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ONLINE UNIVERSITY
COURSE HIGHLIGHT

Preventing Slips, Trips and Falls for Law Enforcement

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IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION
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the Informer

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

The IMWCA perspective on slips, falls

Slips and falls have always been a significant cause of losses for IMWCA in terms of both number and costs of claims. In fact, slips and falls account for 25 percent of all claims in both categories. Because slips and falls factor so heavily into the workers' compensation loss experience, IMWCA will devote 2016 to focus on slip and fall prevention.

In October 2015, we reviewed over 2,000 slip and fall events involving IMWCA members over the last five years. The goal was to identify the type of slip and fall, the causation, contributing trends and which employees are the most vulnerable to these incidents.

IMWCA will kickoff the slip and fall prevention program during the Regional Workshops in February. There you will hear some findings that may shatter some of the preconceived notions of who gets hurt from slip and falls, when falls occur and some common sense changes to prevent many of these claims. For example, for some classes of employees falls on ice are common, but probably preventable with minor adjustments in policy, training and a modest investment in safety wear.

As the year progresses, IMWCA Loss Control will identify department-specific slip and fall prevention strategies for members to use. We will also highlight the online slip and fall prevention training available through the IMWCA Online University.

IMWCA will also work with the IMWCA Loss Control Advisory Committee to find other opportunities to share our findings. The Solid Waste

Workshop in March will also highlight practices and findings specific to the solid waste membership.

The goal of the 2016 campaign is to create a heightened awareness of all slip and fall causes throughout all employee groups and to provide our members with practical and relevant solutions that will help you send your employees home safely each night.

FY 2014-2015

The most severe claims were the result of slip and fall injuries.

IMWCA experienced two fatalities - both from a slip and fall.



Solid Waste Workshop agenda released

IMWCA is once again hosting a workshop focusing on the safety issues faced by our solid waste management members. This year's day-long workshop will be held from 9 a.m. to 3 p.m. on Tuesday, March 1 at the Ziegler CAT facility in Altoona.

The workshop is free and includes lunch.

The agenda for this year's workshop includes topics suggested by solid waste professionals. Presenters include industry representatives, Iowa State Patrol and IMWCA staff.

Topics for this year's workshop include:

- Safe Lifting – Sizing Up the Task
- Responding to Workplace Violence
- Defensive and Distracted Driving
- IMWCA Online University Update
- IMWCA and Workers' Compensation Update
- Safe Operation of Landfill Equipment
- Fall Protection
- Slips, Trips and Falls

Please register early as space is limited! Register online at www.imwca.org. Questions can be sent to losscontrol@iowaleague.org.

Discounts and bonuses

On January 28 the IMWCA Board of Trustees met and reviewed the Discount Rating Plan and the Good Experience Bonus Program for Fiscal Year 2017. Consideration was given to the actuarial evaluation, the 2.7 percent rate increase recommended by NCCI and approved by the Iowa Insurance Commissioner, and the fund balance of the IMWCA. The Board elected to increase the overall average discount in the Discount Rating Plan to 34 percent for Fiscal Year 2017. The Good Experience Bonus Program remains the same with credits ranging from 8 to 18 percent. These additional credits are applied for members with experience modification factors of .95 or less, stair-stepping up to the maximum discount for an experience modification factor of .85 or less. The increase in the Discount Rating Plan benefits all IMWCA members, while the Good Experience Bonus continues to reward the best performance.

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, 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. A PGI Display Operator Course will be held April 9 in Vinton. A PGI course is also scheduled for April 23 at the Hills Fire Station meeting room with a planned shoot that evening. More information about both courses is available on the Calendar at www.imwca.org.

Payroll worksheet coming soon

Your IMWCA payroll worksheet will be mailed to you in mid-February for the upcoming 2016-2017 policy renewal. Please review your worksheet, and indicate any payroll that differs from our estimate. The deadline to return the worksheet is March 25, 2016, so we can record your adjustments and calculate an accurate estimate of your renewal premium. Final Estimated Premium Schedules, Information Pages, and invoices will be mailed in May.

Contact us at (800) 257-2708 or imwcainfo@iowaleague.org if you do not receive your payroll worksheet or with any questions.

IMWCA welcomes Sara



The League welcomes Sara Hagan as its new Medical-Only Workers' Compensation Examiner for IWMCA. Hagan is a graduate of Grand View University. Her past workers' compensation experiences include working at Sedgwick and Farm Bureau. She has also worked part-time as a technical director at local CBS affiliate KCCI for the last 15 years.

In her free time Hagan loves attending her three boys' wrestling, baseball and football activities.

Distracted walking

Ever heard the expression “can’t walk and chew gum at the same time”? Turns out there’s really something to it. When you are walking down the street, you’re really not thinking about walking down the street. You might be thinking about what to fix for dinner, an upcoming vacation, or just about anything but walking. Research indicates there is a strong correlation between our executive function (a set of mental skills that help you get things done) and our ability to dual task while walking. Enter the electronic age, and things quickly get complicated.

Today distractions range from a simple telephone call, to a text, to your calendar, the weather, music and a myriad of social media options, just to name a few. Smart phones are the latest distraction in the electronic revolution, and they are taking a toll on distracted walkers. The Federal Fatality Analysis Reporting System attributes about 6 pe-

destrian deaths a year to portable electronic devices, including cell phones.

While preparing this article I received a notice from the Iowa Department of Public Safety regarding a pedestrian struck by a vehicle. It was dark; the area was not lighted; the pedestrian was wearing dark clothing. According to the report the pedestrian was on a cell phone.

Please, put the cell phone down, to be aware of your surroundings.



Regional Workshops happening now

The locations, dates, times and topics have been set for the 2016 Regional Safety Workshops. The topics for this year’s presentations are:

Personal Protective Equipment - Common Mistakes and Solutions.

IMWCA staff will discuss the most common mistakes we see during our safety reviews and what members can do to correct problems before they lead to injury and illness.

Slip, Trips and Falls - The

IMWCA Experience. Staff will discuss the results of an in-depth review of all IMWCA slip and fall claims from the last five years. Which departments have the most frequency and severity of claims, the most common causation by departments, and what are strategies to prevent slip and fall injuries.

Workers’ Compensation Update.

Join a discussion on payroll worksheets,

NCCI rates and split-point, claims reporting and more.

We look forward to seeing you at:

- Atlantic Public Library on February 9
- Cherokee Community Center on February 10
- Coralville Public Library on February 11
- Osceola at the Clarke County Development/Information Station on February 16
- Independence Public Library on February 17
- Franklin County at the Franklin Law Enforcement Center on February 18

To register and learn more about location addresses and times visit the Calendar at www.imwca.org.

IMWCA Informer is a monthly newsletter published by the Iowa Municipalities Workers’ Compensation Association (IMWCA) in cooperation with the Iowa League of Cities. View past issues online at www.imwca.org.

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

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