



Palomar Community College District Property & Liability and Workers' Compensation Risk Management Service Plan



Presented By

Lito Reyes, Senior Loss Control Consultant

Melissa Magnifico, Account Manager

James Lorenzana, Claims Analyst

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates



WORKERS' COMPENSATION

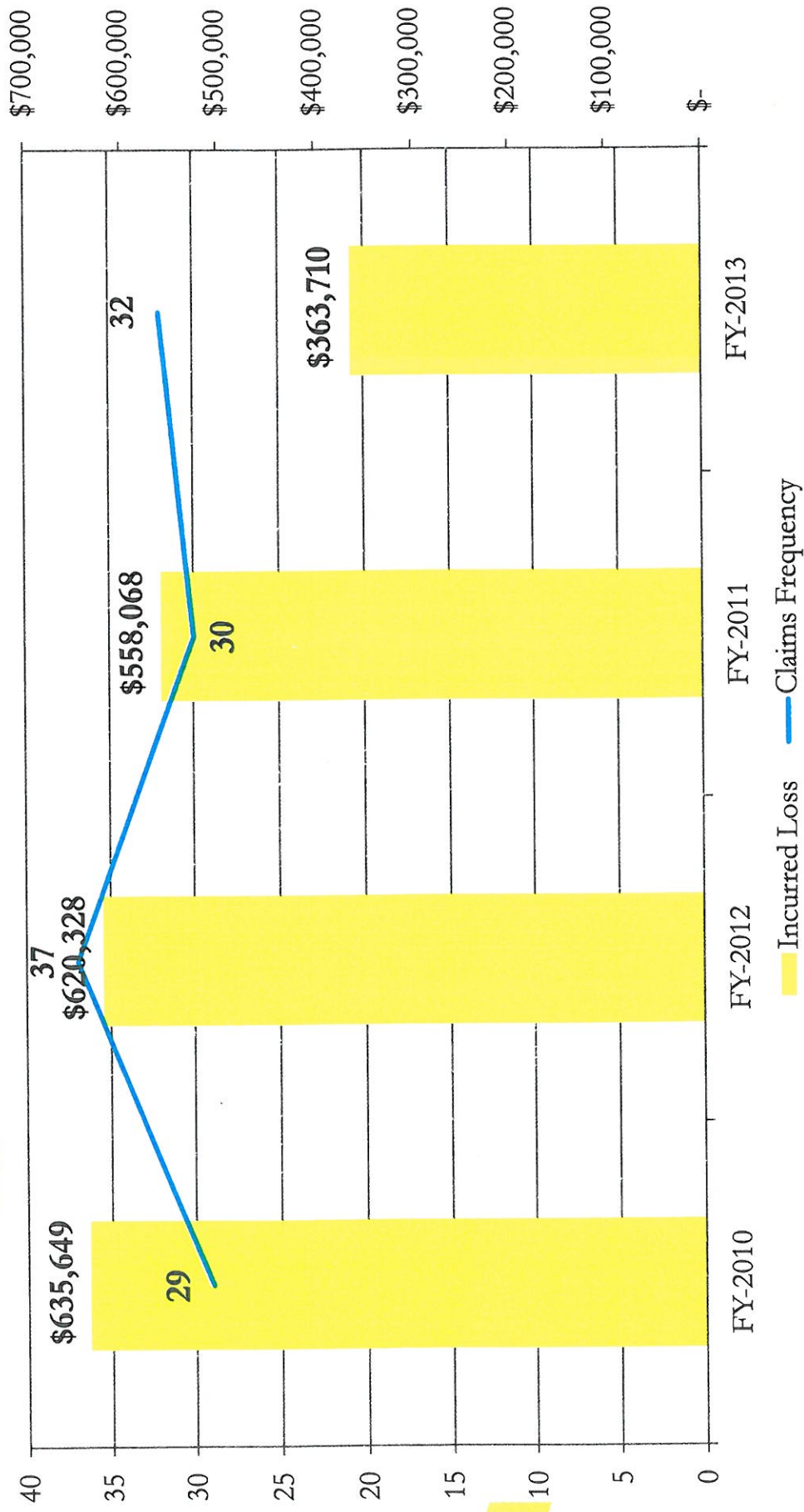


License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Workers' Compensation History



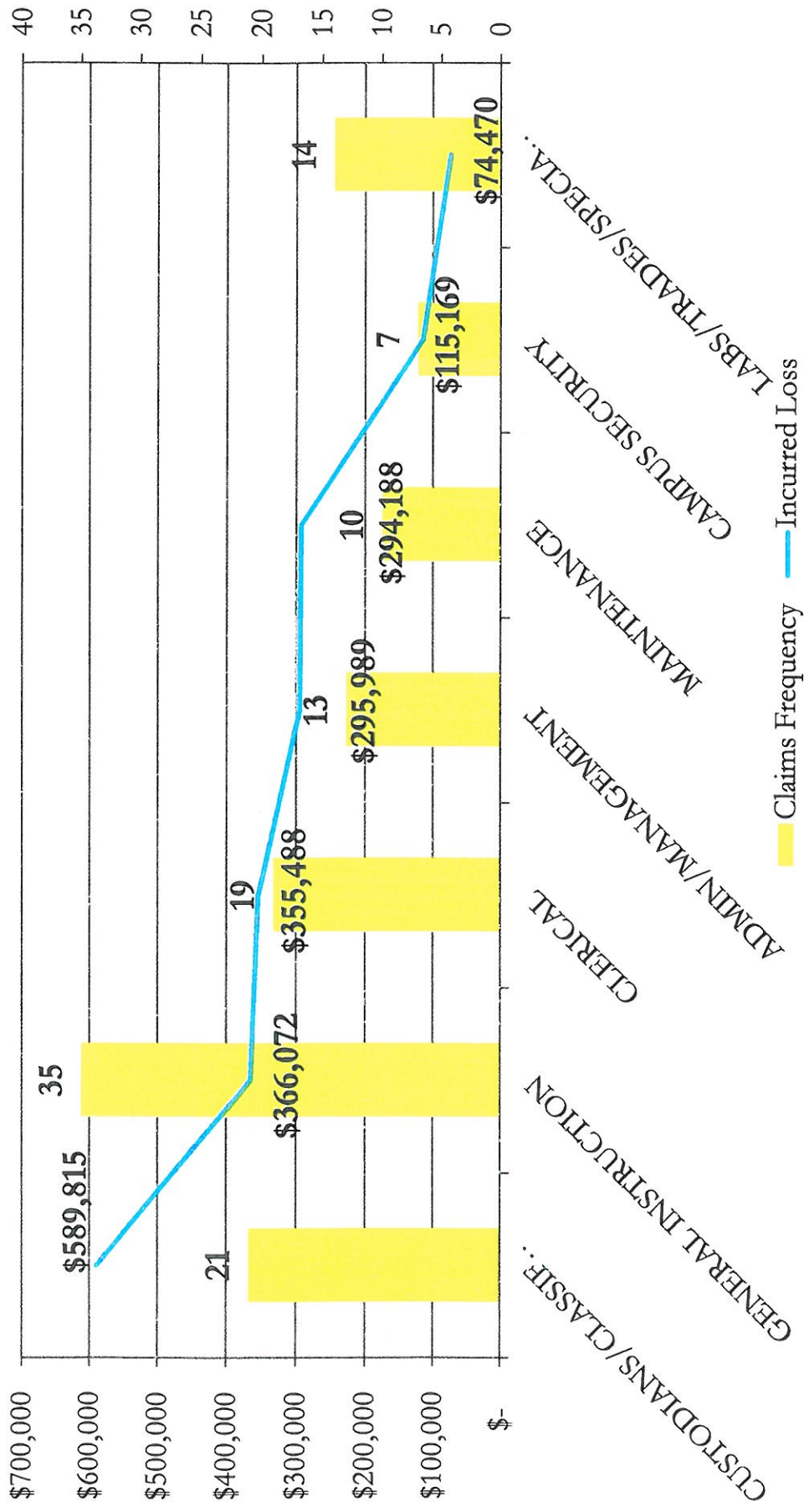
Valued as of June 30, 2013 FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Top 7 Occupations by Severity



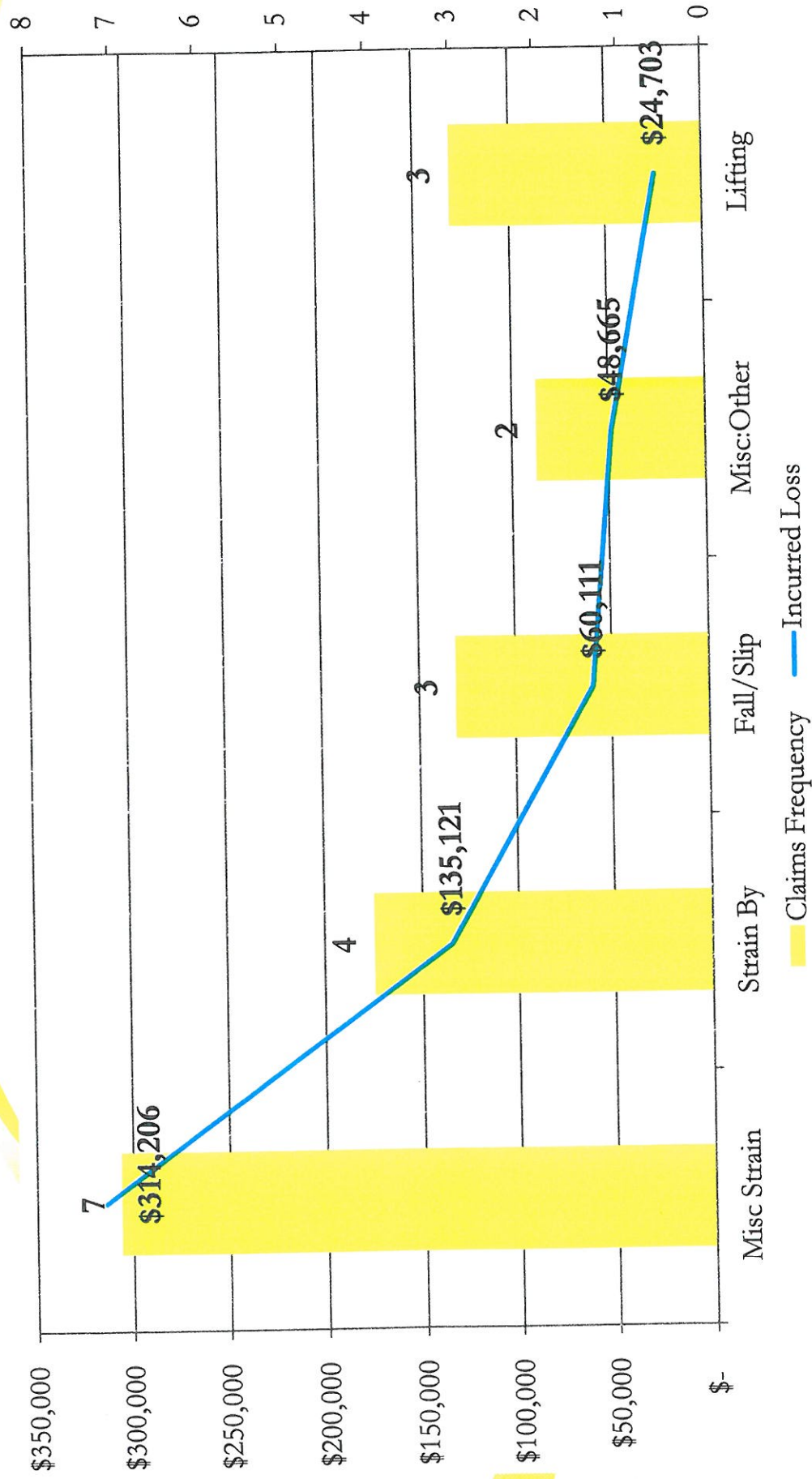
Valued as of June 30, 2013 FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Custodians by Cause



Valued as of June 30, 2013 FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Custodians

2nd in Frequency and 1st in Severity

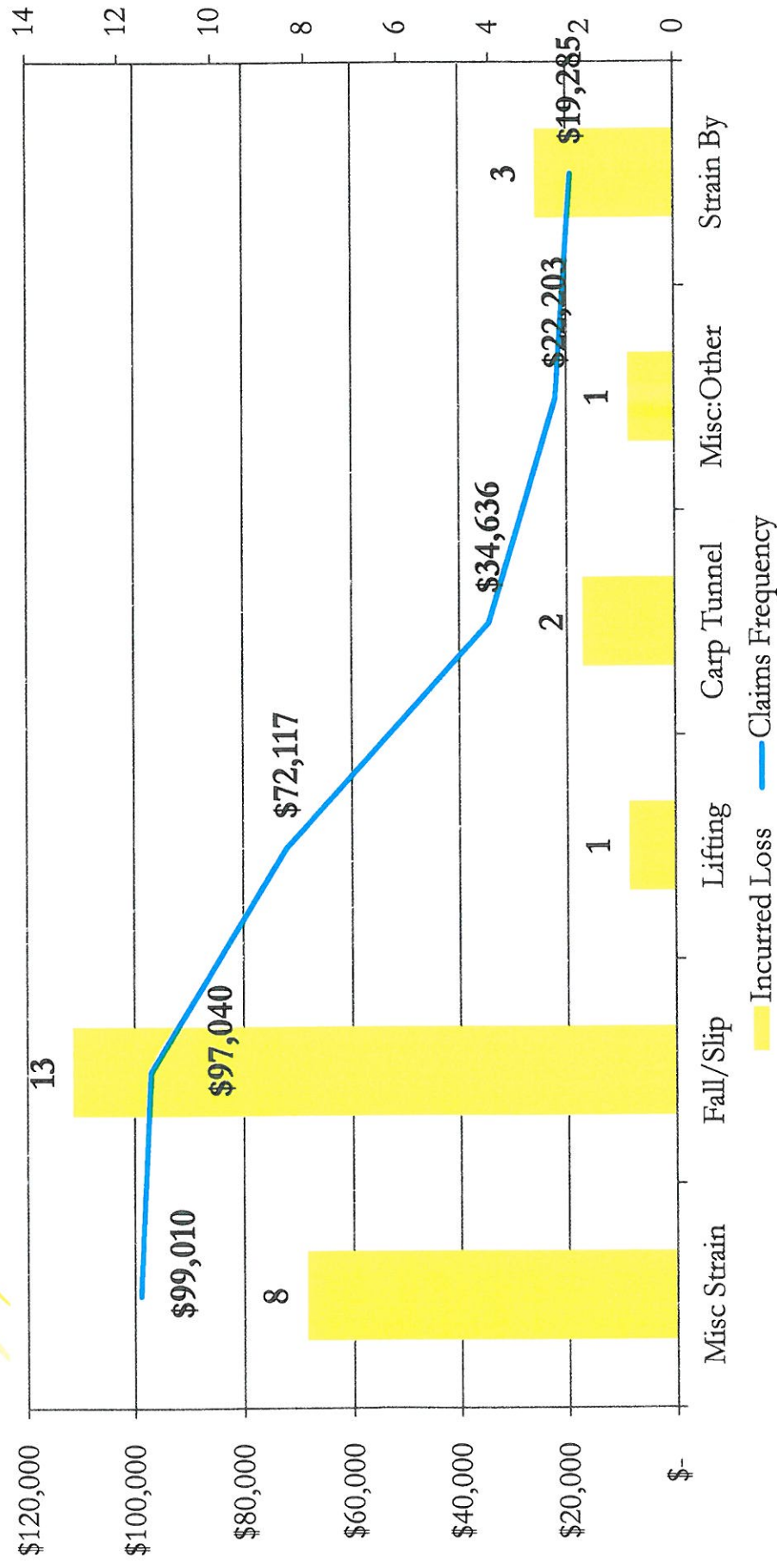
- 70% claims are body mechanics-related
- Repeaters: 5; % of total claims by repeaters: 72%

Recommendation:

- Assign KSS Back Injury Prevention course
- Job shadowing

General Instruction by Cause

1st in Frequency and 2nd in Severity



Valued as of June 30, 2013 FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

General Instruction

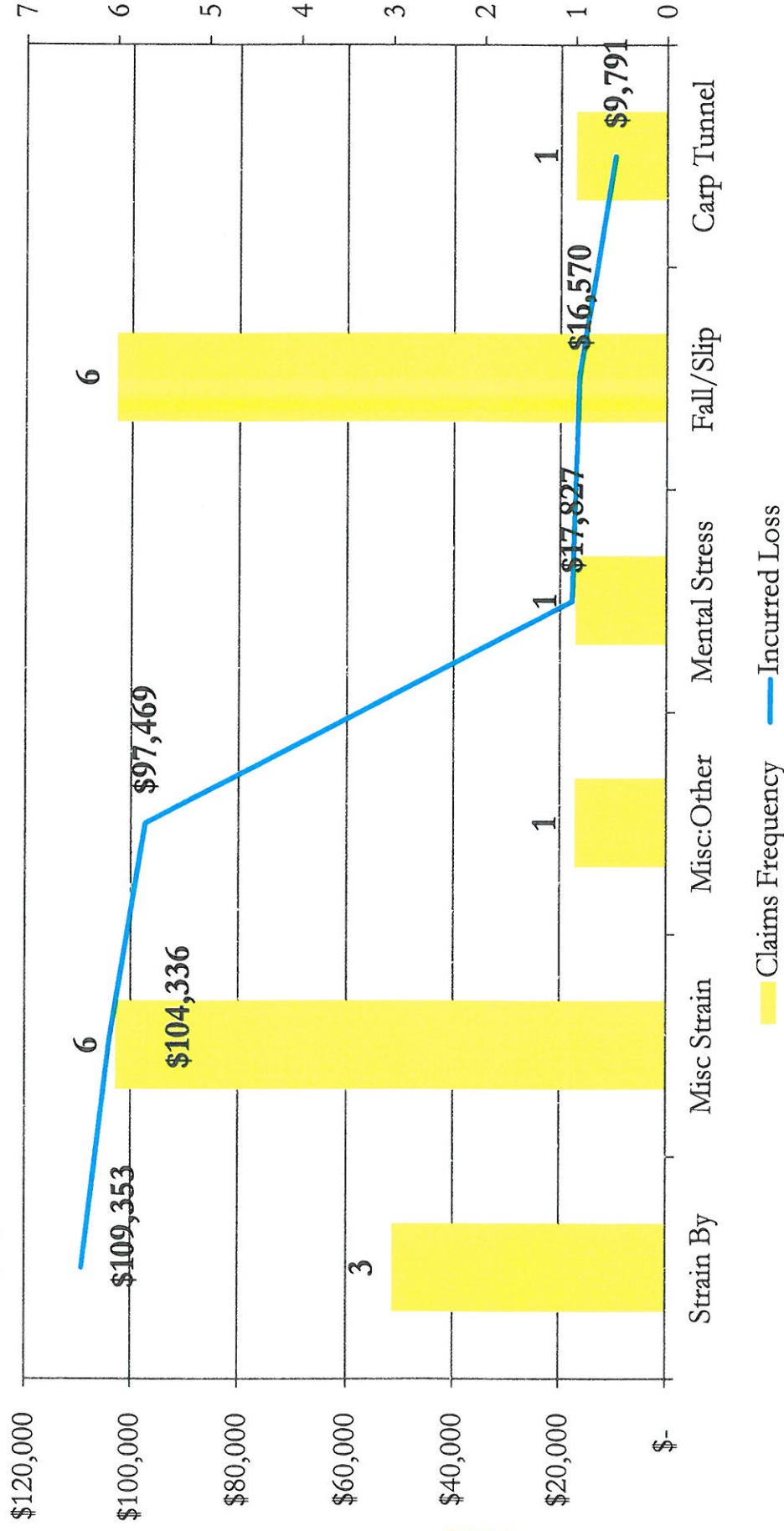
- Slip/Fall and Body Mechanics equals 71% of claims and 78% of incurred cost
- Trending up (34% in FY 2013)

Recommendation

- Assign KSS Back Injury Prevention and Slip/Fall Prevention courses

Clerical

3rd in Frequency and 3rd in Severity



Valued as of June 30, 2013 FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Clerical

- 9/19 Body Mechanics claim (60% cost)
- Trending down; 2 in FY 2012; 2 in FY 2013

Recommendation:

- Monitor Clerical staff claims for additional claims activity and developing trend(s)

FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

Claims Analysis

- **Claim Count**
 - 129 claims opened between FY-2010 & FY-2013
 - 92 claims have been closed with 37 remaining open
 - 32% decrease in Indemnity claim filings between FY-2010 and FY-2013
 - 3 litigated claims totaling just under 3% Litigation rate.
- **Repeaters?**
 - 36 claims from 15 employees. 11 claims remain open.

Return to Work

Policy Year	Lost Days	TD Paid	Average Daily TD Rate	Mod Duty Days	Average Savings
FY-2010	1709	\$116,202	\$68	760	\$51,680
FY-2011	951	\$81,324	\$86	207	\$17,802
FY-2012	1522	\$95,259	\$63	446	\$28,098
FY-2013	644	\$50,067	\$78	25	\$1,950
Grand Total	4826	\$342,853		1438	\$86,428

Valued as of June 30, 2013

License No. 0451271

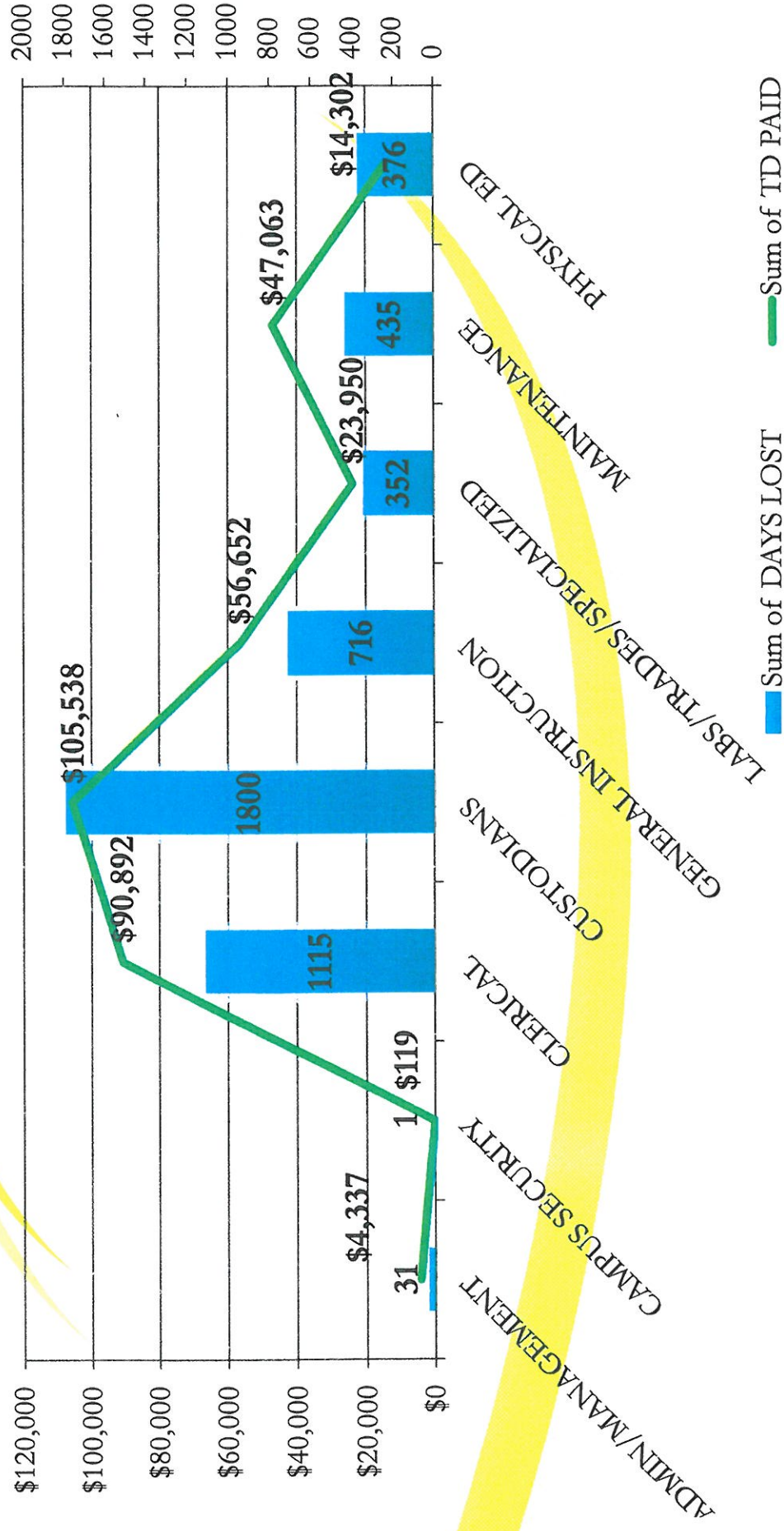
Innovative Solutions. Enduring Principles.

Keenan
Associates

Claims Analysis

- Lost Days
 - 2,878 lost days were a result of 9 employees – 3 Custodians, 2 Clerical, 1 General Instruction, 1 Labs/Trades, 1 Maintenance and 1 Physical Ed
 - 5 claims remain open; however, none are currently receiving salary continuation/TD benefits

Loss Days & TD Paid by Occupation



Valued as of June 30, 2013

FY 2010, FY-2011, FY-2012, FY-2013 combined, valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Claims Analysis

- Modified Duty Days - Examples
 - Renato Sarasua/Custodian: 295 days x \$92 = \$27,170
 - Michael Leger/Custodian: 173 days x \$94 = \$16,262
 - Total savings from just two employees: \$43,432!!



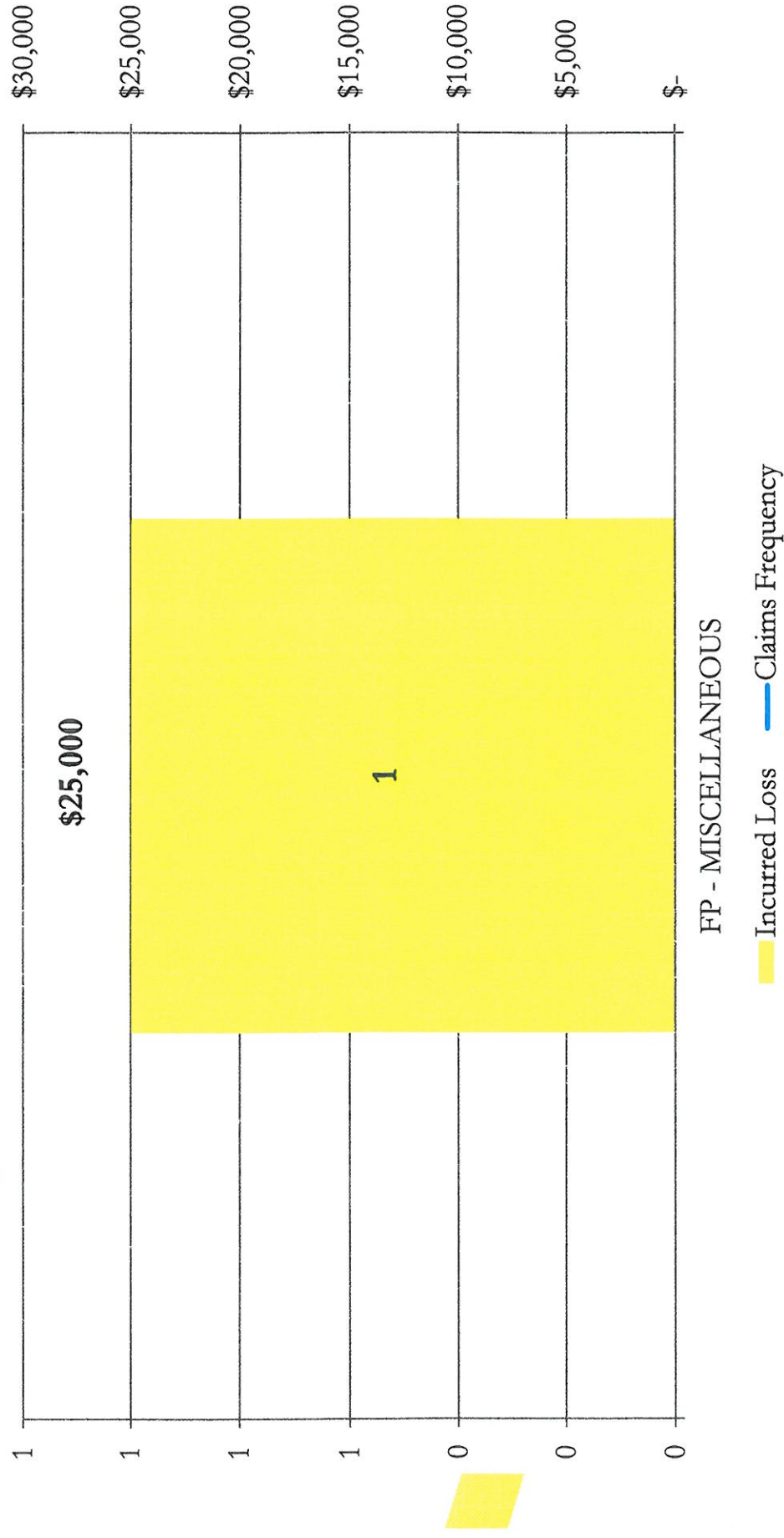
PROPERTY & LIABILITY

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Property Loss History



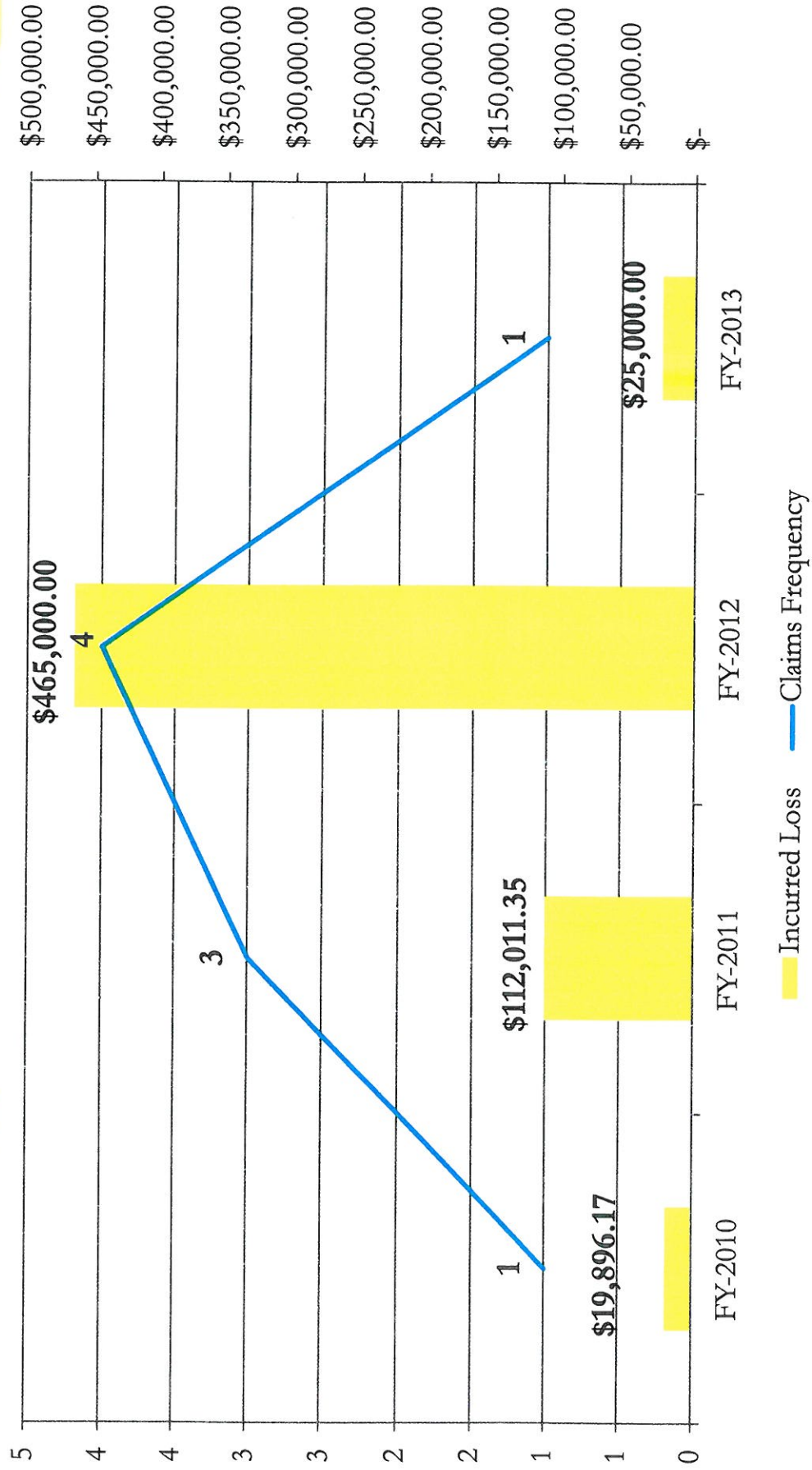
Valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Liability Causation



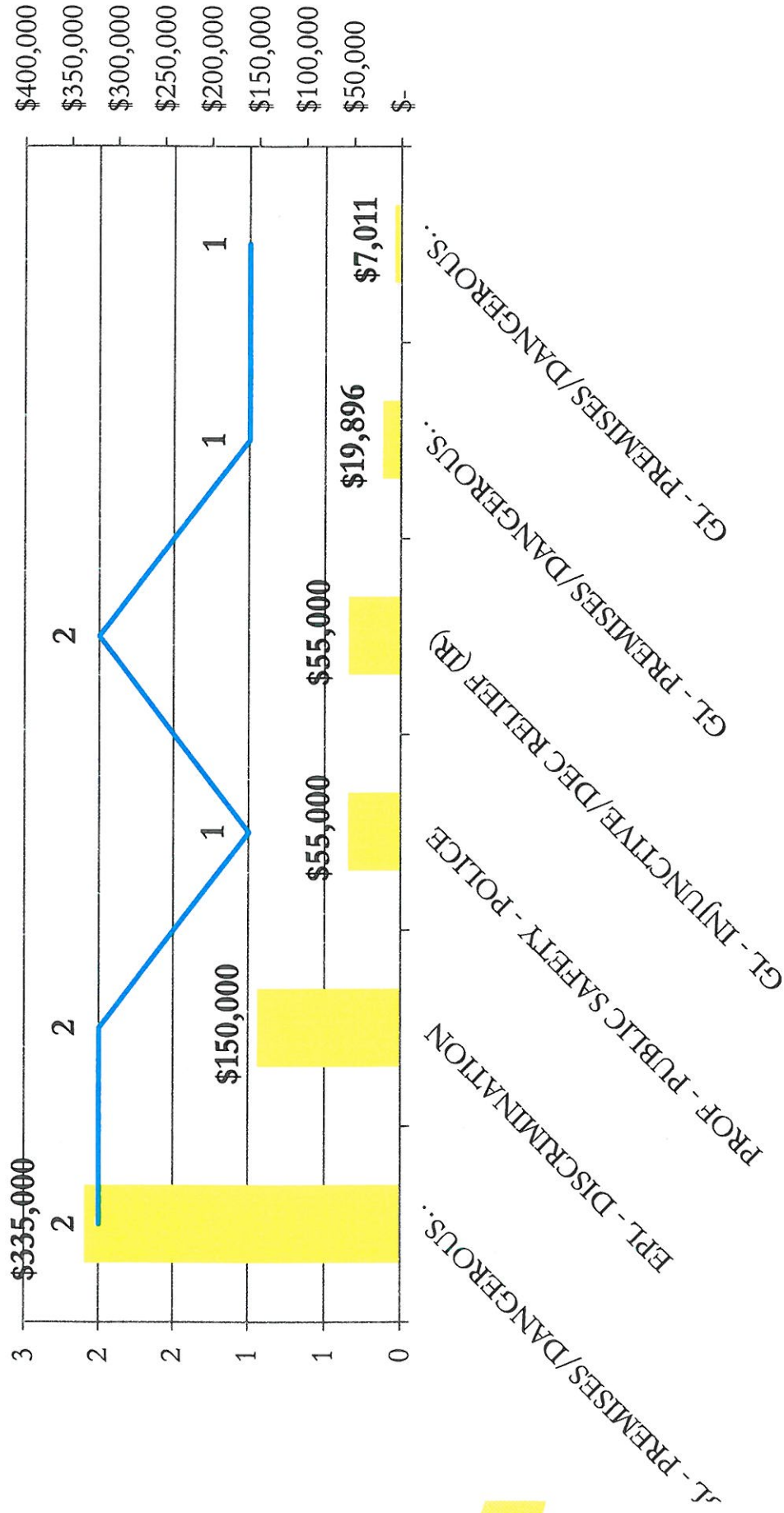
Valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

Liability Causation



Incurred Loss — Claims Frequency

Valued as of June 30, 2013

License No. 0451271

Innovative Solutions. Enduring Principles.

Keenan
Associates

PIPS

Keenan
safe COLLEGES
TRAINING

Keenan

Program Providing Services	Goal	Action Steps	Person/Area Responsible for Completion	Target Date	Completion Date



A COMMUNITY EFFORT TO SAVE LIVES!!

September 26, 2013

Derrick Johnson
Supervisor, EH&S
Palomar Community College

Derrick,

Thank you for your interest in providing staff at Palomar College with simple in-service training on Hands-only-CPR with an introduction to AED. This course should last approximately 45 minutes from start to finish and will give all participants the opportunity of learning how to easily recognize Cardiac Arrest and how best to respond to it in any of their walks of life. This is not a certification course, but all who attend will learn exactly what they need to do if ever faced with this life threatening emergency.

Please let me know of a date/time when we can arrange this training.

I will need a room with a floor space to lay out twenty – thirty CPR mannequins in a horseshoe formation, four to five rows deep (approximately five feet apart). A half moon row of chairs can be set behind the mannequins to accommodate seating while listening to any lecture portion of the class.

I have also attached a script of what will be taught to any students in attendance.

They are no additional fees for these in-service trainings we (SDPHB staff) provide to our program participants throughout the region.

I will look forward to your reply with a proposed date and time frame.

Maureen O'Connor
PAD Program Manager
San Diego Project Heart Beat
moconnor@sandiego.gov
(619) 243-0911

Half hour training in Hands-only-CPR/AED

Instructor Script

- We hope to teach you today just how easy it is to help save a life. In a few short minutes we are going to teach you to recognize a cardiac arrest and to take actions that are proven to help save the victim's life. We will teach you how to manage this emergency with simple, everyday tools including your phone, your voice, your hands and an Automatic External Defibrillator, or AED. Anyone can perform these easy-to-learn steps, and by practicing them today you will be ready if an emergency should ever arise.
- Today I am first going to demonstrate the latest CPR techniques, and then we will practice them together. Afterward, you will move to a second training area to learn about AEDs.
- We will all practice together as soon as I say it is time to begin. It's very important that you listen and practice when I ask you to do so.
- Ok, we will first demonstrate how easy it is to do CPR. Please pay attention, because it's going to be your turn to practice soon.
- First, you must be able to recognize a person who needs CPR. Anyone that has collapsed and appears lifeless and does not respond to your attempts to arouse them needs CPR. Cardiac arrest victims are never breathing normally and you cannot wake them up.
- If Annie suddenly collapsed in front of me, or if I discovered her lying lifeless on the ground, I would immediately need to determine if she will respond to my voice and touch. I would approach her, Tap her shoulders and Shout her name like this: "Hello! Hello! Annie! Are you ok?" or something similar... to see if she will move, moan or try to open her eyes.
(Demonstrate tap and shout)
- If she doesn't respond, the next thing I must do is to tell someone to go call 9-1-1 and get an AED (if there is one) and then quickly come back to me. **(Demonstrate/verbalize)**. If you are alone, remember to first call 9-1-1 and then begin CPR. You must get help on the way.

- If Annie doesn't move or respond to my Tap and Shout, I will start CPR. I will use the new "Hands-only CPR", just introduced by the American Heart Association. It's simpler and easier than ever. And remember, you cannot hurt anyone by doing CPR. You can only help.
- Hands-only CPR means simply pressing on Annie's chest 100 times per minute in order to deliver blood to her heart and brain. We no longer recommend mouth-to-mouth: she still has oxygen in her body. For the next few minutes, the single most important thing Annie needs is someone compressing on her chest to move blood to her heart and brain.
- To do this, first loosen her shirt enough that you can locate the heel of one hand in the center of her chest. Then lace, or intertwine your fingers together.
- Keep your arms straight and position your shoulders directly over your hands.

DEMO WITH WATERCOLOR BACKGROUND MUSIC "STAYIN' ALIVE"

- Push down hard and push down fast! Think of the song "Stayin' Alive" by the Bee Gees as you push. That's how fast you need to go. You are now moving blood to Annie's brain and heart to keep her alive.
- Compress Annie's chest at least 2 inches deep (or 1/3 of the depth of her chest) at least 100 times minute. It is important that you let her chest rise completely before you push down the next time. This helps the heart refill with blood.
- Continue the chest compressions until you see her breathing normally, another trained person arrives to take over or the EMS rescuers arrive. Uninterrupted compressions are BEST!

STOP MUSIC.

- Ok, let's now do the skill together. I'll walk you through the steps and our Skills Instructors will watch to be sure that you understand how to do this correctly.

STANDING AT ANNIE'S SIDE/DEMO

- Position yourself at the side of Annie.
- Kneel at Annie's side so that the nipple line is centered between your knees.

- Let's begin!
 - Tap and Shout
 - Yell for help... "Call 9-1-1 and get an AED!"
 - Now let's get into position to do chest compressions. Is everyone ready?
 - Put your hands on Annie's chest and press down, at least 100 times minute.
 - Let's count together **(Drum Beat)... 1 & 2 & 3 & ... (100 beats for one minute straight. Verbally count to the beat of the drum until 30. Drum beat stops at 100. Everyone stay in position).**

- Great job everyone. Let's practice again.
 - Tap and Shout
 - Yell for help... "Call 9-1-1 and get an AED!"
 - Now let's get into position to do chest compressions. Is everyone ready?
 - Put your hands on Annie's chest and press down, at least 100 times minute.
 - Let's count **together (Drum Beat)... 1 & 2 & 3 & ... (100 beats for one minute straight. Verbally count to the beat of the drum until 30. Drum beat stops at 100. Everyone stay in position).**

- You did a terrific job. Let's do this one more time...
 - Tap and Shout
 - Yell for help... "Call 9-1-1 and get an AED!"
 - Now let's get into position to do chest compressions. Is everyone ready?
 - Put your hands on Annie's chest and press down, at least 100 times minute.

PLAY STAYIN' ALIVE

- Let's count together * (Stayin' Alive)... Listen to the Beat! 1 & 2 & 3 & (count to 30... **stop counting/finish out with remainder of the BG's song Stayin' Alive plays for two minutes).** **STOP MUSIC.**

- OK, that's 2 minutes of continuous CPR. It's tiring, isn't it? Hopefully you remembered to call for help.

- Well everyone, that's just how easy it is ... You, did a GREAT JOB!

- **Remember, this is not a “certification” class. If you are interested in obtaining certification training or would like more information visit our website at www.sdprojectheartbeat.com**
- Thank you everyone so much for your participation! You are now able to help “save a life!”
- **MOVE ON TO AED TRAINING.**



THE CITY OF SAN DIEGO



A COMMUNITY EFFORT TO SAVE LIVES!!

Public Access Defibrillation Program Site Inspection and Review

PAD Program Reviewer: *Dan Beebe* (619) 243-0910

Site Visit Date: *9/10/13*

Site Location: *Palomar College Escondido Educational Center*

1951 E. Valley Parkway

Escondido, CA 92025

Site Liaison: *Darrock Johnson* Ph: (760) 744-1150 X 3677

Site Description: *A multiple use educational facility with several attached buildings enclosing numerous classrooms including a detached Child Development Center. Three parking lots surround the facility.*

Current PAD Program Configuration: *Two (2) Automatic External Defibrillators (AEDs). One outside the Admissions Office within the Student Services area. The other assigned to the Campus Police.*

Numerous trained individuals are on-site throughout the day including a Health Services Nurse as well as faculty and staff of an Emergency Medical Services Training Program. Trained Campus Police Officers are also available.



Fire & Life Safety Services

Emergency Medical Operations • 1010 Second Avenue, Suite 300 • San Diego, CA 92101

Tel (619) 533-4335 Fax (619) 533-4499



Recommendations: *After a walk-thru site inspection and renew of the Public Access Defibrillation (PAD) Program in place at Palomar College Escondido Educational Center, the following recommendations are suggested.*

- 1. Increase the number of Public Access AEDs by 2 for a total of 4.
Previous experiences with similar sites have been shown to be successful when Public Access AEDs are placed approximately 100 yards from one another in each direction. When AEDs are placed in common public areas such as building entry points, quick access to these life saving devices increases*
- 2. AED Signage placed above each AED storage cabinet would help identify the device. Also, directional decals placed within the common walkways could direct individuals to their location.*
- 3. Adding AED locations on printed campus maps also increase awareness and location.*
- 4. Although it is not required to be certified to use an AED during a Sudden Cardiac Arrest (SCA) emergency, Title 22 of the California Health and Safety Code requires at least 1 person have documented proof of current training in Cardiopulmonary Resuscitation (CPR) and AED use. That trained individual allows the availability of AEDs for the public to use.*
- 5. Continued membership in San Diego Project Heart Beat would insure that the site's PAD program remains compliant with all state and local regulations regarding Public Access Defibrillation.*
- 6. Communication to both faculty and student body through a common news letter or though the site's website would also increase awareness.*

Recommendation for AED Placement on campus:

Please refer to the attached Escondido Center Room and Parking Map

To insure the best possible access to AEDs for the most individuals while on campus, the following locations are recommended.

- *Continue providing an AED in the Student Services area. This common area would provide coverage to those areas adjacent and the large main parking lot (Lot#1) east of that location.*
- *Placement of an AED within the Health Services area would not only provide coverage to those areas adjacent to it but, also provide this life saving device to the Campus Nurse.*
- *An AED Placed within the entrance of the south wing would cover those areas within its proximity but, for Parking Lot #3 and the south end of Parking Lot #1.*
- *AED placement within the common interior hallway of the north wing would cover those classrooms and the north end of Parking Lot #1.*

Additional AED Placement Recommendations:

As additional funding becomes available, the following locations for AED placement are as follows.

- **An AED Placed within the rear entrance to cover those occupied spaces in the west end of the campus as well as Parking Lot # 2.**
- **Provide an AED in the Child Development Center located in the northeast corner of the campus.**

Project Heart Beat

San Diego Project Heart Beat is the City of San Diego's Public Access Defibrillation/CPR Program managed by the San Diego Fire-Rescue Department operated jointly with Rural/Metro Ambulance.

Our Goal

Project Heart Beat has one main goal: to save lives through early defibrillation. San Diego Project Heart Beat's objective is to make Automatic External defibrillators (AED) as accessible as fire extinguishers throughout our community.

An AED is used when a victim of Sudden Cardiac Arrest (SCA), is identified, By-Stander Cardiopulmonary Resuscitation (CPR) has begun, and Emergency Services (9 1 1) have been called. In SCA an electrical disturbance of the heart causes it to fire off rapidly and chaotically, or "fibrillate." The heart in SCA is not able to pump oxygenated blood to the body and the victim will become unconscious, cease breathing normally, and die within minutes.

An AED delivers a shock to help restore a normal heart rhythm. AEDs work in conjunction with CPR chest compressions. AEDs give voice instructions and are made to be simple and user-friendly for the non-medically trained lay public. AEDs are a critical component in helping save lives in this grave emergency.

SDPHB provides all of the support necessary to place and maintain a public access defibrillation (AED) program at your home or organization. This includes such program management elements as medical direction/physician of oversight, CPR/AED certification as an American Heart Association CPR/AED training center, as well as 24/7 support if an AED has been deployed.

For Additional Information on SDPHB or details of this Program Site Review, Please contact:

Dan Beebe, Paramedic

San Diego Fire-Rescue, EMS Division

Training Center Coordinator

San Diego Project Heart Beat

1010 Second Ave. , Suite 300

San Diego, CA. 92101

Office: (619)243-0910

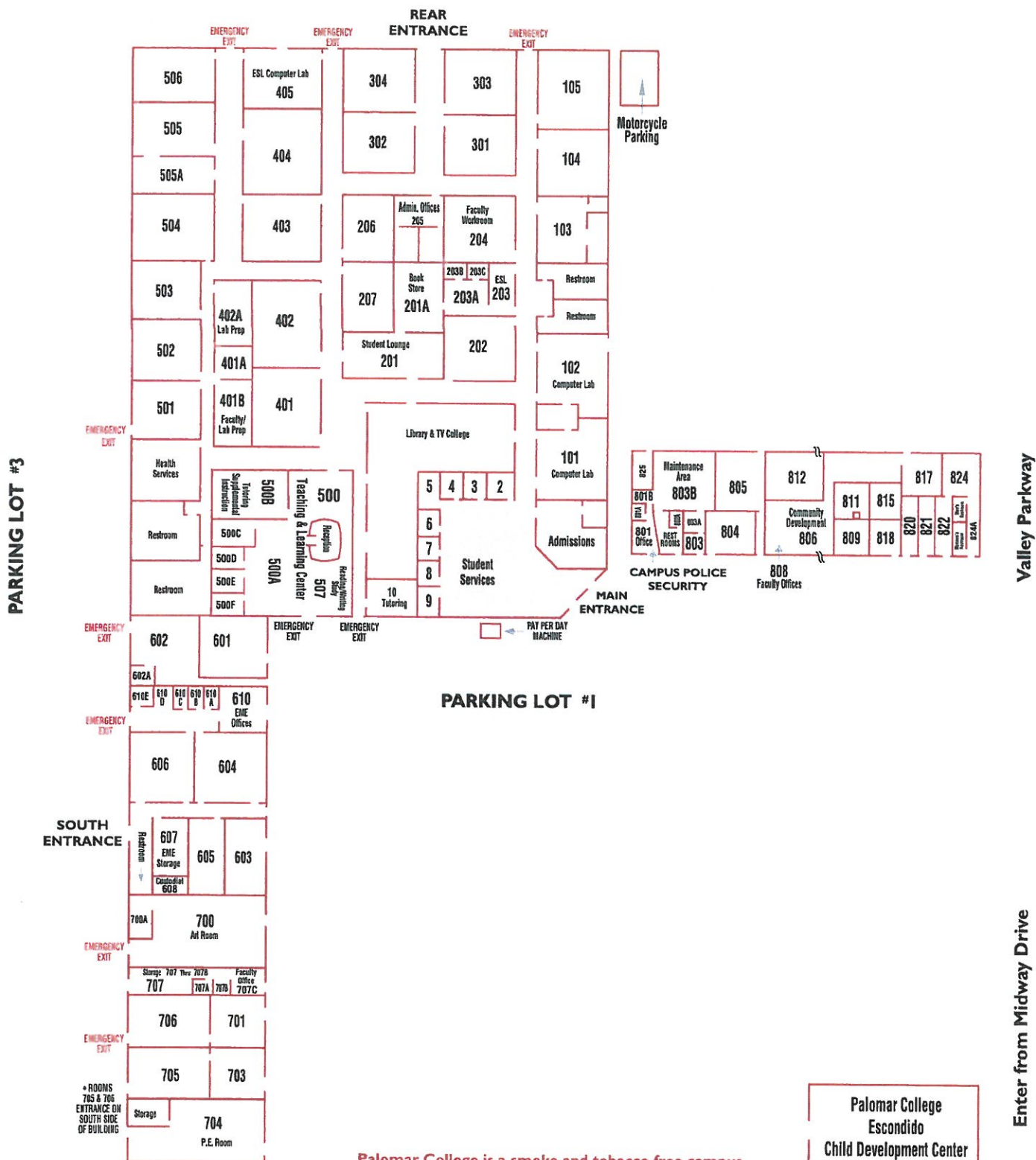
Fax: (619)243-0913

dbeebe@sandiego.gov

PALOMAR COLLEGE

Escondido Center Room and Parking Map

PARKING LOT #2



Palomar College is a smoke and tobacco free campus

Midway Drive