

# NIRMA's

Loss Prevention and Safety Department  
Monthly Newsletter

# NIRMA's Safety Shorts

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February  
Is  
American  
Heart  
Month



Get up and get active  
by being physically  
active for at least 30  
minutes on most days  
of the week.

## GENERAL SAFETY

By Chad Engle, Loss Prevention and Safety Specialist

### Money for Minutes Results

The deadline for submission of safety committee minutes was January 31, 2019. I hope you remembered to get your minutes submitted, if not, don't despair I'm planning to continue this program for calendar year 2019.

Before I announce the winners, I want to share some numbers. In 2017, 29 counties submitted at least four sets of safety committee minutes. NIRMA currently has 97 total members, of which 82 are counties, 6 are AAAs and 9 are ag societies or others. I felt this could and should be improved upon. I approached Craig Nelson, our Executive Director with the plan for Money for Minutes and he agreed.

To reward those that hold at least four safety committee meetings and encourage others to do the same we will draw two members from the list of those that submitted at least four quarterly meeting minutes, in which they discussed ways to prevent the reoccurrence of incidents that occurred in their workplace.

During calendar year 2018 I received at least four sets of minutes from 51 safety committees, quite an improvement! 44 of those members qualified for the Money for Minutes prize drawing. I assigned each of the safety committees a number, I then found a random number generator app and entered the range. I pressed the button twice, the first number was 12, the second number was 43.

Those numbers corresponded with our winning members, Dawes County and Thayer County. Congratulations on winning the drawing, but more importantly thank you for taking the time to maintain a safety program that focuses on the wellbeing of your employees! The entire NIRMA program benefits from every member that does this.

Please keep an eye out for my next article in the Interchange where I will recognize all the members that submitted at least four sets of safety committee minutes in 2018. Congrats again to Dawes County and Thayer County!

Pending budget approval, I intend to continue Money for Minutes into 2019. The requirements will be the same. To qualify for one of two \$500 awards your safety committee will need to meet at least four times, once per quarter, and submit the meeting minutes to me for review. The minutes must contain discussion of how the committee recommends reducing the reoccurrence of all incidents that member experienced during the year. This includes worker's compensation, liability and property claims. If it is on your quarterly incident report, it needs to be discussed. If you need assistance accessing the Interact portal to download your quarterly incident report, please contact me at [chad@nirma.info](mailto:chad@nirma.info).



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Be Safe.

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HIGHWAY DEPARTMENT

**By Tim Baxter, Road Safety and Loss Prevention Specialist**

**Road Department Training**

The frigid month of January is finally over which means in a couple months or sooner, road maintenance and construction will be under way. County road departments are very busy during warmer weather so safety training unfortunately gets put on the backburner. A number of new safety training topics have been added over the last year and we wanted to inform you of all the available road department training topics.

The February, March and April training calendar is filling up fast so please contact Tim if you would like any of the following topics presented in your county as well as if you have questions or would like new topics/training added to the list.

- |  |                              |
|--|------------------------------|
| Road Construction Work Zone Safety and Signing | Fuel Facilities              |
| Road & Bridge Signing                          | Heat Stress                  |
| Certified Flagger Training                     | Snow Removal Safety          |
| Commercial Driver's License - Requirements     | Cold Weather Safety          |
| Railroad Crossing Safety                       | Accident Investigations      |
| Shop Safety - Requirements, audits             | Natural Disasters            |
| Excavation/Stockpile Safety                    | Closed and Vacated Roads     |
| Shop Hoists - Inspection, Operation and Safety | Confined Spaces              |
| Gravel Road Maintenance                        | Fall Protection              |
| Personal Protective Equipment (PPE)            | Eye Protection and Safety    |
| Road Maintenance Documentation                 | Anger Management             |
| Chain Saw Safety and Operation                 | Finger/Hand Safety           |
| Fire Extinguisher Inspection and Operation     | Minimum Maintenance Roads    |
| MSHA Annual Refresher Training (ART)           | Lockout/Tagout               |
| Equipment Preventive Maintenance               | High Pressure Hose Safety    |
| Functional Re-classification of County Roads   | Engineering Studies          |
| Utility Installations/Permits on County ROW    | Load Securement              |
| Cable, Chain and Tow Rope Safety               | Wildfires                    |
| One- and Six-Year Road Plans                   | Machine Guarding             |
| Equipment Operation - Loaders                  | Lifting Safety               |
| Equipment Operation - Motor graders            | Ladder Safety                |
| Equipment Operation - Tractor/mowers           | Tire Safety                  |
| Equipment Operation - Rollers                  | Safety Culture               |
| Equipment Operation - Bucket Trucks            | Curve Speed Studies          |
| Equipment Operation - Cranes                   | Blading Against Traffic      |
| Equipment Operation - Roadside Mower Safety    |                              |
| Equipment Operation - Trucks                   | Spring Construction Workshop |
| Equipment Operation - Excavators               |                              |
| Equipment Operation - Backhoes                 |                              |
| Equipment Operation - Skid Loaders             |                              |
| Equipment Operation - Scrapers                 |                              |
| Equipment Operation - Dozers                   | Global Harmonization System  |
| Equipment Operation - Crawler Loaders          |                              |

New topics will be added, both from member input and other ideas, as time goes by. Existing presentations will be tweaked and improved as regulations change. The above presentations can be given in one county or a host county where several adjoining counties can attend. Each equipment operator course will take approximately 3 - 4 hours to one and a half days to complete. Remainder of topics can be completed anywhere from 1 - 3 hours.



Loss Prevention  
and  
Safety

According to the American Heart Association, nearly 383,000 non-hospital cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home. Cardiac arrest can happen to anyone at any time.

It can take as little as six minutes for the brain to die when it is not being supplied by oxygenated blood. Administering CPR can prevent serious brain injury.



**LAW ENFORCEMENT AND CORRECTIONS**

**By Terry Baxter, Law Enforcement and Safety Specialist**

**The Importance of First Aid, Stop the Bleed and CPR Training**

Accidents, workplace violence and medical events can happen anytime and anywhere, at home, on the road, in a public place and even in the workplace. Nobody expects bad things to happen, but when they do, an effective management system to treat and be used to save lives can be essential when employees know the basic first aid techniques and responses.

When counties provide first aid training in their workplace, this shows employees that the county cares about providing a safe work environment and it will also instill confidence in the employee when an emergency occurs as they will have knowledge and the expertise to respond. Employees benefit from those trained in first aid because it keeps them safer.

Being a first aid instructor, I use to ask my class why they were taking the training, and many responded, "because my job or my boss required it". But did you know that training in first aid is just as useful outside of the workplace? Knowing first aid could someday help save the life of a friend or a family member.

Here are the benefits of first aid training in the workplace:

- Faster response during an emergency. In the event of a work emergency, a fast response can be the difference between life and death. Think about it, how long does advanced medical care take to respond to your county? Employees trained in First Aid, Stop the Bleed and CPR can begin providing medical assistance and reduce recovery time until advanced medical help arrives.
- When personnel go through First Aid, Stop the Bleed and CPR training, they become more aware of safety, become more alert to their environment and understand the risk and dangers of their environment. This leads to minimizing the risk to employees.
- A more positive work environment. This shows the county cares about a safer workplace.
- Provides confidence to employees, when something bad happens, someone knows how to respond.
- Provides valuable life skills that go beyond the workplace.

Many of you have taken this training from me and heard of my stories from my law enforcement, rescue squad and football coach career. Throughout my profession, I utilized the medical training I received, sometimes the outcome was positive and sometimes it was not, but the one factor remained, I knew what to do when something went bad and I responded.

The training is invaluable for both you as the individual and for everyone you encounter. It enables you to assist someone who may become injured or medically ill.

Look, when something bad happens, a trained person's response could make the difference. You may be the only one there that can provide the assistance and if you act within the perimeters of the training you received, you are protected from civil liability under the Good Samaritan Law (Neb. Rev. Stat. § 25-21,186).

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You may begin  
registering March 7  
through NIRMA's  
website –

[www.nirma.info](http://www.nirma.info)

Watch for additional  
information about the  
seminars in your mail  
in the weeks ahead.

The tentative agenda  
is posted on the NIRMA  
website under events  
and also in the  
Interchange magazine.

## The Importance of First Aid, Stop the Bleed and CPR Training *continued*

I tell my classes, I hope you never have to use the information being provided, but when that day comes you could be the difference in changing someone's life.

If you are interested in hosting training, both Chad Engle and I are certified First Aid, Stop the Bleed and CPR Instructors and will be more than happy to come to your county and provide you and your personnel the training.

Many counties already take advantage of this opportunity, but if you have not and want the training, just let us know so we can get something scheduled.

This training promotes saving lives. Make your workplace and home a safer environment!

For more information, contact Terry Baxter at (402) 686-9332 [terry@nirma.info](mailto:terry@nirma.info) or Chad Engle at (402) 742-9220 [chad@nirma.info](mailto:chad@nirma.info).



NIRMA's biennial Spotlight Seminar Series scheduled next April at five convenient locations across the state will address the many critical components for effectively managing your employees and avoiding potential errors that can have costly consequences.

- April 4 Gering, Civic Center
- April 5 Ogallala, Haythorn Ranch
- April 10 Norfolk, Divots Conference Center
- April 11 Lincoln, Champions Club
- April 18 Kearney, Holiday Inn

Employment-related claims and litigation continue to be among the most costly perils counties face.