



State of Nevada

Department of Administration

RISK-Y BUSINESS

Risk Management Division

Volume 2013 – 3

July/Aug/Sept 2013

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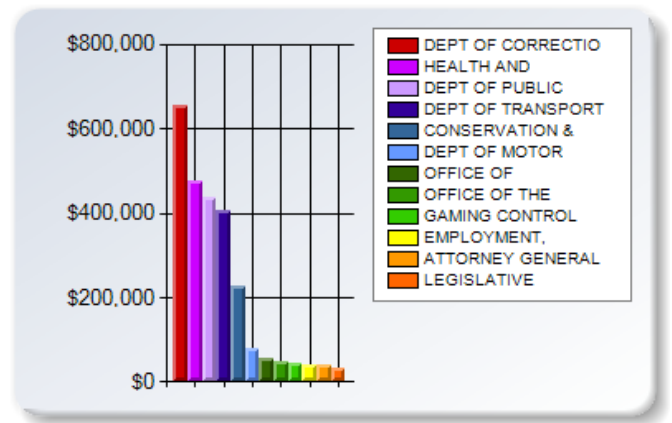
Rise of Copper Thefts and Vacant Buildings

A news report from the National Insurance Crime Bureau (NICB) confirms what many are seeing through news reports and their own experience — thefts of copper and other metals are occurring all over the nation and are rising as a result in the increases in metal prices. The NICB report reviews over 25,000 claims for the theft of copper, bronze, brass, or aluminum that were submitted to ISO ClaimSearch from 2009 to 2011. Of these, 96% concerned copper theft.

How can your agency specifically deter these types of threats? Agencies are encouraged to conduct frequent regular “walk-through” tours of their property at different times of the day to note any changes. Agencies should make sure that building and perimeter are well lit. Agencies can increase lighting by installing exterior and interior motion or timed lighting. Buildings should have deadbolt locks on all doors and locks for accessible windows. Agencies can make sure security systems are in place and operational or install security cameras (even cameras that are not active). If agencies can’t afford to purchase new equipment, State Purchasing may have surplus equipment available for low cost.

Vacant buildings in particular become more vulnerable to criminal activity. When a state-owned building has been or is proposed to be vacated for any reason and is not planned to be occupied for a period of time, the building should be decommissioned. One of the goals of decommissioning is to reduce or eliminate hazards including the vulnerability to criminal activity. Additional guidelines on decommissioning state buildings can be found on the Risk Management website under the Loss Prevention links at <http://risk.nv.gov/LP/>.

FY 2013 Workers' Comp Total Paid For Each Agency



Agency	Paid	Out Reserve	Recovered	Total Incurred	Claim Count	Cost per Claim
CORRECTIONS	\$655,424.11	\$1,308,764.92	\$0.00	\$1,964,189.03	245	\$8,017.10
HEALTH AND HUMAN SERVICES	\$477,487.84	\$856,018.97	\$0.00	\$1,333,506.81	250	\$5,334.03
PUBLIC SAFETY	\$438,536.24	\$866,235.45	\$0.00	\$1,304,771.69	166	\$7,860.07
TRANSPORTATION	\$405,756.25	\$972,299.58	\$14,598.78	\$1,363,457.05	114	\$11,960.15
CONSERVATION & NAT. RESOURCES	\$226,823.17	\$319,951.56	\$0.00	\$546,774.73	125	\$4,374.20
MOTOR VEHICLES	\$80,503.77	\$202,321.04	\$1,325.07	\$281,499.74	31	\$9,080.64
VETERANS SERVICES	\$54,739.46	\$46,994.58	\$0.00	\$101,734.04	24	\$4,238.92
MILITARY	\$48,093.11	\$326,265.10	\$0.00	\$374,358.21	15	\$24,957.21
GAMING CONTROL BOARD	\$45,264.60	\$0.00	\$0.00	\$45,264.60	2	\$22,632.30
EMPLOYMENT, TRAIN/REHAB	\$41,482.61	\$70,419.23	\$0.00	\$111,901.84	24	\$4,662.58
ATTORNEY GENERAL	\$39,912.70	\$79,007.00	\$0.00	\$118,919.70	6	\$19,819.95
LEGISLATIVE COUNSEL BUREAU	\$33,179.07	\$70,540.81	\$0.00	\$103,719.88	15	\$6,914.66
BUSINESS & INDUSTRY	\$32,940.48	\$2,600.92	\$1,684.61	\$33,856.79	15	\$2,257.12
PUBLIC UTILITIES COMMISSION	\$22,239.47	\$77,120.48	\$0.00	\$99,359.95	2	\$49,679.98
WILDLIFE	\$18,060.07	\$15,060.36	\$304.56	\$32,815.87	12	\$2,734.66
AGRICULTURE	\$12,295.44	\$10,788.95	\$0.00	\$23,084.39	25	\$923.38
ADMINISTRATION	\$12,249.63	\$34,710.77	\$0.00	\$46,960.40	14	\$3,354.31
P.O.S.T.	\$5,303.49	\$2,846.51	\$0.00	\$8,150.00	1	\$8,150.00
SECRETARY OF STATE	\$5,227.34	\$0.00	\$0.00	\$5,227.34	3	\$1,742.45
TAXATION	\$4,307.06	\$1,319.76	\$0.00	\$5,626.82	3	\$1,875.61
EDUCATION	\$3,669.66	\$0.00	\$89.51	\$3,580.15	5	\$716.03
CULTURAL AFFAIRS	\$661.05	\$0.00	\$0.00	\$661.05	1	\$661.05
NEVADA JUDICIARY	\$563.10	\$0.00	\$0.00	\$563.10	2	\$281.55
P.E.B.	\$540.49	\$0.00	\$0.00	\$540.49	1	\$540.49
STATE TREASURER	\$528.60	\$0.00	\$0.00	\$528.60	1	\$528.60
CONTROLLERS OFFICE	\$206.07	\$0.00	\$0.00	\$206.07	1	\$206.07
Totals:	\$2,665,994.88	\$5,263,265.99	\$18,002.53	\$7,911,258.34	1103	\$7,172.49

Cardiovascular Disease & Diabetes

Heart diseases and stroke are the No. 1 causes in death and disability among people with type 2 diabetes. In fact, at least 65 percent of people with diabetes die from some form of heart disease or stroke. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. The American Heart Association considers diabetes to be one of the seven major controllable risk factors for cardiovascular disease (CVD).

Why are people with diabetes at increased risk for CVD?

Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. That's because people with diabetes, particularly type 2 diabetes, often have the following conditions that contribute to their risk for developing cardiovascular disease.

High blood pressure (hypertension)

Studies report a positive association between hypertension and insulin resistance. When patients have both hypertension and diabetes, which is a common combination, their risk for cardiovascular disease doubles.

Abnormal cholesterol and high triglycerides

Patients with diabetes often have unhealthy cholesterol levels including high LDL ("bad") cholesterol, low HDL ("good") cholesterol, and high triglycerides. This triad of poor lipid counts often occurs in patients with premature coronary heart disease. It is also characteristic of a lipid disorder associated with insulin resistance called atherogenic dyslipidemia, or diabetic dyslipidemia in those patients with diabetes.

Obesity

Obesity is a major risk factor for cardiovascular disease and has been strongly associated with insulin resistance. Weight loss can improve cardiovascular risk, decrease insulin concentration and increase insulin sensitivity.

Lack of physical activity

Physical inactivity is another modifiable major risk factor in insulin resistance and cardiovascular disease. Exercising and losing weight can prevent or delay the onset of type 2 diabetes, reduce blood pressure and help reduce the risk for heart attack and stroke.

Poorly controlled blood sugars (too high) or out of normal range

Diabetes can cause blood sugar to rise to dangerous levels. Medications may be needed to manage blood sugar.

Individuals with insulin resistance or diabetes in combination with one or more of these risk factors are more likely to fall victim to heart disease or stroke. However, by controlling these risk factors, diabetes patients may avoid or delay the development of heart and blood vessel disease. Your health care provider will do periodic testing to assess whether you have developed any of these risk factors associated with cardiovascular disease.

SUN AND HEAT PROTECTION



SUN PROTECTION:

Make sure that exposed skin is covered with an appropriate sun block before heading out to the parade, family picnic or other outdoor activity.

Try to keep a layer of at least SPF 15 sunscreen on throughout the day and try to stay out of direct sunlight between 10am and 4pm.

HEAT SAFETY:

Never leave children or pets alone in enclosed vehicles.

Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.

Eat small meals and eat more often.

Avoid extreme temperature changes.

Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors.

Postpone outdoor games and activities and use a buddy system when working in excessive heat. Take frequent breaks.

Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.

Check on your animals frequently to ensure that they are not suffering from the heat.

IMPORTANT CHANGES REGARDING FIRST STOP CLINICS

We are pleased to announce the addition of Concentra Clinics in Reno and Sparks as a first stop clinic for State of Nevada employees.

Concentra recently moved to a new location in Reno and not only is it conveniently located just off the freeway, at 6410 South Virginia, they have also expanded their hours; they are open Monday through Friday 7 am – 7 pm and 9 am – 4 pm on Saturdays.

The Concentra in Sparks recently went through a renovation and is located at 255 Glendale Avenue #12. Their hours are Monday through Friday 7 am – 6 pm.

All of the St. Mary's Urgent Care clinics were removed as a first stop clinic in Northern Nevada.

You can find the most current list of first stop clinics on our webpage, www.risk.nv.gov by clicking on Workers' Comp and then going to Provider Directories. Under Provider Directories click on the First Stop Clinics, then click on Northern Nevada or Southern Nevada for a current list of first stop clinics.

DID YOU KNOW



The State of Nevada now allows agencies to select any vendor for windshield replacement service on state vehicles. Agencies ARE REQUIRED by Risk Management to secure three repair estimates prior to getting the work done; and work must be done with the low bid vendor. In order to take advantage of the convenience and cost savings afforded to the State, please request the State discount rate when asking for an estimate.

Contact DeAnna Guthrie at (775) 687-3189 dguthrie@admin.nv.gov with any questions concerning this matter.

How Long Can An Injured Worker Remain On Temporary Modified Duty?

An injured worker who has been given temporary work restrictions due to a workers' compensation injury can be placed on "temporary modified duty" for 90 days as long as the restrictions/modified duty are accepted by his/her employer. After the first 90 days, if the injured worker is still not able to return to his full time position, then an extension of another 90 days can be granted but only as long as the injured worker is performing at least 51% of the essential functions of his position. (NAC 284.6004; NRS 284.155, 284.327).

However, if after the 180 days the injured worker cannot return to his full time position, then the injured worker must be placed on Temporary Total Disability (NAC 284.5775). Please note that if the injured worker's employer cannot accommodate the job restrictions/modified duty, Risk Management will make an effort to place the injured worker with another State agency.

If this is done, then after the first 90 days of temporary modified duty the injured worker cannot be granted another 90 day extension unless he goes back to his original position.

TEMPERATURE IN THE WORKPLACE



Risk Management is often asked if OSHA provides any *specific* regulations as to minimal/maximum interior building temperatures. The answer to that is "No". The employer is left with the task of determining whether the temperature is "safe and healthy" enough for their personnel to commence and maintain work within their environments. OSHA offers the following statement in that regard. "The temperature in workrooms should provide reasonable comfort without the need for special clothing. Where such a temperature is impractical because of hot or cold processes, all reasonable steps should be taken to achieve a temperature which is as close as possible to comfortable. 'Workroom' means a room where people normally work for more than short periods." OSHA does provide a bit more clarification for those working outdoors. That information can be found at <https://www.osha.gov/SLTC/heatillness/index.html>

If you have any questions concerning this issue, please call David Gould at (775) 687-3190 or email him at dgoald@admin.nv.gov.

WORKERS' COMP VOLUNTEER BILLING

Now that the Legislative Session had ended, Risk Management has received a few inquiries concerning the billing procedure and workers' compensation rates charged to various state agencies for their board members and volunteers. The "Premium Procedures" information is located in our website at: <http://risk.nv.gov/WC/Volunteers/>. Please note the workers' compensation rate for the remainder of Calendar Year 2013 stays at \$.0155 per \$100 of deemed wages. These rates can be found in the Budget Office's website under the "2011 All Agency Memos" <http://budget.nv.gov/Governance/Policy Directives/2011 All Agency Memos/> and under the 2013 Budget Division Policy Directives for the 2013-15 Biennium <http://budget.nv.gov/Policy-Directives/>. Please remember that our office must receive the completed paperwork for each volunteer before the volunteer starts his/her assignment. Again, this information is found at: <http://risk.nv.gov/>