



Risk-y Business Newsletter



State of Nevada,
Department of
Administration
Risk Management Division
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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 & 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

Spring has Sprung!



Please Wear Your Seatbelt. It could save your life, the life of your passengers; and it is required by law in Nevada

Warmer weather means driving to those who travel by car for recreation and family outings. There are 86,400 seconds in a day; and it takes only two seconds to put on a seatbelt. The decision to skip those two seconds could change your life forever

The Laws of Nevada

Nevada Revised Statutes require front and rear seat occupants of almost all passenger vehicles to wear safety belts or ride in an approved child restraint system. (NRS 484D.495 and 484B.157)

The Laws of Physics

If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped – by the windshield, dashboard, pavement or seat belt.



Source: Nevada Department of Motor Vehicles Nevada Department of Transportation dmv.nv.com | zerofatalitiesnv.com

WHEN IS **HOT**....IT SHOULDN'T BE...HOW TO MANAGE HOT WORK!

Is your agency performing maintenance or have a contractor that is doing work at your location that involves heat or a fire source.



LOSSES

On average, each year in the US hot work causes over 12,000 fires resulting in 31 deaths and \$300 million in property damage. Hot work continues to be a leading cause of fires. Yet hot work fires are among the most preventable fires when the hazard is managed properly

What is HOT Work?

Hot work involves using a heat source to complete work or as part of a process. The heat source can be an open flame or equipment that generates sparks, slag, or creates a surface temperature exceeding 400°F (400°C) - less if nearby combustibles have a lower ignition temperature. Hot work typically includes, but is not limited to:

- Cutting with a torch, an abrasive wheel or some other tool that produces sparks or slag, or heats the object being worked on
- Welding regardless of whether it is done with an arc, a torch, or some other heat source
- Soldering
- Thawing of pipes, equipment, or an area
- Heating an area with an improvised, temporary, or non-traditional heat source
- “Burning” paint, using a torch to apply roofing, or otherwise heating a surface to prepare it for additional work
- And any other heat source hot enough to ignite nearby combustibles

HOT WORK FIRES ARE PREVENTABLE!

MANAGING THE HAZARD

The primary goal of any **hot work management program** should be fire prevention. Reaching this goal starts by developing a written hot work procedure which applies to employees and contractors. That procedure should require at least the following:

- A review of any work to be performed that might require hot work.
- Consideration if the job can be completed by using cold work (pneumatic tools, chisels, etc.)
- If hot work must be used, consider moving the work to a designated hot work area such as a welding shop.
- The use a hot work permit to control all hot work outside of a designated hot work area.
- The identification of the person authorized to issue hot work permits
- Defined roles and responsibilities for the hot work operator, fire watch and site monitor.
- The authorization of hot work only if all required conditions on the hot work permit can be met for the duration of the permit (one shift max. duration)
- The prohibition of hot work if hot work permit requirements cannot be met.
- Enforcement of the procedure.

Risk Management has a sample program for your agencies on our website at (website link). [Sample Program](#)

HOT WORK PERMITS

The Hot Work Permit is key to managing hot work. It is a written document filled out at the worksite after a thorough review of the work to be completed and the work area. That review identifies the type and location of the work, personnel roles and responsibilities, precautions to be taken and duration of the permit. If your agency needs a hot work permit, document is located at the following (weblink) [Hot work permit](#)

ADDITIONAL RESOURCES AND INFORMATION ABOUT HOT WORK PROGRAMS

Both OSHA and NFPA have specific regulations and standards that address hot work, and you should consult them for more information. NFPA 51B *Standard for Fire Prevention in Use of Cutting and Welding Processes* is the NFPA standard written to address hot work and copies are available from the NFPA. You should refer to all standards in their entirety when applying the requirements of the standard

5 Essential Spring Car Care Tips

Give your Car, Truck, or SUV a Spring Cleaning

Winter can be hard on your car's body, paint, and undercarriage. All the salt and grime from the winter builds up during the part of year most of us spend the least time cleaning our vehicles. Don't forget to wash the wheel wells out and hose off the undercarriage as best as you can.

Inspect your wiper blades and check your filters.

The winter ice degrades the wipers rapidly and we all know that spring will bring plenty of rain showers. Winter also wears on your car's internal systems, spring is often a great time to have filters checked and replaced.

Rotate your tires, along with having the alignment and suspension checked.

If you've encountered many potholes, chances are your car could use an alignment. Remember that alignment issues will wear your tires faster, keeping it aligned will save you money.

Check your oil and windshield wiper fluid.

Now is the time to check your windshield wiper fluid, oil level and mileage for maintenance.

Set your tire pressure and consider swapping tires.

Temperature changes make your tire pressures fluctuate. Swap out winter tires to All Season / Spring / Summer tires.

Take Advantage of Spring Service Offers on Routine Maintenance

If your vehicle is in need of filter replacements, tire rotations, an oil change, or even a routine inspection. Spring is a great time to get your car maintained as many manufacturers are providing coupons for customers to take advantage of additional savings.

Courtesy : Ravenel Ford Inc



Tips to Break These Habits



Here are some tips to help you overcome bad habits for heart health:

- Avoid smoking:** Whether you smoke often, sometimes or never, it's important to avoid smoking or reduce the amount you smoke. If you'd like to quit but are having trouble doing so, the CDC has several resources to [help you overcome smoking](#).
- Limit alcohol consumption:** While some studies suggest moderate alcohol consumption may have cardioprotective benefits, it's best to play it safe with alcohol and the heart. Limit your alcohol consumption to less than two drinks per day.
- Increase physical activity:** Aim for 30 minutes of aerobic exercise five days a week and resistance exercise two days a week.
- Prioritize a healthy diet:** Pay attention to the ingredients in your food and choose whole foods and healthy fats over pre-packaged snacks stuffed with preservatives and unhealthy fats.
- Practice healthy stress reduction:** Find ways to reduce stress with healthy coping mechanisms. Mindful meditation or yoga help many, but if you find another practice works better for you, incorporate it into your routine

Modern Heart and Vascular.com

Important Workers' Compensation Form Update

The Division of Industrial Relations (DIR) has recently released an updated C-3 Employer's Report of Industrial Injury or Occupational Disease. It is important to utilize the newest revision, which is 02/2025, as the agency may incur a fine for utilizing an outdated version.

As a reminder, an employer must fill out a C-3 in its entirety, meaning all boxes MUST be completed, pursuant to NRS 616C.045 (1) (2) (a-c). It is appropriate to put N/A, unknown, or a line through the box when applicable.

The updated C-3 may be found on DIR's website [Form C-3: Employer's Report of Industrial Injury or Occupational Disease \(2/2025\)](#), or Risk Management's website https://risk.nv.gov/uploadedFiles/risknvgov/content/Workers_Comp/C3.pdf

Ladder Safety

Ladders are safe, useful tools when used properly. Many of the basic safety rules that apply to most tools also apply to the safe use of a ladder:

- ◆ If you feel tired or dizzy, or are prone to losing your balance, stay off the ladder.
- ◆ Do not use ladders in high winds or storms.
- ◆ Wear clean slip-resistant shoes. Shoes with leather soles are not appropriate for ladder use since they are not considered sufficiently slip resistant.
- ◆ Before using a ladder, inspect it to confirm it is in good working condition.
- ◆ Ladders with loose or missing parts must be repaired and/or replaced. Rickety ladders that sway or lean to the side must be repaired and/or replaced.
- ◆ The ladder you select must be the right size for the job.
- ◆ The duty rating of the ladder must be greater than the total weight of the climber, tools, supplies, and other objects placed upon the ladder. The length of the ladder must be sufficient so that the climber does not have to stand on the top rung or step.

Source: wtwco.com

