



AMERIND Risk
Tribes Protecting Tribes



TRIBAL WORKERS' COMPENSATION NEWSLETTER



A Message From **Derek Valdo, CEO**

Guuwaadzi' Haubaa! (Greetings!)

The New Year is fast approaching! This coming year marks our 30th anniversary of proudly serving Indian Country. I'd like to take this opportunity to look back at where AMERIND began.

"*Tribes Protecting Tribes*" was born in 1986, when tribes came together to create AMERIND Risk. The concept? A company created by tribes, to protect tribes. We began protecting solely tribal housing, but today, we provide so much more! Tribes look to AMERIND to protect homes, employees, tribal governments and businesses. Our most recent addition to our menu of service is employee benefits (provided by AMERIND Benefits, an AMERIND Risk company).

We were created with a mission to protect Indian Country. The word 'protect' is a standard which we are very passionate about. This is why we strive to provide you with the resources to keep you and your employees safe. In this issue you will find tips to prevent workplace injuries during the winter season.

In closing, each of us here at AMERIND Risk wish you, your employees and everyone in Indian Country a happy and safe holiday season. May the New Year be plentiful for all!

Thank you again, for being a part of our AMERIND family and for believing in "*Tribes Protecting Tribes*".

Sincerely,

Derek Valdo, CEO
AMERIND Risk

Let's Prevent Slips, Trips and Falls

To prevent slips, trips, and falls, employers should clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm.

Ask employees to make the following accommodations during this winter season for their safety:

- Wear proper footwear when walking where snow or ice is unavoidable. A pair of insulated and water resistant boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months.
- Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway.

Source: https://www.osha.gov/dts/weather/winter_weather/hazards_precautions

Prepare the Workplace Vehicle for Winter Weather

Here are some tips to consider for this winter season.

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded.

The kit should include:

- blankets
- food and water
- booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
- compass and map
- flashlight, battery-powered radio, and extra batteries
- first-aid kit

Source: <http://www.cdc.gov/features/winterweather/>

Dressing Properly for the Cold Weather

Many employees work outside, (tribal maintenance workers for example). In some regions, winter temperatures can be treacherous. Here are some things for workers to consider when preparing for the cold weather. Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:

Wear at least three layers of loose fitting clothing. Layering provides better insulation.

- An inner layer of wool, silk or synthetic (polypropylene) to keep moisture away from the body. Thermal wear, wool, silk or polypropylene, inner layers of clothing that will hold more body heat than cotton.

- A middle layer of wool or synthetic to provide insulation even when wet.
- An outer wind and rain protection layer that allows some ventilation to prevent overheating.

Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.

- Insulated coat/jacket (water resistant if necessary).
- Knit mask to cover face and mouth (if needed).
- Hat that will cover your ears as well. A hat will help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head.
- Insulated gloves (water resistant if necessary), to protect the hands.
- Insulated and waterproof boots to protect the feet.

https://www.osha.gov/dts/weather/winter_weather/beprepared.html#safetytips



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Space Heaters in the Office

Portable electric space heaters are used in workplaces across the country and can pose a major workplace safety hazard. Fires can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in. We recommend you have a written policy specifically stating requirements when using space heaters in the workplace. It is critical that employees are aware of these guidelines for their safe use.

- Employees should be required to obtain approval from a supervisor or facility manager prior to using a space heater at work.
- All space heaters should have the certification of an independent testing laboratory.

- Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.
- Space heaters should be placed out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire.
- Do not plug any other electrical devices into the same outlet as the heater.
- Operating space heaters should never be left unattended. They should be turned off and unplugged at the end of the work day or whenever the employee leaves the room.

Source: <http://www.esfi.org/resource/heating-things-up-at-the-office-149>