

# SCF Arizona

A Safety Newsgram for Association and Chamber Executives

# Safety Pays



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SCF ARIZONA

Healthsystems now provides pharmacy benefit management for SCF Arizona, serving as a liaison between SCF and member pharmacies to streamline the claims process for prescription needs and saving money for policyholders.

SCF provides Healthsystems daily, updated claims status information, which helps pharmacies fill prescriptions with no out-of-pocket costs for qualified injured workers.

This allows SCF to provide more current information to pharmacies, and because of Healthsystems central database, it can quickly identify possible drug interactions and duplicate therapies. For instance, if an injured worker goes to a pharmacy for one prescription, and another outlet for a second, Healthsystems can identify a contraindication that might otherwise be missed.

SCF Director of Claims Medical Management Cathy Vines says the decision to contract with Healthsystems will improve SCF's effort to streamline pharmacy benefit offerings. For instance, injured workers do not need a membership card or other identification. SCF provides all necessary

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## SCF pharmacy benefits streamlined

BENEFITS MANAGER  
HELPS SAVE MONEY

## Pharmacy benefits

continued

data to Healthsystems, which then provides the information to member pharmacies. This results in faster, more accurate claims information.

The time saved on considering pharmacy claims allows claims adjusters to spend more time on the cases that really need their attention, Vines says.

In addition to having prescriptions filled at the pharmacy, some injured workers may be eligible for home delivery.

## Governor makes SCF Arizona Board appointment

Arizona Gov. Janet Napolitano appointed Brett Jones, of Avondale, Ariz., to a 5-year term on the SCF Arizona Board of Directors.

Jones is currently the vice president of the Arizona Contractors Association, an organization he joined in 1999, after earning a bachelor's degree in industrial supervision from Indiana State University.

"Brett's experience and leadership among workers in an industry so vital to Arizona's economy makes him a valuable board member," says SCF Board Chair Jim Weeks. "He will bring a fresh perspective on many of the issues we examine, and I am confident he will serve Arizona workers well."

Jones is a member of the Southwest Valley Chamber of Commerce, is involved with the Arizona Chamber of Commerce's Immigration Policy Committee and has served on the SCF Arizona Association Advisory Committee.

"I am very proud to be appointed to the SCF Arizona Board of Directors," Jones says. "As a member, I look forward to serving Arizona's employers and employees, and together we can make Arizona a safe place to work."



# for you

## High energy

Ranking high on the list of reasons for which OSHA will cite a company is failure to control hazardous energy (lockout/tagout). But the regulations aren't that hard to understand.

OSHA requires companies to establish energy-control procedures to ensure that dangerous equipment remains shut off and doesn't unexpectedly start up or release stored energy, while it is being serviced.

According to OSHA, this involves establishing a program and following procedures to lock out devices and to tag them to alert other workers. The OSHA standard also requires employers to inspect their energy control procedures at least once a year.

One way to conduct this review is to designate an inspector – preferably someone who normally doesn't use the actual equipment being inspected. What this individual should look for is whether the energy control procedures comply with OSHA standards, and whether all workers know the procedures.

## Sentinel Award

SCF Arizona is honoring large employers in the state with the Sentinel Safety Award.

The award to SCF policyholders recognizes active promotion of safety messages and effective controls while managing a large workforce. Companies considered for SCF Arizona's Sentinel Award work with their employees to create a culture of safety, rank among SCF Arizona's top 100 policyholders, have a positive working relationship with SCF, record no fatalities during the policy year and maintain a good safety record for the previous three years.

# safety expos

## Mark your calendar

July 10	Flagstaff
Oct. 9-10	Tucson
Nov. 7	Yuma

# Soft headed

When someone is called “hard-headed,” that refers only to stubbornness, as people actually have fragile heads, full of soft spots that if hit can result in death. That’s why OSHA requires the wearing of hard hats at certain job sites.

A hard hat can provide workers protection from being hit in the head with running equipment, falling tools, broken machine parts projected through the air and other moving or stationary objects.

Hard hats are designed and constructed to provide a barrier, absorb shock and protect against electrical hazards. Some hard hats are made to make it easy to attach hearing protection and face shields.

Taking care of your hard hat is important. Safety Smart!, a weekly e-mail bulletin on workplace safety, provides these tips:

- Get help in choosing and fitting the right hard hat for the job’s respective hazards.



- Adjust the hard hat for a comfortable fit.
- Inspect the hard hat for cracks, dents and other signs of damage before each use.
- Do not alter the hard hat in any way. (Even painting can destroy its protective capabilities.)
- Keep the hard hat away from extreme temperatures.
- Do not use strong chemicals to clean the hard hat. Wash it occasionally with mild soap and water.

## COPY THAT

All stories appearing in Safety Pays are available in a Word document format, so you can reprint them in your association’s newsletter. To obtain a Word document, simply contact your SCF Arizona association coordinator.



## Dressed for the job

Long hair, loose sleeves or jewelry can become entangled in moving machinery, which means workers need to take care when they get dressed for work.

Many accidents occur each year when shoulder-length hair gets caught in machinery – even if the worker has taken care to wear a hat.

To avoid this kind of accident:

- Be aware of air currents created by rapidly moving parts
- Before starting to work, remove anything that could become entangled. This includes scarves, jewelry, neckties and sweaters with loose sleeves.
- Wear appropriate head gear to restrain hair from falling into moving parts.
- Wear the appropriate clothing for the job. Button shirt cuffs and tuck in shirt tails.

# Keeping fit

## OBESE EMPLOYEES FILE MORE WORKERS' COMP CLAIMS

A Duke University Medical Center study found that obese workers file twice the number of workers' compensation claims, lose 13 times more days of work from work-related injuries or illnesses and have seven times higher medical costs than workers who are not obese.

"We all know obesity is bad for the individual, but it isn't solely a personal medical problem – it spills into the workplace and has concrete economic costs," says Dr. Truls Ostbye, professor of community and family medicine.

The results of the study were published in April and can be found in the *Archives of Internal Medicine*.

"Given the strong link between obesity and workers' compensation costs, maintaining healthy weight is not only important to workers but should also be a high priority for employers," Ostbye says. "Work-based programs designed to target healthful eating and physical activity should be developed and then

evaluated as part of a strategy to make all workplaces healthier and safer."

The researchers looked at the records of 11,728 Duke University employees, who received health risk appraisals between 1997 and 2004. The analysis covered a diverse group of workers including administrative assistants, groundskeepers, nurses and professors.

Researchers looked at the relationship between body mass index (BMI) and the rate of workers' compensation claims. Because the BMI takes into account a person's height and weight, it is considered the most accurate measure of obesity.

Results showed that workers with a BMI greater than 40 had 11.65 claims per 100 workers, compared with 5.8 claims per 100 in workers within the recommended range. In terms of average lost days of work, the obese averaged 183.63 per 100 employees, compared with 14.19 per 100 for those in the recommended range. The average medical claims costs per 100 employees were \$51,019 for the obese and \$7,503 for the non-obese.

## Calendar:

### JUNE 6

**Behavior-based Safety Management** • Phoenix

### JUNE 7

**ADOSH – Scaffold & Ladder Safety** • Prescott

### JUNE 20

**ADOSH – Violence Prevention** • Phoenix  
**Concrete & Masonry Construction Safety** • Yuma

### JUNE 21

**Welding & Flame Cutting Safety** • Yuma

### JULY 10

**Safety Works Expo** • Flagstaff

### JULY 17

**Confined Space Entry, ADOSH** • Prescott

### JULY 18

**Machine Guarding, ADOSH** • Phoenix

### JULY 24

**Excavation Safety Awareness** • Prescott

### JULY 25

**Tool Safety** • Yuma

### JULY 26

**Machine Guarding** • Yuma

### AUGUST 8

**Back Injury Prevention, ADOSH** • Prescott

### AUGUST 15

**Ergonomics, ADOSH** • Phoenix  
**Excavation Safety** • Yuma

### AUGUST 16

**PPE (Construction & General)** • Flagstaff

### AUGUST 23

**General Industry Safety Management, ADOSH** • Prescott

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