

IPRF ISSUES

Risk & Safety Tips from the ILLINOIS PUBLIC RISK FUND

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Orland Fire District Unveils State's First Command Training Center



Command Certification Program Funded by IPRF Grant For Benefit of All Illinois Fire Departments



Orland Fire Protection District's new Command Training Center includes equipment for simulating real-life scenarios that firefighters can face on the job.



Incident commanders and firefighters in Orland Fire Protection District, and soon company officers in fire departments throughout the state and country, have a new resource for honing their skills in safely and effectively leading an emergency response, thanks in part to the \$150,000 in grants from the Illinois Public Risk Fund.

The OFPD recently opened a state-of-the-art Command Training Center (CTC) that offers firefighters interactive simulations to develop and reinforce basic to advanced command procedures and skill sets. Orland's CTC is the first one built to this scale in Illinois and one of only a couple in the country.

"When you have a facility such as this to bring firefighters in and train them safely, it adds to the mission of saving lives and protecting property," said OFPD Fire Chief Bryant Krizik. "From structure fires, hazardous materials, and mass casualties, we can simulate incidents repeatedly and in a realistic and safe manner."

The 20,000 square-foot facility is an interactive classroom designed to train fire officers and incident commanders in the skills and knowledge necessary to command an emergency incident safely and efficiently. CTC students use interactive video and audio props to develop and reinforce basic to advanced command procedures and skills sets.

"Fires are burning hotter and faster," said OFPD Battalion Chief Randy Reeder. "Because of the material used to build houses, firefighters are going through the door and falling through the floor. We have a very narrow window, so we have to do it right, every time."

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Chairman of the Board Andrews Devoted 25 Years to IPRF

When Arnold (Arnie) Andrews was asked to join Illinois Public Risk Fund in 1985, it was evident that he would serve the organization well, given his extensive experience in finance and government and proven leadership skills.

"As treasurer, Arnie brought much to the table," says IPRF Secretary Tom English. "He had a unique ability to think outside the box and maintain his focus in a manner that allowed him to surpass most in his field."

Among Arnie's many accomplishments was the initiation of the IPRF Grant Program in 2005. He saw the program as an expression of gratitude and loyalty to IPRF customers.

As the Mayor of Alsip for 32 years, he knew first hand the valuable contributions that service providers like IPRF make to municipalities. Since the inception of the Safety Grant Program, IPRF has allocated in excess of 10 million dollars to its members, which has enabled members to utilize technology to produce higher levels of health and safety, along with safety equipment and safety education.

Arnie was appointed Chairman of the Board of IPRF in 2007. He was instrumental in coordinating and guiding IPRF's operating policies, which have allowed IPRF to achieve the unprecedented success as a leader in the workman's compensation insurance industry.

The IPRF organization was saddened to learn that Arnie died peacefully and suddenly on June 7 at the age of 73. He is survived by his wife Patricia, six children, and 12 grandchildren. He will be missed.



Arnold Andrews

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5 MINUTE SAFETY TALKS

Working Outdoors in Warm Climates

Hot summer months pose special hazards for outdoor workers who must protect themselves against heat, sun exposure, and other hazards. Employers and employees should know the potential hazards in their workplaces and how to manage them.



Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. There are no safe UV rays or safe suntans. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features: numerous, irregular, or large moles; freckles; fair skin; or blond, red, or light brown hair. Here's how to block those harmful rays:

- Cover up. Wear loose-fitting, long-sleeved shirts and long pants.
- Use sunscreen with a sun protection factor (SPF) of at least 30. Be sure to follow application directions on the bottle or tube.
- Wear a hat. A wide brim hat, not a baseball cap, works best because it protects the neck, ears, eyes, forehead, nose, and scalp.
- Wear UV-absorbent sunglasses (eye protection). Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Before you buy sunglasses, read the product tag or label.
- Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m.

OSHA Card—Protecting Yourself in the Sun
www.osha.gov/Publications/osha3166.pdf

Heat

The combination of heat and humidity can be a serious health threat during the summer months. If you work outside (for example, at a beach resort, on a farm, at a construction site) or in a kitchen, laundry, or bakery you may be at increased risk for heat related illness. So, take precautions. Here's how:

- Drink small amounts of water frequently.
- Wear light-colored, loose-fitting, breathable clothing—cotton is good.
- Take frequent short breaks in cool shade.
- Eat smaller meals before work activity.
- Avoid caffeine and alcohol or large amounts of sugar.
- Work in the shade.
- Find out from your health care provider if your medications and heat don't mix.
- Know that equipment such as respirators or work suits can increase heat stress.

There are three kinds of major heat-related disorders—heat cramps, heat exhaustion and heat stroke. You need to know how to recognize each one and what first aid treatment is necessary.

OSHA Heat Stress Fact Sheet:www.osha.gov/OshDoc/data/Hurricane_Facts/heat_stress.pdf

OSHA Heat Stress Quick Card:www.osha.gov/Publications/osha3154.pdf



Lyme Disease/Tick-Borne Diseases

These illnesses (i.e., Rocky Mountain spotted fever) are transmitted to people by bacteria from bites of infected deer (black legged) ticks. In the case of Lyme disease, most, but not all, victims will develop a “bull's-eye” rash. Other signs and symptoms may be non-specific and similar to flu-like symptoms such as fever, lymph node swelling, neck stiffness, generalized fatigue, headaches, migrating joint aches, or muscle aches. You are at increased risk if your work outdoors involves construction, landscaping, forestry, brush clearing, land surveying, farming, railroads, oil fields, utility lines, or park and wildlife management. Protect yourself with these precautions:

- Wear light-colored clothes to see ticks more easily.
- Wear long sleeves; tuck pant legs into socks or boots.
- Wear high boots or closed shoes that cover your feet completely.
- Wear a hat.
- Use tick repellants, but not on your face.
- Shower after work. Wash and dry your work clothes at high temperature.
- Examine your body for ticks after work. Remove any attached ticks promptly and carefully with fine-tipped tweezers by gripping the tick. Do not use petroleum jelly, a hot match, or nail polish to remove the tick.

OSHA Lyme Disease Fact Sheet:
www.osha.gov/OshDoc/data/LymeFacts/lymefac.pdf

West Nile Virus

West Nile virus is transmitted by the bite of an infected mosquito. Mild symptoms include fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands. Symptoms of severe infection include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. You can protect yourself from mosquito bites in these ways:

- Apply Picaridin or insect repellent with DEET to exposed skin.
- Spray clothing with repellents containing DEET or permethrin. (Note: Do not spray permethrin directly onto exposed skin.)
- Wear long sleeves, long pants, and socks.
- Be extra vigilant at dusk and dawn when mosquitoes are most active.
- Get rid of sources of standing water (used tires, buckets) to reduce or eliminate mosquito breeding areas.

OSHA West Nile Virus Fact Sheet:
www.osha.gov/OshDoc/data/Hurricane_Facts/west_nile_virus.pdf

OSHA Safety and Health Information Bulletin:
“Workplace Precautions Against West Nile Virus”
<http://www.osha.gov/dts/shib/shib082903b.pdf>



Poison Ivy-Related Plants

Poison ivy, poison oak and poison sumac have poisonous sap (urushiol) in their roots, stems, leaves and fruits. The urushiol may be deposited on the skin by direct contact with the plant or by contact with contaminated objects, such as clothing, shoes, tools, and animals.

Approximately 85 percent of the general population will develop an allergy if exposed to poison ivy, oak or sumac. Forestry workers and firefighters who battle forest fires have developed rashes or lung irritations from inhaling the smoke of burning plants.

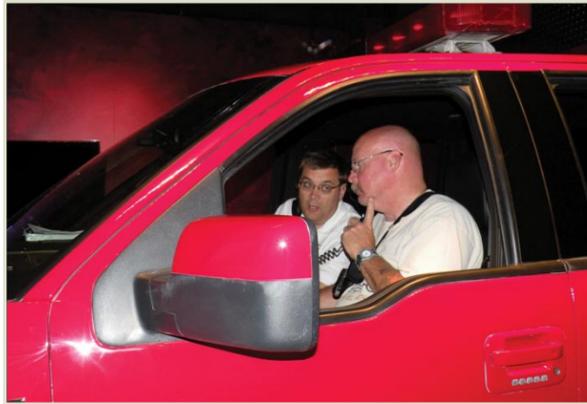
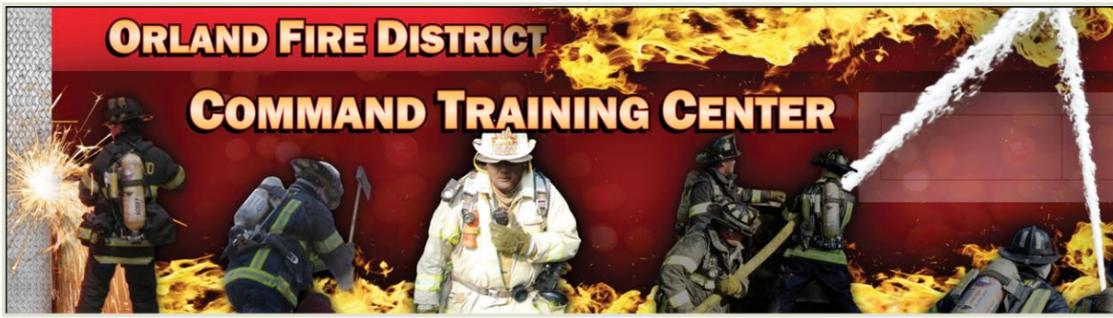
- Wear long-sleeved shirts and long pants, tucked into boots. Wear cloth or leather gloves.
- Apply barrier creams to exposed skin.
- Educate workers on the identification of poison ivy, oak, and sumac plants.
- Educate workers on signs and symptoms of contact with poisonous ivy, oak, and sumac.
- Keep rubbing alcohol accessible. It removes the oily resin up to 30 minutes after exposure.

OSHA Web Page—Poisonous Plants:
www.osha.gov/SLTC/etools/sawmills/poison.html



The information and suggestions contained in these discussions have been developed from sources believed to be reliable. However, Broadspire makes no warranties, either expressed or implied, nor accepts any legal responsibility for the correctness or completeness of the material or its applications to specific factual situations.

First Command Training Center *cont.*



Training participants work from multiple stations during training exercises, perfecting their skills in response command, communication, safety and teamwork.

Like aviation and military simulations, Orland's fire command training experience relies on repetition. Repeated simulations reinforce the approach of taking standard actions to standard conditions to produce a standard outcome — control of the fire before it “flashes over,” said Reeder.

That doesn't mean predictability. The simulations portray different types of structure fires and different conditions such as when a firefighter is in trouble. Orland's simulation room also includes distractions such as smoke, sound effects and lighting that make it seem hotter than it really is.

“We're taking it to a higher level...a lot more realism with total immersion,” said Reeder.

During a recent simulation, Fire Chief Krizik was inside a real, though nonworking, SUV parked on one side of a room. Behind a curtain on the other side of the room were firefighters inside individual booths. Krizik was looking at a huge screen showing an image of a house fire. Just as he would be in a real fire, the chief was inside the SUV about 500 feet from the “fire,” issuing split-second orders to firefighters on the ground. The officers on the other side of the curtain were also fighting the same “fire,” but images in their respective booths showed what their views would be. For instance, one was inside the house, poking the ceiling to gauge whether the fire had spread. Another was at a neighboring house where the fire had spread.

Reeder said safety is the real purpose of the program. That's because the number of firefighter injuries and deaths has remained the same despite a 50 percent reduction in fires in recent decades. Reeder said burning buildings collapse faster than in the past partly because of engineered-wood trusses. The lighter modern products have the same strength as the old, dense hardwood they replaced, but they buckle when exposed to intense heat, he said.

The CTC concept was developed several years ago as part of the Blue Card Command Certification Program, the only National Incident Management System (NIMS) type 4 and 5 hazard zone command training and certification program in the country. Blue Card certification involves 24 hours of CTC simulations for evaluation and testing plus 50 hours of online training. The training is based on retired Fire Chief Alan Brunacini's book *Fire Command*, which has been used by fire departments globally for over 30 years. Blue Card is designed to improve and standardize emergency response to NIMS type 4 and 5 incidents, which account for more than 99 percent of a department's incident activity.

The Command Training Center takes up about half the space of OFPD's new two-story building at 10730 W. 163rd Place in Orland Park. The building was already in the department budget for general use, but the cost of the simula-

tion program was covered by Illinois Public Risk Fund's \$100,000 grant. Since 2005, the IPRF Grant Program has contributed over \$10 million to members for the purchase of rescue equipment, training services, and other safety-related products. For added value, IPRF partners with several vendors who offer discounts on their products to IPRF members. Thanks to such an arrangement, IPRF members will be able to access the Blue Card training program at a 50 percent discount off the normal price of \$300 per student.

OFPD began training 50 of its firefighters in June, but soon the CTC will be available to all fire departments throughout Illinois and the country. The CTC has already generated interest across a wide group of public safety organizations in the Midwestern States plus fire departments from Georgia and Texas. The CTC provides “the opportunity not just to make Orland better but also every district within hundreds of miles who want to utilize these facilities,” said Krizik.

To receive full Blue Card certification, which is valid for three years, students must pass a hands-on evaluation session, which tests their ability to perform the responsibilities of an initial on-scene officer, incident commander, incident management team member, and supervisor/safety officer. The simulation-based training takes place over three days and requires all participants to complete a minimum of ten simulations before being certified.

Blue Card teaches incident commanders and other officers how to standardize local incident operations across their organization, providing:

- Safer, more effective hazard zone procedures
- System-wide accountability among all personnel and response agencies
- A reduction in the number of firefighter injuries and deaths
- Simulation-based training to complement on-the-job learning
- A low-cost training alternative that can be delivered in-house

“With the new CTC and Blue Card simulation training program, we are able to increase the repetitions our firefighters and paramedics will experience without initiating full-scale task-level events, such as using a house ready for tear down,” said Krizik.

To learn more about the Blue Card Command Certification, visit the group's website at www.bluecardcommand.com. For more information about IPRF including the Grant Program, visit www.iprf.com. To take advantage of the IPRF member discount for Blue Card training, contact IPRF Marketing Agent Tom English at tenglish@BFSINS.com.

2010 Loss Control Courses

For a complete description of all the courses and sign up information, go to the IPRF Loss Control website. Or contact Krista Ryba at 847-726-4087 or Bonnie Rapp at 847-726-4095, bonnie.rapp@iprf-losscontrol.com.

Principles and Managing Courses

Carbondale/Fairview Heights

- Managing Course – September 14
- Managing Course – October 5

Tinley Park

- Managing Course – August 12
- Managing Course – September 9

Springfield

- Managing Course – August 10
- Managing Course – September 15

Vernon Hills

- Managing Course – August 5
- Managing Course – September 16

Webinars:

- Back Safety & Material Handling – Aug. 6
- Leveraging Your Safety Culture – Oct. 1, Oct. 8
- Safety Management for Result – Sept. 29, Nov. 9
- Introduction to Ergonomics – Sept. 22
- Preventing Slips/Trips/Falls – Aug. 9, Nov. 30
- Return to Work – Aug. 20, Nov. 17

Specialty Courses:

- Police Officer Training – Aug. 26
- Fire Training
 - Fire Chiefs – Sept. 17
 - Training Coordinators – Oct. 7
- OSHA 10 Hour Course – Oct. 19

Meet George LaPort *Loss Control Consultant*

IPRF has added George LaPort as a consultant to the loss control service team. George is a Certified Ergonomist and has over 25 years experience in the Safety and Health field. Here are some of the areas where George will be a valuable resource:



- His ability to work with some of our largest member loss areas – strains/sprains and slips and falls
- Specializes in controlling back and soft tissue exposures
- Worked with law enforcement (job demands) and worked with the fire service studying hose handling
- Has conducted many job studies for both the public and private sectors
- Served three years on the Department of Labor National Advisory Committee for Ergonomics

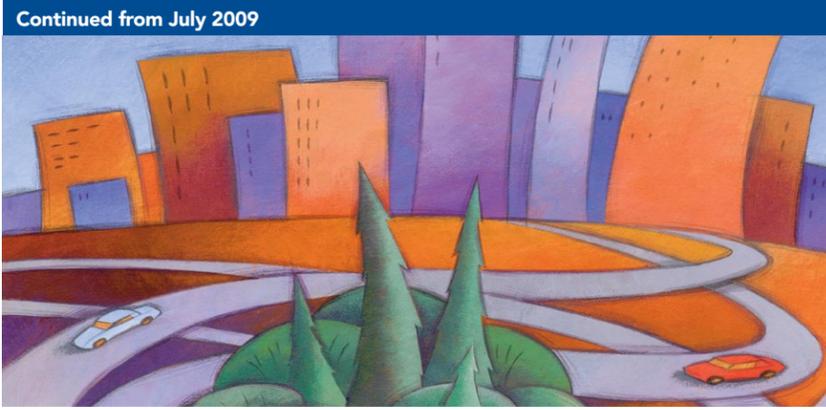
George is a welcome addition in our efforts to continue improving Loss Control services to you. Please welcome George as a new member to the IPRF loss control service team.

AVERAGE & MAXIMUM WEEKLY Disability Benefits

The maximum TTD benefit can be no more than 133-1/3% of the statewide average weekly wage on the date of the injury or last exposure.

	STATE AVERAGE WEEKLY	MAXIMUM TTD BENEFIT
Jan. 15, 2009 to July 14, 2009	\$923.56	\$1,231.41
July 15, 2009 to Jan. 14, 2010	\$932.25	\$1,243.00
Jan. 15, 2010 to July 14, 2010	\$932.25	\$1,243.00
July 15, 2010 to Jan. 14, 2011	\$932.25	\$1,243.00

Incredibly, for the second time in state history, there is no increase in rates because the State's Average Weekly Wage actually decreased, therefore the rates in effect from July 15, 2010 to January 14, 2011 will remain the same.



Ever wonder what Loss Control inspections find?

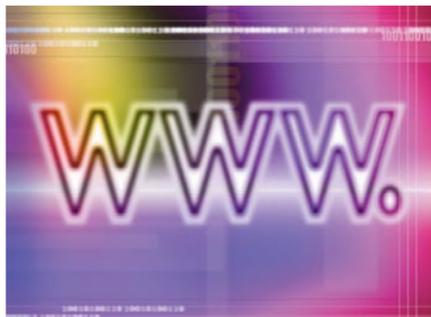
What kinds of recommendations are being made as a result of their visits and how do you stack up? This is the first in a series of recommendation summaries provided by Loss Control. This month we are highlighting Cities, Counties, Municipalities and Villages. Review the findings and see if you need to refresh your loss control efforts.

Cities, Counties, Municipalities & Villages

- Management should conduct periodic safety meetings throughout the year for all employees and develop a safety training calendar. The safety meetings can be included in other periodic meetings with staff. Management should refocus employee safety training to help employees develop behavioral changes that could integrate into daily work habits. The IPRF Loss Control Program, Webinars and On-Line Training is a cost-effective way to improve employee safety training.
- Personal Protective Equipment including impervious insulated gloves, skin protection, and eye protection should be required to prevent skin and eye contact with the extremely cold liquid oxygen as it is being dispensed into the resident's cylinders. Full face shields in addition to safety glasses are the minimum required eye protection for cryogenic materials.
- Many jobs are completed on a routine basis, and may contain unrecognized potential for accidents and injuries. Some of these jobs may also not be completed in accordance with established safe work practices. Job Safety Analysis (JSA) techniques should be implemented to help ensure that unsafe work activity and conditions are systematically removed from routinely completed jobs. Reference should be made to Section 7 – JSA in the IPRF Loss Control Manual, and personnel responsible for completing/reviewing JSAs should receive formal instruction.
- A job performance review system to evaluate employee job performance, including safety performance. Employees are not currently evaluated as to their safety performance, and therefore are not held accountable for their actions. Accident repeaters should receive documented employee safety training and supervisory follow-up of accident investigation corrective actions. The discipline policy needs to be used or reinforced by those departments where employees are having multiple accidents. An additional explanation of this issue can be found in the IPRF Loss Control Manual in Section 3.
- Management should formalize their Return to Work Program, following the IPRF Loss Control Manual Section 12, "Modified Work." The IPRF Loss Control Program, "Return To Work," (RTW) provides the tools to develop a customized RTW written program and should be implemented.
- The City should consider implementing a monthly safety communication policy whereas the safety committee picks at least one safety topic per month to communicate to City employees through email, handouts, flyers, short training sessions, or whatever other means the committee feels will be effective. The IPRF newsletter that is sent to the site as well available on the internet at the IPRF web site (www.iprf.com), the Occupational Safety and Health Administration website (www.osha.gov), and etc. can be used as resources for the monthly topics.

To be continued October 2010

iCE: CCMSI's Internet Claims Edge



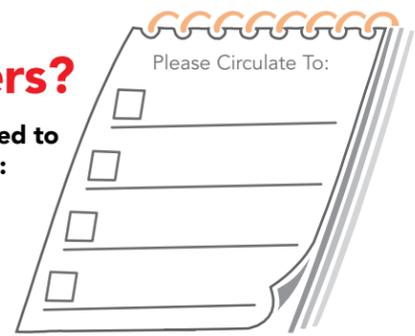
CCMSI's Internet claims analysis and reporting tool is designed to provide your organization with complete, comprehensive and around-the-clock access to your claims information. iCE gives IPRF Members the ability to report new claims online and review detailed claim information such as reserves, notes and financials in real time. In the Claims Analysis section, IPRF Members can easily query their claims data utilizing a variety of search options and graphs and it allows users to export information into Microsoft Excel. iCE also gives each user the capability of managing their OSHA 300 & 300A Logs in tandem with online reporting.



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