

OCTOBER
2016

IN THIS ISSUE:

Page

- 2 WISH: Falling back
- 2 National Fire Prevention Month
- 3 Three points of contact
- 3 Excavation safety workshops
- 3 Online training through LTAP

ONLINE UNIVERSITY COURSE HIGHLIGHT

Avoiding Collisions with
Animals: DM11

Learn more online
www.imwca.org

IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION

IMWCA

www.imwca.org | (800) 257-2708

The Informer

A monthly newsletter addressing workplace safety by Iowa Municipalities Workers' Compensation Association.

Fire safety at home and work

The Great Chicago Fire took more than 250 lives, burned more than 2,000 acres and destroyed more than 17,000 structures. After the event the International Fire Marshall's Association decided to observe the anniversary as a way to keep the public informed about the importance of fire prevention. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation which became National Fire Prevention Week, the longest running public health and safety observance on record.

The 2016 official theme for fire safety week is "Don't Wait: Check the Date! Replace Smoke Alarms Every 10 Years". The focus on smoke alarm replacement comes as the result of a recent survey conducted by the National Fire Protection Association (NFPA) which showed only a small percentage of people know how old their smoke alarms are or how often they need to be replaced. According to NFPA in 20 percent of all U.S. homes with smoke alarms the smoke alarms are not working. Thirty-eight percent of home fire deaths result from homes without smoke alarms, and 21 percent with no working smoke alarms.

The focus of fire safety week is on safety at home, and IMWCA is all about getting everyone home safe. However, fire safety is equally important in the workplace. Employers should train workers about fire hazards and what to do in a fire emergency. If people are expected to evacuate they should be trained on how to exit, where to assemble and who is in charge of accounting for everyone. Fire safety week is a good



time to review your emergency evacuation plan. Ensure everyone knows what to do in case of a fire. The Occupational Safety and Health Administration (OSHA) provides an easy-to-use e-Tool to develop an emergency evacuation plan at www.osha.gov/SLTC/etools/evacuation/eap.html.

Most places of employment provide portable fire extinguishers. If your workplace has portable extinguishers OSHA requires the employer train employees on the general principles of use. If employees are expected to use portable extinguishers employers must provide hands-on training in using the equipment. There are many types of fire extinguishers, so employees need to know the difference between one intended for normal combustibles, like paper and wood, and a fire extinguisher designed for electrical fires. In any case, employees need to know what is and is not expected of them. Resources to learn more about fire extinguishers are also available online through OSHA: www.osha.gov/SLTC/etools/evacuation/

continued on next page

continued from cover

portable_about.html.

Fire Prevention Week runs from October 9-15, but safe habits are ongoing. Here are a few general rules for fire safety all year long:

- Practice good housekeeping. Clutter contributes to fires by providing fuel and preventing access to exits and emergency equipment.
- Maintain clear access to exits. A blocked or locked emergency exit door has contributed to the loss of life in many instances.
- Report electrical hazards. Electrical fires account for 39 percent of fires in the workplace.
- Post emergency telephone numbers and building street address with emergency information

During fire safety week, take time to review your fire safety plan at home and at work. Remember, our goal is everyone goes home, safe; and we want you to have a safe home to go home to.



Falling back

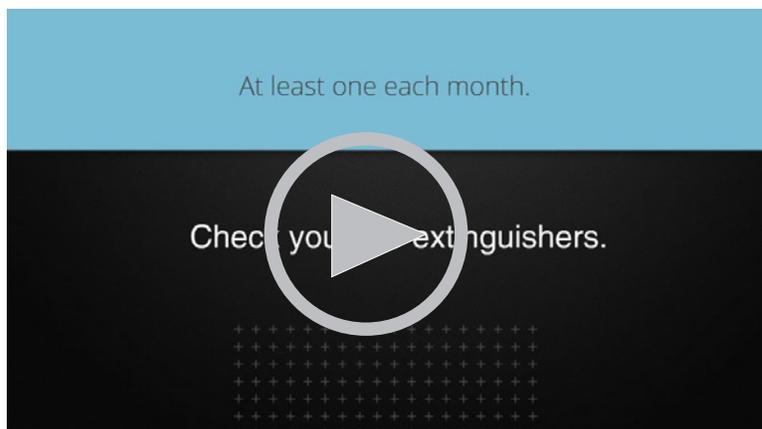
On November 6 we will participate in the fall ritual of turning our clocks back one hour. This effectively moves one hour of daylight from the evening to the morning. This one hour change effects people differently. The effects will vary depending on how much sleep you are currently getting. If you are getting 7-9 hours of sleep per night, most people can adjust rather easily. However, if you are getting 6 hours or less of sleep per night it will have a bigger impact on you. To help minimize the impact of the time change here are a few things you can do.

First, start early. In the days leading up to the change gradually adjust the time you go to bed and get up in the morning to reflect the upcoming time change. Next, on the Sunday morning of the time change, be sure to take in as much sun light as you can, either by sitting near a window or getting outside in the direct sunlight. This exposure helps regulate the body's internal 24-hour clock

and the sleep-wake cycle. Later in the day, if you feel yourself getting tired, resist the urge to take a nap, go for a brisk walk instead to help your energy until it is time for bed.

It normally takes only a day or two to adjust to the time change. Hopefully these suggestions will make it easy for you.

Sources: <http://healthland.time.com/2012/03/09/5-ways-to-survive-daylight-saving-time/slide/unplug/>
www.sparkpeople.com/resource/wellness_articles.asp?id=1236&page=2



National Fire Prevention Month

October is National Fire Prevention Month. Use this time to learn more about fire extinguisher maintenance when you watch our online video.

Three points of contact

Imagine riding in a maintainer or plow truck for several hours during a snow storm. Now your shift is up. The first thing you want to do is get out of the cab as quickly as possible and stretch. You open the door and start walking down the steps. The last step or two you decide to jump down. Unfortunately, the area you land on is icy, and your feet slip out from under you. The result is a broken leg, maybe an injured shoulder or strained back. This scenario occurs numerous times each year resulting in large claims with significant lost time.



To prevent this scenario, employers should require employees to use the three points of contact when mounting and dismounting equipment. Many manufacturers now provide training videos on the specific procedure for three points of contact for different equipment.

To help, IMWCA loss control has stickers available to members. The stickers can be applied to equipment to remind employees about three points of contact—all with the goal of helping each employee return home safely.

ISU excavation safety workshops

Excavation Safety Workshops, presented by the Iowa State University Institute for Transportation, are scheduled for Tuesday, Oct. 25 in Denison; Wednesday, Oct. 26 in Ames; and Thursday, Oct. 27 in Iowa City. The workshops explain the hazards of excavation and trenching and provide assurance that all relevant duties of a competent person at an excavation site will be fully covered and explained. Learn more at www.intrans.iastate.edu/events/excavation-safety/.

Additional online training through LTAP

City and county engineers are probably familiar with Iowa's Local Technical Assistance Program (LTAP). But not every IMWCA member may know about the excellent resource they are for almost anything to do with maintaining streets, roads and parks. From providing specific training, such as the Manual on Uniform Traffic Safety Devices (MUTCD), to work zone traffic control LTAP is a helpful resource.

Want a video on work zone flagger training? How about a series on snow plow operations? Looking for something specific to motor grader operations? LTAP has all that, including a series of DVD's covering road maintenance, snow plowing and operator tips. Learn more at www.iowaltap.iastate.edu/.

Recently LTAP made online streaming video topics available to municipalities in Iowa; all you need is internet access. To find out more about this option, contact Paul Albritton, technical training coordinator at Iowa LTAP, at palbritt@iastate.edu.

IMWCA Informer is a monthly newsletter published by the Iowa Municipalities Workers' Compensation Association (IMWCA) in cooperation with the Iowa League of Cities. View past issues online at www.imwca.org.

Comments or suggestions: contact Bethany Crile, newsletter editor, at (515) 244-7282 or bethanycrile@iowaleague.org.

BOARD OF TRUSTEES Board President

James Dowling
Sac County Auditor

Wayne Clinton
Story County Supervisor

Michelle Giddings
Franklin County Auditor

Cindy Gosse
Buchanan County Auditor

Kelly Hayworth
Coralville City Administrator

Wanda Hemesath
Decorah City Clerk/Treasurer

Sara Kurovski
Pleasant Hill Mayor

IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION
IMWCA

 www.imwca.org

 (800) 257-2708
(515) 244-7282

 imwcainfo@iowaleague.org




IOWA LEAGUE OF CITIES

Endorsed & administered by