

JUNE
2014

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The Informer

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

National Safety Month

Each June the National Safety Council (NSC) celebrates National Safety Month as a time to bring attention to key safety issues. The 2014 National Safety Month theme, "Safety: It takes all of us," was inspired by the idea of continuous risk reduction. A successful safety program relies on spotting hazards early, evaluating their risk and removing or controlling them before harm is done. Use this June to find creative ways to engage everyone in reducing risk in your workplaces. A little effort today has the potential to prevent a tragedy tomorrow. In the month of June organizations large and small will focus on the following issues:

- Abusers are three to four times more likely to have an accident on the job and five times more likely to file a workers' compensation claim. (Employee Assistance Society of North America)

Week 2: Stop slips, trips and falls.

Slip and fall incidents are the second leading cause of occupational fatalities. At IMWCA slip, trip and falls continue to be the dominate cause of reported injuries. In our most recently completed fiscal year, six of the top 20 costliest claims involved slip and fall injuries. To learn more visit www.osha.gov/stop-falls/index.html and <http://www.cdc.gov/niosh/topics/falls/>.

In June the Occupational Safety and Health Administration (OSHA) is conducting a National Safety Stand-Down to prevent falls in construction. Learn more at www.osha.gov/StopFallsStand-Down/.

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Week 1: Prevent prescription drug abuse.

According to the Center for Disease Control (CDC), nearly 15,000 people die every year of overdoses involving prescription painkillers. To learn more visit www.cdc.gov/injury/about/focus-rx.html. Some quick facts:

- Substance abusers are 33-50 percent less productive. (National Institute on Drug Abuse)
- Abusers are absent 30-35 days per year and are three times more likely than non-users to be late for work. (U.S. Chamber of Commerce)

ONLINE UNIVERSITY COURSE HIGHLIGHT

Workplace Violence

Learn more online
www.imwca.org

IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION

IMWCA

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

Sharpen your pencil and test your safety IQ by completing the safety crossword puzzle on the last page, compliments of the National Safety Council.

SAFETY: it takes all of us

Week 1: Prevent prescription drug abuse
Week 2: Stop slips, trips and falls
Week 3: Be aware of your surroundings
Week 4: Put an end to distracted driving

NATIONAL SAFETY MONTH



Week 3: Be aware of your surroundings.

Situational Awareness (SA) is a term developed by the military and moved into public safety, particularly law enforcement, fire service and emergency medical service. The Coast Guard defines SA as “the ability to identify process and comprehend the critical elements of information about what is happening to the team with regards to the mission. More simply, it’s knowing what is going on around you”. SA is especially important in work where the information flow can be quite high, and poor decisions may lead to serious consequences. SA is applicable to all cognitive tasks, from driving a motor vehicle to operating heavy equipment, or even just walking up and down stairs.

Week 4: Put an end to distracted driving.

You don’t have to drive far to spot someone talking or texting on a cell phone while driving. This has not gone unnoticed. Safety organizations from the NSC to the National Transportation Safety Board and even OSHA

have issued policy statements on the dangers of distracted driving. The Federal Motor Carrier Safety Administration has banned commercial drivers from using handheld mobile phones while operating commercial trucks or busses. Employers are noticing too, and many, including the Iowa League of Cities, administrators of IMWCA, have put policies in place to address driving and cell phone use. To learn more about this important issue, visit the following Web sites:

- www.osha.gov/distracted-driving/index.html.
- www.nsc.org/safety_road/Distracted_Driving/Pages/distracted_driving.aspx.
- www.cdc.gov/niosh/docs/2014-122/pdfs/2014-122.pdf

Join IMWCA and the National Safety Council to make every day safe, so you have the opportunity to return home to your loved ones at the end of your day. Learn more about National Safety Month at www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx.



Ultraviolet rays

Source: www.cdc.gov

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds and sunlamps. All three types of UV rays can penetrate and change skin cells. The three types are: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC).

UVA is the most common kind of sunlight at the earth’s surface, and reaches beyond the top layer of human skin. Scientists believe that UVA rays can damage connective tissue and increase a person’s risk of skin cancer.

Most UVB rays are absorbed by the ozone layer, so they are less common at the earth’s surface than UVA rays. UVB rays, which help produce vitamin D in the skin, don’t reach as far into the skin as UVA rays, but they can still be damaging.

UVC rays are very dangerous, but they are absorbed by the ozone layer and do not reach the ground.

In addition to sunburn, too much exposure to UV rays

can change skin texture, cause the skin to age prematurely and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.

It is important to protect skin from UV rays all year round by wearing sunscreen, sunglasses, clothes that cover the skin, or by seeking shade. The National Weather Service and the Environmental Protection Agency developed the UV Index to forecast the risk of overexposure to UV rays. It lets you know how much caution you should take when working, playing or exercising outdoors. The UV Index predicts exposure levels on a 1–15 scale; higher levels indicate a higher risk of overexposure. Calculated on a next-day basis for dozens of cities across the U.S., the UV Index takes into account clouds and other local conditions that affect the amount of UV rays reaching the ground. The calculator can be found at www2.epa.gov/sunwise/uv-index.



Payroll audit information

The 2013-2014 fiscal year is coming to an end, and that means payroll audits. Last year someone at your entity estimated the payroll on which the workers' compensation premium was based.

The purpose of the audit is to verify actual payroll figures to ensure that the appropriate amount of premium is collected. Audits will be performed in July and August by IMWCA's contracted firm, Information Providers, Inc. (IPI). Each member will receive a memorandum from IPI detailing the information needed to complete the audit, as well as an appointment letter to schedule the audit. Having this information readily available will help the auditor efficiently complete the audit with fewer call-backs to the member to obtain missing information.

After your audit has been completed, requests for changes or corrections must be made within 30 days of the date your audit was processed by IMWCA. That date will appear on the Audited Premium Schedule that will arrive with your copy of the audit. Your local agent will also receive copies of these documents. When the review period has ended, each member will receive either an invoice for the balance due, or a refund check.

Questions about the audit process may be addressed to Amanda Werner at (515) 244-7282 or toll free at (800) 257-2708.

Welcome, new members!

IMWCA is pleased to welcome the newest members to the program:

Avoca
Hudson
Manchester
Marshalltown Water Works
Waverly
West Branch

Thank you to all of our members for your commitment!

Like what you read in the Informer?

Find more helpful workers' compensation information on the IMWCA Web site and LinkedIn page.



Seeking loss control representative

Due to continued growth of the program, the Iowa League of Cities is currently seeking another loss control representative designated to work with the Iowa Municipalities Workers' Compensation Association. The position reports to the loss control coordinator and serves as a consultant to assist members with risk management and loss control related issues. The job

description can be viewed at https://www.iowaleague.org/_layouts/media/LossControlRepresentativeJobDescription.pdf.

Interested candidates should send a resume, cover letter and salary requirements to: Jeff Hovey, Director of Risk Services, IMWCA, 500 SW 7th Street, Suite 101, Des Moines, IA 50309.

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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SAFETY: it takes all of us



Week 1: Prevent prescription drug abuse

Week 2: Stop slips, trips and falls

Week 3: Be aware of your surroundings

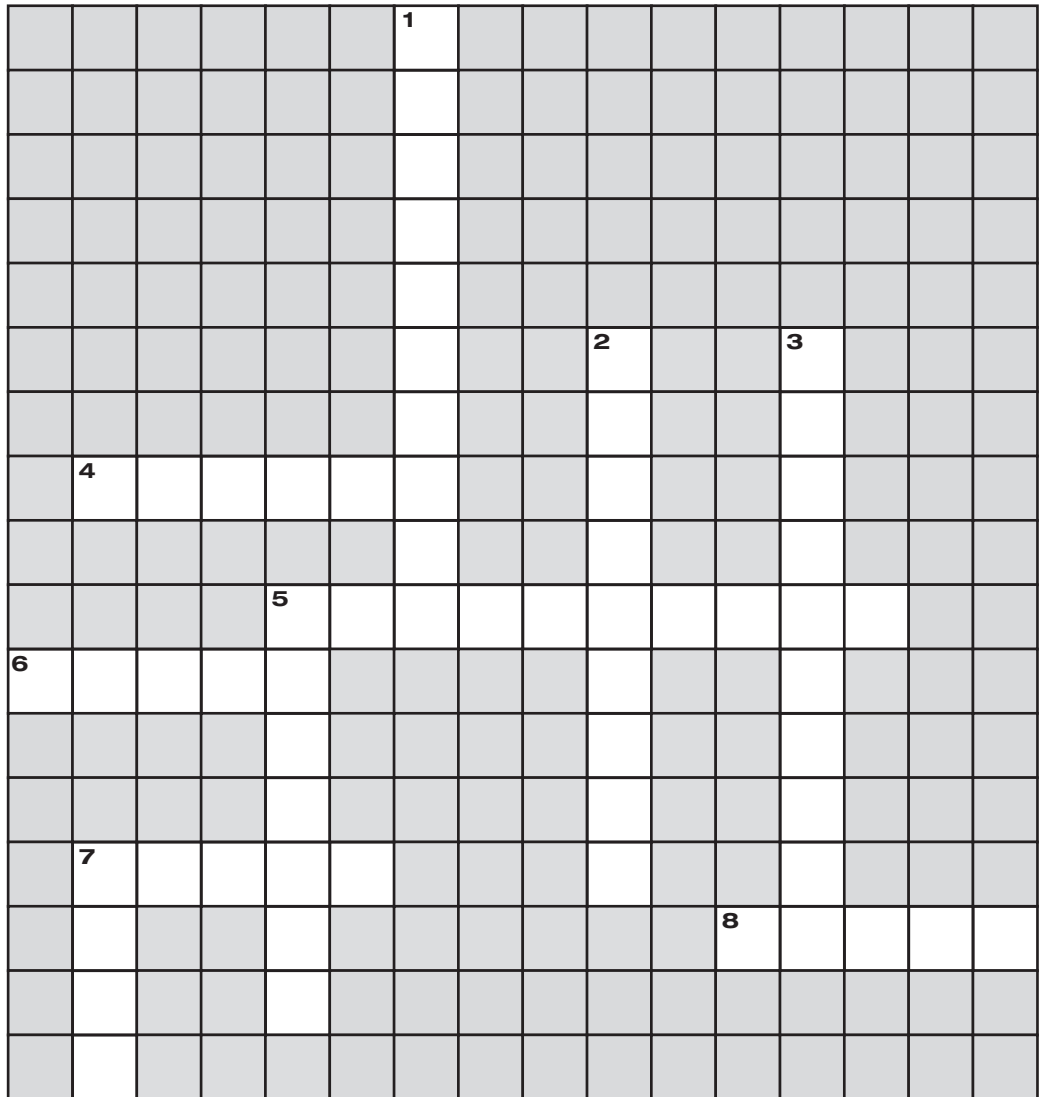
Week 4: Put an end to distracted driving

Across

- 4. Adding handrails, maintaining good housekeeping and cleaning up _____ will help minimize the risk of falls.
- 5. Avoid _____ walking and remain alert for any surface changes.
- 6. Take _____ breaks every 15 minutes when working or playing outdoors.
- 7. Hands-free devices do not reduce cognitive distraction to the _____.
- 8. Store _____ objects close to the floor.

Down

- 1. To prevent UV damage, wear a hat and _____.
- 2. Keep medications in their original _____.
- 3. Wear the proper personal _____ equipment for your environment.
- 5. Tell other people not to call you when they know you are _____.
- 7. Carrying extra pounds can cause an extra strain on your _____.



NATIONAL SAFETY MONTH 2014

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NSC.ORG

Answer Key:
 4. Spills
 5. Distracted
 6. Water
 7. Brain
 8. Heavy
 1. Sunglasses
 2. Container
 3. Protective
 5. Driving
 7. Back
 8. Down

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