



State of Nevada

Department of Administration

RISK-Y BUSINESS

Risk Management Division

Volume 2013 – 1

Jan/Feb/Mar 2013

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Distracted Driving Citations

Troopers from the Nevada Highway Patrol issued nearly 12,000 traffic citations to motorists observed talking, texting or reading non-voice communication while operating a motor vehicle on Nevada's highways in 2012.

The total fine for a first-time offense is \$112.00 with zero points assessed against one's driver's license, while the second, third and subsequent offenses each have four demerit points added to the monetary fine. When convicted, a second offense will cost a violator \$192.00 while third and subsequent offenses each will total \$352.00. To avoid a citation, motorists should be familiar with NRS 484B.165 which states, in part:

Using handheld wireless communications device to type or enter text, send or read data, engage in non-voice communication or engage in voice communications without use of hands-free device unlawful; exceptions; penalty.

1. Except as otherwise provided in this section, a person shall not, while operating a motor vehicle on a highway in this State:
 - (a) Manually type or enter text into a cellular telephone or other handheld wireless communications device, or send or read data using any such device to access or search the Internet or to engage in non-voice communications with another person, including, without limitation, texting, electronic messaging and instant messaging.
 - (b) Use a cellular telephone or other handheld wireless communications device to engage in voice communications with another person, unless the device is used with an accessory which allows the person to communicate without using his or her hands, other than to activate, deactivate or initiate a feature or function on the device.

To view the complete NRS, please visit this link:

<http://www.leg.state.nv.us/NRS/NRS-484B.html>

WHAT'S YOUR STRESS LEVEL?

DAVE'S SAFETY CORNER

Well, its 2013, the world didn't evaporate and we're still here. And while the holiday season is intended to bring joy and happiness, sometimes life just gets in the way and we become "overstressed."

Some measure of stress is normal and actually good for us. However, *chronic unrelieved stress* forces the body and mind to go into an unhealthy state. Medical conditions that are related to stress include heart and circulatory diseases, ulcers, colitis, asthmatic conditions and lowered immunity leading to infectious illnesses. Depression and anxiety are also common symptoms of chronic stress overload. An overload of stress can also cause us to become more haphazard, leading to injuries at home and/or on the job.

So what can you do to help yourself? One step is to come to grips with the amount of stress you are under. You can take any number of quality "Stress Index" tests available through such internet sites as: [http://www.criticalincidentstress.com/what is your stress index](http://www.criticalincidentstress.com/what_is_your_stress_index) or [http://www.cmha.ca/mental health/whats-your-stress-index/#.UOy4lqzfX94](http://www.cmha.ca/mental_health/whats-your-stress-index/#.UOy4lqzfX94)

I would be remiss if I didn't mention the services of our Employee Assistance Program (EAP), where services (the first two visits) are offered to State employees at no cost, and always held confidential. They are simply a toll free call away at: (888) 972-4732. You can gain more information by visiting the following website: <http://dop.nv.gov/eap.html>.

Be safe and be well –
David Gould, Safety Director –Risk Management



REPORTING OF FINE ARTS

Coverage for Fine Arts/Museum exhibits are provided for under the State's commercial property and contents insurance policy; and self funded program up to a sub-limit of \$10 million, subject to certain deductibles/exclusions. In order for an agency to obtain coverage for Fine Arts, agencies should provide Risk Management an inventory of items, photographs of objects, the loan agreement (if applicable) outlining the agreed values and exhibit dates for the covered exhibit(s). For more information about the State's Fine Arts coverage, please contact Maureen Martinez, Insurance & Loss Prevention Specialist at 775-687-3193.

WINTER SAFETY TIPS



Winter is a wonderful time of year, but as with any season, there are specific things we need to be aware of to keep ourselves safe and injury-free. Here are just a few:



Home fires are more prevalent in the winter months than any other season. Cooking is the leading cause of all winter residential building fires. Other winter fire hazards include space heaters, fireplaces and candles.

The cold weather increases your chances of getting frostbite or hypothermia. Between the years of 1999-2004, an average of 647 people died each year from hypothermia.

Fatal crashes were 14% more likely to happen on the first snowy day of the season than on days following. It takes drivers a few days to regain their sense of driving in this weather.

Most carbon monoxide poisonings happen in January; the second most in December. Carbon monoxide detectors save lives, but less than one-third of American homes have one installed.

January is National Radon Action Month and the Nevada Radon Education Program of University of Nevada Cooperative Extension (UNCE) will offer several radon education programs at various locations in January. Radon test kits will be offered free at the presentations, as well as throughout the month at Cooperative Extension locations around the state.

Radon is a naturally occurring radioactive gas that is present in rocks and soil. It can accumulate in buildings and can cause lung cancer. The U.S. Environmental Protection Agency (EPA) estimates 21,000 Americans die each year from radon-induced lung cancer, killing more people than secondhand smoke, drunk driving, falls in the home, drowning or fires in the home. The EPA recommends citizens make changes to homes if radon levels reach 4 picocuries per liter of air (pCi/l) or higher. According to experts, living in a home with an average radon level of 4 pCi/l poses a similar risk of developing lung cancer to smoking half a pack of cigarettes a day.

Radon can enter any home – old or new, well-sealed or drafty. The only way to know a building's radon level is to test. If high levels of radon are found, there is a way to reduce or mitigate radon levels.

Radon-induced lung cancer is highly preventable. A simple three-day test can determine if a house has a radon problem and winter is an ideal time to test a home for radon. When a home is closed up during cooler weather months, radon concentrations typically increase.

One can't predict which homes will have high radon levels, as two neighboring homes can have vastly different radon levels. Therefore UNCE, EPA and the Nevada State Health Division urge all Nevadans to get their homes tested for radon. Free radon test kits are available during the months of January and February at Cooperative Extension offices statewide. For more information, visit the Nevada Radon Education Program website, www.RadonNV.com, or call the Radon Hotline, 888-RADON10 (888-723-6610).

Radon Testing

CERTAIN CONTAGIOUS DISEASES AS OCCUPATIONAL DISEASES



NRS 617.481 was enacted in 2001; the statute outlines the requirements for an employee that has been exposed to a contagious disease as part of their employment. The statute defines "Contagious disease" to mean hepatitis A, hepatitis B, hepatitis C, tuberculosis, the human immunodeficiency virus (HIV) or acquired immune deficiency syndrome (AIDS). It also defines "Exposed" or "Exposure" to mean the introduction of blood or other infectious materials into the body of an employee during the performance of the employee's official duties through the skin, eye, mucous membrane or parenteral contact. The term includes contact with airborne materials carrying tuberculosis.

State law supersedes the guidelines followed by CDC for exposure and testing of contagious diseases. If an employee is exposed to a contagious disease during the course and scope of his or her employment they must be tested within 72 hours of the exposure and follow the State's protocol for subsequent testing at 6 weeks, 12 weeks, 6 months and 12 months. Failure to be tested within 72 hours or submit to the follow up testing would jeopardize the employee's benefits. Should an employee report to a medical facility for testing and is refused the testing, they should contact their supervisor, CCMSI (775) 882-9600 or Risk Management (775) 687-3187 to ensure that the appropriate testing is performed within the required time frame.



Safety Committee Members Training

Risk Management is now offering a course titled, "Safety Committee Members Training." Classes will be held in both Carson City and Las Vegas on a monthly basis until such time we can get the class online. Classes for February are already listed in NEATS. While not yet mandatory, the class is quite informative and essential for those persons serving as a safety committee member.

We truly appreciate the efforts made by our committee members and thank you for your dedication.