



State of Nevada

Department of Administration

RISK-Y BUSINESS

Risk Management Division

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REMINDER

Revised NAC 284.888

Re: Drug and Alcohol Testing.

In January 2012 the Nevada Administrative Code Section 284.888 (3)(a) was amended to allow the State of Nevada to administer drug and alcohol screening to any state employee who is involved in a motor vehicle accident that causes more than \$500 in property damage while on State business.

The Risk Management Office is in the process of sending out envelopes containing the chain of custody forms for the drug and alcohol testing. These envelopes are to be placed in the glove compartment of your agency's vehicles.

If one of your employees has a motor vehicle accident while driving an agency vehicle and seeks medical attention for injuries sustained as a result of said accident, then the employee must take the DAT form into the first stop/urgent care where he/she seeks medical attention.

Please call us at (775) 687-3187 or visit our website at www.risk.state.nv.us if you have questions.

New Health Program Specialist

Risk Management is proud to announce Marlene Foley as our new Health Program Specialist. She will be in charge of the Heart and Lung Program, as well as oversight of the ARC Contract.

Prior to joining the State, Marlene worked as a workers' compensation examiner for twelve and a half years; the last ten for the State of Nevada third party administrator. She handled claims for State employees which included the specialized Heart/Lung claims.

She is a certified ICD-9 Coding Technician and has an extensive back ground in both revenue and disbursement accounting, having worked in the Pacific Bell accounting department for 20 years prior to her entering the workers' compensation field.

Marlene can be reached at (775) 687-3194 or mfoley@admin.nv.gov.

Stop The Texts - Stop The Wrecks

FACTS ABOUT TEXTING AND DRIVING:

Fact #1

60% of drivers use cell phones while driving.

Fact #2

A texting driver is 23 times more likely to get into a crash than a non-texting driver.

Fact #3

Using a cell phone while driving, whether it's handheld or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.

Fact #4

Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.

Fact #5

Brain power used while driving decreases by 40% when a driver listens to conversation or music.

Fact #6

Five seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field.





5 SECOND RULE

Most people are familiar with the famed “5 second rule,” which states that if dropped, food picked up off the floor within five seconds of contact, is still safe to consume. Though a popular belief, a new study has found that germs often win the race.

During the study, researchers found that germs do in fact attach themselves to edible items within five seconds of contact with different surfaces.

Within homes, countertops were found to be the dirtiest surface, with carpeted and tiled floors following closely in second and third place.

The Center for Disease Control and Prevention (CDC) warns against the dangers inherent in germs contaminating foods.

The CDC recommends thorough and frequent cleanings of all surfaces and hands. Germs can also allegedly live in utensils and cutting boards according to the CDC website.

SYMPTOMS OF MENINGITIS

With the most recent outbreak of meningitis, linked to tainted steroid injections shipped from a Massachusetts pharmaceutical company, and flu season ahead of us, it is a good time to review the symptoms of meningitis. It is easy to mistake the early signs and symptoms of meningitis for the flu. Meningitis signs and symptoms may develop over several hours or over one or two days and, in anyone over the age of 2, typically include:

- High fever
- Severe headache that isn't easily confused with other types of headache
- Stiff neck
- Vomiting or nausea with headache
- Confusion or difficulty concentrating – in the very young, this may appear as inability to maintain eye contact
- Seizures
- Sleepiness or difficulty waking up
- Sensitivity to light
- Lack of interest in drinking and eating
- Skin rash in some cases, such as in viral or meningococcal meningitis.

You should seek medical treatment right away if you or someone in your family has signs or symptoms of meningitis, such as:

- Fever
- Severe headache
- Confusion
- Vomiting
- Stiff neck



It's Time For A Change



The time change has been known to leave many of us feeling fatigued, which can pose some safety risks at home, on the road and at the office.

Daylight saving is the system of setting clocks one hour ahead so that sunrise and sunset occur an hour later, producing an additional period of daylight in the evening. Energy savings is the big incentive for using Daylight Saving Time, trimming the nation's electricity usage by about 1 percent each day.

Fatigue -- Studies suggest that it takes people who work traditional hours several days to fully readjust their sleep schedule after the time change. This can create a physiological consequence, so don't be surprised if you feel a bit sluggish for the first week or so in November.

Accidents -- Evidence suggests that time changes increase safety problems at work and at home. For example, studies have documented a 3.5 percent to 10 percent increase in traffic crashes during the week that follows the time change.

Just being aware of the increased risk of accidents in the period immediately following the time change may help you stay alert. Avoid building up a sleep debt in the days before the time change.

Home Safety -- This is a good time to check batteries in smoke and carbon monoxide detectors. Changing batteries twice each year, at the time change, ensures that the detectors will work properly in case of an emergency.

Sleep experts suggest the following tips to deal with the time switch:

- Perk up with coffee or another caffeinated beverage in the morning; avoid caffeine in the afternoon and evening.
- Expose yourself to daylight soon after waking. Doing so helps adjust the circadian rhythm.
- Avoid bright light in the evening. Computer screens mimic daylight and throw your circadian rhythm off.
- Practice good sleep habits, with a comfy bed, a quiet room and white noise to drown out sounds if necessary.
- Be especially careful while driving or engaging in other activities requiring full alertness.