

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

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## Risk-y Business

### 2020 Great Nevada ShakeOut

While COVID-19 has brought many uncertainties and challenges, one thing's for sure: the Great Nevada ShakeOut is still happening this year on October 15, 2020 at 10:15am!

While the potential earthquake hazards depend upon your location, Nevada is considered at higher risk compared to most areas of the country. You could be anywhere when an earthquake strikes: at home, at work, at school or even on vacation. This is a good time to turn this emergency drill into an evacuation drill that can be used as one of the two-yearly OSHA recommended evacuation drills.

To register your department/agency/division for this year's event please go to <http://www.shakeout.org/nevada>



### 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.*



# Health and Safety Conference

Due to the COVID-19 pandemic, the 2020 Health and Safety Conference has been canceled. Please look for information/updates for next year's 2021 conference.



## Risk Management Training Classes

Due to the COVID-19 pandemic, Risk Management has switched to a virtual format for training classes. Currently, the classes that can be taken virtually are Defensive Driving, Accident Investigations, Workplace Violence: Recognition and Prevention, and Basic Office Ergonomics. Please continue to check NEATS for upcoming classes.

## Eye and Face Protection Personal Protective Equipment (PPE)

OSHA data shows that the most frequently cited section of the agency's standard for Personal Protective and Life Saving Equipment – Eye and Face Protection (1926.102) during fiscal years 2018 and 2019 reflected an absence of proper PPE.

Eye and face protection shall be required where there is a reasonable probability that injury could be prevented by such protection. PPE shall be selected in accordance with OSH 1910.133, Eye and Face Protection.

### Eye and Face Protection Use

The minimum types of PPE necessary for physical and chemical hazards are listed below:

1. Safety glasses, as a minimum, are required where there is a potential of eyes being struck by projectile objects. Side shields are required if there is a hazard from flying objects from the side.
2. Direct vented goggles (those with perforated holes on the sides) are an acceptable substitute for safety glasses with side shields.
3. Chemical splash goggles (those with indirect ventilation on sides) are required where protection is needed against chemical splashes or sprays. These may also be used where impact protection is required.
4. Face shields are required where facial skin protection is needed. They can only be used in conjunction *with* eye protection. The face shield is not a substitute for the safety glasses or goggles.  
Shaded eye/face protection is required for radiant energy sources from arc and gas welding, soldering and brazing, laser, ultra-violet, and infrared.

### Eye and Face Protection Design Standards

PPE shall meet requirements specified in American National Standards Institute, Z87.1, Practice for Occupational and Educational Eye and Face Protection. This standard covers the exposure related to physical hazards and chemical hazards.

### Eye and Face Protection Wear Factors and Limitations

When lenses become severely scratched or pitted, they should be replaced. Frames and elastic bands should be replaced when they become worn or broken. Eye and face protection should be selected based on the hazard present as stated above.

For more information go to:

<https://www.osha.gov/SLTC/eyefaceprotection/>

<https://www.safetyandhealthmagazine.com/articles/19220-eye-and-face-protection-7-key-considerations>

# WORKERS' COMPENSATION STATISTICS FOR CALENDAR YEAR 2019

In calendar year 2019, there were 913 claims filed and of those there are 84 open claims and 829 closed claims.

There were 151 indemnity (lost time) claims and 762 medical only claims. The total spent on all filed claims was \$6,066,359.93. The average cost of an indemnity claim was \$31,669.22 with the average cost of a medical only claim being \$1,685.44.

The top five body parts injured were Body System, Knee(s), Back, Neck, and Head. With the average costs per claim being \$2,719.81, \$10,991.77, \$10,757.59, \$13,850.01, and \$12,974.75 respectively.

| Agency                                | Paid                  | Out Reserve           | Recovered           | Total Incur           | Claim Count | Cost per Claim    |
|---------------------------------------|-----------------------|-----------------------|---------------------|-----------------------|-------------|-------------------|
| HEALTH AND HUMAN SERVICES             | \$1,512,480.86        | \$758,036.61          | \$7,494.40          | \$2,263,023.07        | 238         | \$9,508.50        |
| DEPT OF CORRECTIONS                   | \$1,540,095.73        | \$646,078.19          | \$12,753.38         | \$2,173,420.54        | 273         | \$7,961.25        |
| DEPT OF PUBLIC SAFETY                 | \$906,302.91          | \$529,307.71          | \$39,985.06         | \$1,395,625.56        | 130         | \$10,735.58       |
| DEPT OF TRANSPORTATION                | \$870,790.14          | \$243,282.30          | \$5,744.60          | \$1,108,327.84        | 78          | \$14,209.33       |
| CONSERVATION & NATURAL RESOURCES      | \$595,148.40          | \$474,979.39          | \$47,695.61         | \$1,022,432.18        | 65          | \$15,729.73       |
| BUSINESS & INDUSTRY                   | \$126,895.38          | \$63,316.15           | \$0.00              | \$190,211.53          | 9           | \$21,134.61       |
| DEPT OF MOTOR VEHICLES                | \$161,214.68          | \$3,877.65            | \$2,767.29          | \$162,325.04          | 26          | \$6,243.27        |
| OFFICE OF VETERANS SERVICES           | \$86,187.40           | \$69,653.16           | \$0.00              | \$155,840.56          | 22          | \$7,083.66        |
| OFFICE OF THE MILITARY                | \$57,449.42           | \$51,631.79           | \$0.00              | \$109,081.21          | 9           | \$12,120.13       |
| DEPT OF TAXATION                      | \$89,047.44           | \$0.00                | \$0.00              | \$89,047.44           | 6           | \$14,841.24       |
| LEGISLATIVE COUNSEL BUREAU            | \$32,446.32           | \$54,195.26           | \$0.00              | \$86,641.58           | 5           | \$17,328.32       |
| SECRETARY OF STATE                    | \$14,815.77           | \$34,536.92           | \$0.00              | \$49,352.69           | 5           | \$9,870.54        |
| EMPLOYMENT, TRAINING & REHABILITATION | \$18,087.74           | \$3,364.05            | \$0.00              | \$21,451.79           | 8           | \$2,681.47        |
| DEPT OF AGRICULTURE                   | \$17,424.49           | \$2,939.62            | \$2,129.66          | \$18,234.45           | 6           | \$3,039.08        |
| CONTROLLERS OFFICE                    | \$9,686.94            | \$1,048.20            | \$0.00              | \$10,735.14           | 1           | \$10,735.14       |
| STATE TREASURER                       | \$3,634.95            | \$3,032.55            | \$0.00              | \$6,667.50            | 1           | \$6,667.50        |
| ADMINISTRATION                        | \$6,348.03            | \$0.00                | \$0.00              | \$6,348.03            | 8           | \$793.50          |
| WILDLIFE                              | \$5,489.35            | \$0.00                | \$0.00              | \$5,489.35            | 7           | \$784.19          |
| DEPT OF EDUCATION                     | \$4,169.27            | \$0.00                | \$0.00              | \$4,169.27            | 3           | \$1,389.76        |
| P.O.S.T.                              | \$2,690.02            | \$0.00                | \$0.00              | \$2,690.02            | 2           | \$1,345.01        |
| GAMING CONTROL BOARD                  | \$1,871.77            | \$0.00                | \$0.00              | \$1,871.77            | 3           | \$623.92          |
| CULTURAL AFFAIRS                      | \$1,401.51            | \$0.00                | \$0.00              | \$1,401.51            | 3           | \$467.17          |
| MINERAL RESOURCES COMMISSION          | \$1,273.69            | \$0.00                | \$0.00              | \$1,273.69            | 1           | \$1,273.69        |
| ATTORNEY GENERAL                      | \$1,028.10            | \$0.00                | \$0.00              | \$1,028.10            | 2           | \$514.05          |
| NEVADA JUDICIARY                      | \$367.32              | \$0.00                | \$0.00              | \$367.32              | 1           | \$367.32          |
| PUBLIC UTILITIES COMMISSION           | \$12.30               | \$0.00                | \$0.00              | \$12.30               | 1           | \$12.30           |
| <b>Totals:</b>                        | <b>\$6,066,359.93</b> | <b>\$2,939,279.55</b> | <b>\$118,570.00</b> | <b>\$8,887,069.48</b> | <b>913</b>  | <b>\$9,733.92</b> |

# What is the impact of eating too much sugar?

MedicalNewsToday.com

According to the Dietary Guidelines for Americans 2010-2015, on average, Americans consume 17 teaspoons (tsp) of added sugar each day. This adds up to 270 calories. **However, the guidelines advise that people limit added sugars to less than 10% of their daily calorie intake. For a daily intake of 2,000 calories, added sugar should account for fewer than 200 calories.**

The World Health Organization (WHO) advised that people eat half this amount, with no more than 5% of their daily calories coming from added sugar. For a diet of 2,000 calories per day, this would amount to 100 calories, or 6 tsp, at the most.

## Symptoms of eating too much sugar

- **Low energy levels:** A 2019 study found that 1 hour after sugar consumption, participants felt tired and less alert than a control group.
- **Low mood:** A 2017 prospective study found that higher sugar intake increased rates of depression and mood disorders in males.
- **Bloating:** According to Johns Hopkins Medicine, certain types of sugar may cause bloating and gas in people who have digestive conditions, such as irritable bowel syndrome (IBS) or small intestinal bacterial overgrowth (SIBO).

## Risks of eating too much sugar

- **Weight gain and obesity:** Sugar can affect the hormones in the body that control a person's weight. The hormone leptin tells the brain a person has had enough to eat.
- **Diabetes and insulin resistance:** A 2013 article in PLOS ONE, indicated that high sugar levels in the diet might cause type 2 diabetes over time.
- **Cardiovascular disease:** A large prospective study in 2014 found that people who got 17–21% of their daily calories from added sugar had a 38% higher risk of dying from cardiovascular disease (CVD) than those who consumed 8% added sugars. For those who consumed 21% or more of their energy from added sugars, their risk for CVD doubled.



# State of Nevada's Property Program

The State's property insurance program includes a portion that is insured through an outside insurance company. In order to renew that policy on July 1st of each fiscal year, Risk Management is required to submit to the property insurance company a schedule with information pertaining to the State's facilities (owned and leased) and changes to the locations and the values for both owned buildings and building contents. By keeping the property schedule updated and accurate, Risk Management ensures that Agencies' properties are properly insured. However, Risk Management is not able to report this information without the assistance from our State agencies and the timely reporting of those changes.

More specifically, SAM states the following:

"Agencies must report all changes related to their properties, property values and locations to the Risk Management Division within 60 days of a move, completion of remodeling or construction projects, purchase of or a move to a new leased location."

To facilitate the gathering of those property updates, Risk Management has implemented an online values tracking survey via Origami Risk. That survey includes the current schedule of insured buildings, their addresses and the reported values. Risk Management will be releasing a new property values survey to prepare for the July, 2021 property renewal information in early 2021. We encourage agencies to keep a lookout for emails about the survey and request agencies to review their specific schedule to ensure they are accurate and complete. Risk Management will be emailing the agencies liaisons later this year to update the agency distribution list for that upcoming survey.

If you need more information about the Origami Risk Values Tracking Survey, please contact Maureen Martinez at [memartinez@admin.nv.gov](mailto:memartinez@admin.nv.gov).



**Daylight Saving Time Ends! Turn the clocks back one hour on Sunday, November 1st.**