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CHANGES TO THE HEART & LUNG BILL

The 2015 Legislature made several changes to NRS 617.455 and 617.477, the NRS's covering lung and heart benefits for police and firemen. A disease of the lungs or heart is now conclusively presumed to have arisen out of and in the course of employment of a person who has been employed in a full-time continuous, uninterrupted and salaried occupation as a police officer, firefighter or arson investigator for

2 years or more before the date of disablement if the disease is diagnosed and causes the disablement: (a) During the course of the employment ; (b) If the person ceases employment before completing 20 years of service as a police officer, firefighter or arson investigator, during the period after separation from employment which is equal to the number of years worked; or (c) If the person ceases employment after completing 20 years or more of service as a police officer, firefighter or arson investigator, at any time during the person's life. Service credit which is purchased in a retirement system must not be calculated towards the years of service of a person for the purposes of this section.

NRS 617.455, Sec 2, 8 and NRS 617.457 Sec 3, 13, was changed to read: *A person who files a claim for a disease of the heart/lung specified in this section after he or she retires from employment as a firefighter, arson investigator or police officer is not entitled to receive any compensation for that disease other than medical benefits.*

Changes were added to NRS 617.455, Sec 2.5, 6, and NRS 617.457, Sec 3.5, 2, which state: *Frequent or regular use of a tobacco product within 1 year, or a material departure from a physician's prescribed plan of care by a person within 3 months, immediately preceding the filing of a claim for compensation excludes a person who has separated from service from the benefit of the conclusive presumption provided in NRS 617.455, subsection 5, and NRS 617.457, subsection 1.*

Risk Management Welcomes New Safety Specialist

Risk Management is pleased to announce that it has a new Safety Specialist, Justin Harris. Justin transferred over from the Department of Corrections on April 20, 2015 and hit the ground running. Justin enjoys identifying and eliminating workplace hazards as well as helping others to achieve their safety goals. Justin has been in safety management for the last 5 years, with most of his experience being mainly in the private sector. Justin also spent 10 years with Starbucks as Distribution Manager and Safety Manager. He has been married for 15 years and has 4 boys. He enjoys Cross Fit and coaching youth sports on his off time. He is kept busy with his high school sophomore that enjoys playing multiple sports year around.

Please join us in welcoming Justin to the Risk team. He is available to assist you and can be reached at (775) 687-3190 or by email at gjharris@admin.nv.gov

Defensive Driving Training Requirement

In accordance with the provisions of the State Administrative Manual Section 0521.0, Safety and Health Program and Subsection 2-C, Safety Training – the Risk Management Division has identified the following employee training topic that must be included in all State agency safety programs:

DEFENSIVE DRIVING

The Defensive Driving course is required for all “Executive” branch employees whose job functions require driving a State vehicle for State business. The standard 4-hour Defensive Driving class or an equivalent (must show evidence of prior participation within the last 4 years) must be completed. Agencies can present an alternative training course to Risk Management for review and approval.

Employees will need to attend the standard 4-hour classroom course as soon as available or within the first year of employment. Refresher training or a repeat class is required every 4 years. The refresher class may be taken by State employees online at: <http://nvelearn.nv.gov>. The refresher class for NSHE employees may be taken on line at: <http://campus.extension.org>.

New employees must be provided with a brief orientation upon hire explaining the State’s policies and practices when utilizing a State owned motor vehicle. Employees who have had more than one work related traffic accident or ticket (that they are deemed to be at fault) within the 4 year period, must be directed to re-take the classroom Defensive Driving course within 3 months of the second accident.

Exceptions: Peace Officers or EMT’s who participate in Emergency Vehicle (EVOC) training
Elected Officials
Legislative Council Bureau employees
Board and Commission Members

All employees attending the 4-hour class in its entirety will receive a certificate of completion.

Risk Management and various agency trainers are offering this course on an ongoing basis. Agency representatives may request on site training classes for a group of 10 or more employees. Risk Management also has videos available for agency use related to new employee orientation.

Questions regarding this topic can be directed to Risk Management at (775) 687-3187. Thank you for your cooperation as the training program is intended to reduce and minimize workers’ compensation, liability and vehicle damage costs.

SAFETY COORDINATORS

The Risk Management Division (RMD) is working hard to ensure that every agency provides for the health and safety of its employees while on the job. It is therefore vital that we keep an updated list of each Division's safety coordinators. To that end, we ask that in keeping with NRS Chapter 618, and SAM 0521, each Division head assign a safety coordinator and notify the RMD of the assignment and any subsequent changes.

Assigned Safety Coordinators need to make contact with the RMD Safety Specialist, Justin Harris, if they have not already done so. Justin's email is gjharris@admin.nv.gov , and his phone number is (775) 687-3190.



Heat Related Illnesses

Whether you are at work or at home heat-related illnesses can be deadly. Thousands become sick every year and many die due to preventable heat-related illnesses. With summer temperatures rising, now is the best time to prepare for working outdoors in excessive heat by following a few simple steps.

It's important to know the signs of heat-related illness—acting quickly can prevent more serious medical conditions and may even save lives.

Heat Stroke is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. CALL 911 if a coworker shows signs of heat stroke.

Heat Exhaustion is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. Heat fatigue, and heat rash are less serious, but they are still signs of too much heat exposure.

If you or a coworker has symptoms of heat-related illness, tell your supervisor right away. If you can, move the person to a shaded area loosen his/her clothing, give him/her water (a little at a time), and cool him/her down with ice packs or cool water.

TO PREVENT HEAT ILLNESS: WATER. REST. SHADE.

Drink water every 15 minutes, even if you are not thirsty. Rest in the shade to cool down. Wear a hat and light-colored clothing. Learn the signs of heat illness and what to do in an emergency.

Keep an eye on fellow workers.

Acclimate – "easy does it" on your first days of work; be sure to get used to the heat and allow yourself to build up a tolerance. Not being used to the heat is a big problem. Many of the people who died from heat stress were either new to working in the heat or returning from a break.

If you have questions, call OSHA. Call 1-800-321-OSHA (6742) or visit www.osha.gov to learn more about staying healthy in the workplace.

Prepare For A Quake Before It Hits

Earthquakes, one of nature's most unsettling phenomena, are unpredictable and can strike without warning. That's why it's important for you and your family to learn how to prepare for an earthquake, and develop a plan to react quickly and safely if disaster strikes.

Preparing for an Earthquake

Locate the shutoff valves for water, gas and electricity in your home. Learn how to shut off the valves before a quake. If you have any questions, call your utility company.

Prepare an emergency earthquake kit with warm clothing, non-perishable food items and bottled water to last you and your family for at least 72 hours.

Decide where and when to reunite with loved ones if you and your family are not together when an earthquake hits.

Bolt down and secure to the wall studs your water heater, refrigerator, furnace and gas appliances, if recommended by your gas company.

Have an automatic gas shutoff valve installed that is triggered by strong vibrations.

Hold earthquake drills with your family members: Drop, cover and hold on! Locate safe spots in each room under a sturdy table or against an inside wall. Practice moving to these places during each drill.

Keep extra cash on hand. If electricity is out, you will not be able to use an automatic banking machine.

Make copies of vital records and take photos and/or videos of your valuables. Make copies and keep them in a safety deposit box, preferably in another city or state.

During an Earthquake

Remain inside of your home and seek shelter under a heavy table or desk, or brace yourself inside a door frame or inside wall.

Stay at least 15 feet away from windows and out of kitchens and garages, if possible.

Stay under the structure that is protecting you. If the shaking causes the table or desk to move, then you should move with it so you remain protected.

Do not panic, and anticipate what you should do next to remain safe. Also, do not be alarmed if your electricity goes out.

It's important to remain in your home after the ground stops shaking in case there are any aftershocks. While doing so, make sure that all your family members are safe and administer first aid for any injuries.

Source: Zywave – Orgill/Singer

READY, SET GO!

Hazard Communication Standard Material Safety Data Sheets (MSDS) to Safety Data Sheets (SDS) changes

June 1, 2015 represents a major enforcement deadline of the new standard: manufacturers must stop sending the old material safety data sheets (MSDS) and send the new safety data sheets (SDS) instead. Chemical end users (employers/employees) have until **June 1, 2016** to respond to new SDSs passed down from up-stream suppliers and manufacturers in the workplace. This one year period presents a very short time frame in which an employer can respond to the new and updated information contained on potentially hundreds of SDSs and be compliant by **June 1, 2016**. As you contact your suppliers and start replacing the old MSDS with the new SDS remember to keep copies of the old MSDS to maintain proof of compliance of the old HazCom standard.

HEALTHY PORTION SIZES

Did you know that in the 1980s, a typical bagel had 140 calories and a 3-inch diameter? Today, a bagel averages 6 inches and is a whopping 350 calories! With 64-ounce fountain drinks, jumbo-size snacks, massive restaurant entrees and the ability to “up-size” fast food for pennies more, it is easy to get confused about proper portion size.

What is a Portion? A portion is the amount of a specific food an individual eats for a meal or snack. Many factors affect food portions, such as age, gender, activity level, appetite, and where or when the food is obtained and eaten.

What Is the Difference Between Portions and Servings? A portion is the amount of food you choose to eat. There is no standard or correct portion size. A serving is a standard amount (issued by the USDA) used to give advice about how much to eat, and to identify how many calories and nutrients are in a particular food. This is the information located on the nutritional label of a food product (serving size).

For example:

You eat a sandwich with two slices of bread. The nutrition label on the bread states that the serving size is one slice. Your portion is two slices, which equals two servings.

Healthy Portion Sizes. For a general idea of the amount of food you should be consuming, use the following recommendations:

A serving of meat is about 2 or 3 ounces—about the size of the palm of your hand.

One serving of grains is equal to one slice of bread, one ounce of cereal, or half a cup of pasta or rice.

A serving of fruit or vegetables is equal to one piece of fresh fruit or vegetable, half a cup of chopped, or $\frac{3}{4}$ cup of either juice. In general, it's not as necessary to be vigilant about vegetable and fruit intake, as any amount is healthy—just be aware of the sugar content in fruit.

The USDA recommends you make at least half your plate fruits and vegetables, along with lean protein and whole grains.

Source: Zywave – Orgill/Singer

MAKE TIME FOR FITNESS!!

Yes, your life may be hectic with your job, your children and what seems like 500 other commitments. Yet you do have time to tend to your health and fitness.

Here's how:

- **Make fitness a priority. If you are unable to work out every day, exercise at least three times per week at a high intensity to maintain your fitness level.**
- **Park your car farther away and walk longer to your destination.**
- **Play outside with your loved ones—little ones or furry ones.**
- **Take the stairs instead of the elevator or escalator.**
- **Lift your legs while sitting at a desk or while watching TV. While sitting in a chair, raise your legs in front of you and hold them there for 15 to 30 seconds. Repeat this motion several times.**
- **Squeeze a stress ball while at work to relieve tension, burn calories, increase flexibility and improve blood flow.**
- **Stretch or exercise while watching TV. Hop on a treadmill or an exercise bike while at home to burn some calories while you catch up on your favorite shows.**
- **Exercise during your lunch hour, even if it's just a walk around the block or up and down a flight of stairs.**
- **Do home chores, such as shoveling snow, gardening, raking leaves, sweeping the floor, vacuuming and dusting. These activities burn calories and tidy up your home!**
- **Getting even 20 to 30 minutes of exercise per day will improve your health. Exercise will also make you feel better and can even be fun. Time is ticking... get out there and sweat!**

Source: Zywave – Orgill/Singer

SUMMER DRIVING SAFETY

During the summer months there are more pedestrians and bicyclists on roadways. Drivers should be paying special attention to the crosswalks as you approach. Failure to do so may lead to a pedestrian or bicycle involved crash which could turn tragic.

School is out and children are at play, so pay special attention when driving in neighborhoods and near playgrounds. Traffic can get congested during the summer as locals and visitors alike share the road. Be safe, keep your cool, and drive defensively.