-4 weeks after resulted in a 30 percent greater cost,



and after 4 weeks costs increased 45 percent. Data also shows that the longer a claim goes unreported the more likely the claim will be litigated.

Reporting claims as quickly as possible can help ensure that the injured worker receives appropriate and timely medical care, and results in lower costs and reduced fees. Meeting with your designated physician and explaining to your employees the importance of timely injury reporting demonstrates that you take injuries and safety seriously, while also building strong relationships

IMWCA's Annual Financial Report is available online at www.imwca.org. Find it in the About IMWCA section of the site.



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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