

State of Nevada
Department of Administration
Risk Management Division
201 S. Roop St, Ste. 201
Carson City, NV 89701

Apr /May/June
Volume 2019, Issue 2



Risk-y Business

Save the Date!!

2019 State of Nevada Health and Safety Conference

Risk Management would like to thank all the Statewide Safety Coordinators for a job well done by inviting them to attend our annual Health and Safety Conference.

The Southern Nevada Conference will be held on May 9, 2019 at the Embassy Suites 4315 Swenson St. Las Vegas, NV.

The Northern Nevada Conference will be held on May 22, 2019 at the Plaza Hotel and Event Center 801 S. Carson St. Carson City, NV

You can find more information in NEATS under the training tab – Risk Management. Please feel free to send any questions about the conference to Joe Reeves jreeves@admin.nv.gov 775-687-1753.

Mission

The mission of Risk Management is to preserve and protect State property and personnel. This is achieved by integrating agency programs that systematically identify and analyze exposures to risk, selecting and implementing appropriate risk control strategies, financing anticipated or incurred losses and regular monitoring for continual improvement and enhancement.

Vision

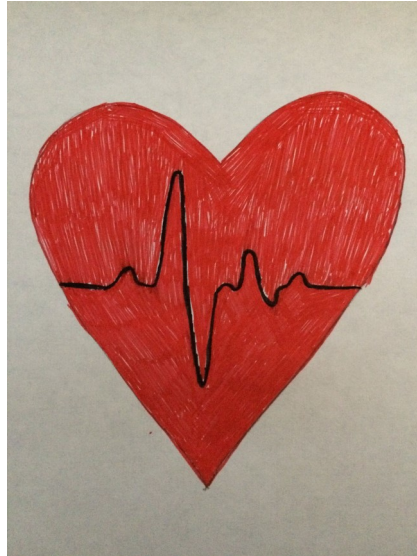
Our vision is to continually improve our service to the State, to protect the State's human, intellectual, physical and financial assets and resources and to collaborate with staff to help them meet their goals thereby minimizing the probability, occurrence and impact of accidental losses to the Government of the State of Nevada.

Philosophy

We believe that a successful Risk Management program requires proactive vs. reactive plans and actions. We believe that most risks can and must be identified and managed effectively. Overall, it is our belief that *prevention is better than the cure.*



Is it true that occasionally following a fasting diet can reduce my risk of heart disease?



Maybe. Researchers aren't exactly sure why, but it seems that occasionally fasting — not having any food and drink for about 24 hours at a time — can potentially improve your heart health.

It's difficult to tell what effect fasting has on your heart health because many people who routinely fast often do so for religious reasons. These people generally tend to not smoke or drink alcohol, which also can reduce heart disease risk.

However, it still appears people who follow a fasting diet may have better heart health than people who don't. This may be because people who routinely fast show self-control over how many calories they eat and drink, and this behavior may translate into better eating choices when they aren't fasting.

The link between periodic fasting and better heart health may also be linked to the way your body metabolizes cholesterol and sugar. Regular fasting can decrease your low-density lipoprotein, or "bad," cholesterol. It's also thought that fasting may improve the way your body metabolizes sugar. This can reduce your risk of gaining weight and developing diabetes, which are both risk factors for heart disease.

If you're considering periodically fasting, you should talk to your doctor before doing so. He or she can tell you whether fasting is a good idea for you, and how often you should consider doing so. Keep in mind that regularly following a heart-healthy diet and exercising regularly also can improve your heart health.

American Heart Assoc.

Workers' Compensation Statistics for Calendar Year 2018

As of March 15, 2019, there were 993 claims filed for calendar year 2018 and of those there are 288 open claims and 705 closed claims.

There are 118 indemnity (lost time) claims and 875 medical only claims. The total spent, so far, on all filed claims is \$3,774,958.54. The average cost of an indemnity claim is \$45,185.34 with the average cost of a medical only claim being \$1,687.70.

The top five body parts injured were Body System, Back, Knee(s), Shoulder(s), and Neck. With the average costs per claim being \$2,440.54, \$11,762.12, \$8,864.55, \$10,967.94, and \$17,796.53 respectively.

Agency	Paid	Out Reserve	Recovered	Total Incur	Claim Count	Cost per Claim
DEPT OF CORRECTIONS	\$738,935.13	\$766,864.53	\$0.00	\$1,505,799.66	310	\$4,857.42
HEALTH AND HUMAN SERVICES	\$837,533.79	\$700,620.46	\$10,578.91	\$1,527,575.34	228	\$6,699.89
DEPT OF PUBLIC SAFETY	\$883,549.07	\$568,137.80	\$1,151.78	\$1,450,535.09	123	\$11,792.97
DEPT OF TRANSPORTATION	\$447,636.66	\$429,518.30	\$2,444.61	\$874,710.35	95	\$9,207.48
CONSERVATION & NATURAL RESOURCES	\$160,001.31	\$193,169.53	\$0.00	\$353,170.84	80	\$4,414.64
DEPT OF MOTOR VEHICLES	\$73,318.27	\$70,862.38	\$1,121.73	\$143,058.92	27	\$5,298.48
OFFICE OF VETERANS SERVICES	\$101,034.20	\$164,281.77	\$0.00	\$265,315.97	23	\$11,535.48
WILDLIFE	\$283,622.76	\$364,466.09	\$256.48	\$647,832.37	20	\$32,391.62
BUSINESS & INDUSTRY	\$29,165.11	\$9,206.49	\$193.38	\$38,178.22	15	\$2,545.21
ATTORNEY GENERAL	\$59,780.06	\$82,317.85	\$2,748.52	\$139,349.39	13	\$10,719.18
EMPLOYMENT, TRAINING & REHABILITATION	\$57,386.45	\$96,411.24	\$583.13	\$153,214.56	11	\$13,928.60
GAMING CONTROL BOARD	\$12,540.53	\$7,591.84	\$2,233.21	\$17,899.16	7	\$2,557.02
LEGISLATIVE COUNSEL BUREAU	\$5,218.43	\$3,782.03	\$0.00	\$9,000.46	7	\$1,285.78
ADMINISTRATION	\$51,499.11	\$4,956.86	\$0.00	\$56,455.97	7	\$8,065.14
SECRETARY OF STATE	\$3,630.41	\$2,878.64	\$0.00	\$6,509.05	5	\$1,301.81
STATE TREASURER	\$3,178.02	\$2,495.84	\$0.00	\$5,673.86	4	\$1,418.47
DEPT OF AGRICULTURE	\$5,761.58	\$2,016.75	\$0.00	\$7,778.33	4	\$1,944.58
CONTROLLERS OFFICE	\$1,060.39	\$359.14	\$0.00	\$1,419.53	3	\$473.18
CULTURAL AFFAIRS	\$7,992.72	\$0.00	\$0.00	\$7,992.72	3	\$2,664.24
DEPT OF TAXATION	\$1,017.12	\$3,757.70	\$0.00	\$4,774.82	3	\$1,591.61
OFFICE OF THE MILITARY	\$8,908.20	\$0.00	\$0.00	\$8,908.20	2	\$4,454.10
DEPT OF EDUCATION	\$1,847.30	\$0.00	\$0.00	\$1,847.30	2	\$923.65
NEVADA JUDICIARY	\$341.92	\$0.00	\$0.00	\$341.92	1	\$341.92
Totals:	\$3,774,958.54	\$3,473,695.24	\$21,311.75	\$7,227,342.03	993	\$7,278.29

Vehicle Accident Statistics

In Calendar Year (CY) 2018 Risk Management received 47 more claims than in CY 2017. Of those claims 31 were due to preventable accidents, a preventable accident is when the State is deemed to be at fault, which is a 2% increase from the prior year. Due to the increase in vehicle accidents, Risk Management collected \$7,000.00 more in deductibles, and spent \$22,609.31 more due to the cost of repairs.

2017

Total Accidents: 381
Preventable Accidents: 155
Percentage of Preventable Accidents: 41%
Total Repairs Cost: \$449,966.05
Total Deductible Paid by State Agencies: \$67,100.00

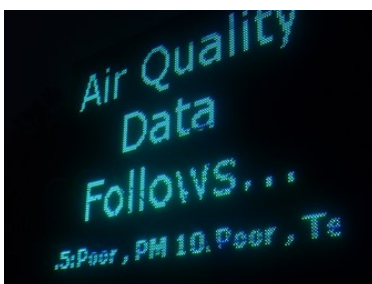
2018

Total Accidents: 428
Preventable Accidents: 186
Percentage of Preventable Accidents: 43%
Total Repairs Cost: \$472,575.36
Total Deductible Paid by State Agencies: \$74,100.00



Indoor Air Quality

Ever had an odor issue within your facility? Then you can appreciate the difficulty in identifying an odor, its source, and responding to questions from employees. It is important to note that while some odor causing compounds can simply be categorized as being a nuisance, others can be a potential health hazard. To report an odor at your facility to Risk Management fill out the Indoor Air Quality (IAQ) Questionnaire at <http://risk.nv.gov/LP/Safety/> and forward it to the Safety Specialist Joe Reeves jreeves@admin.nv.gov.



You Booze, You Lose

by [Matthew Kadey, MS, RD](#) on Aug 15, 2018



It's increasingly looking like the reported health benefits of drinking alcohol (hello, French paradox) is another case of something being too good to be true. A large international investigation published in *The Lancet* in April studied data from nearly 600,000 current drinkers in 19 countries. Researchers found that drinking about 100 g of alcohol—around five pints of beer or five 175-milliter glasses of wine—per week is the safe upper limit.

Consuming more than that raises the risk of early death from cardiovascular diseases, including stroke and heart failure. The report's most worrisome finding is the effect on life expectancy at age 40: It shrinks by 6 months for drinkers who imbibe 100–200 g of alcohol per week, by 1–2 years for those consuming 200–350 g per week, and by 4–5 years when alcohol intake tops 350 g weekly.

The study authors concluded that countries like Italy and the United States, where the recommended weekly limit for men is nearly double what this study shows is safest, should revisit their guidelines and reduce them.