

This monthly e-newsletter provides updates on the Workplace Safety Programs at the Texas Department of Insurance, Division of Workers' Compensation (DWC). Any Texas employer with or without workers' compensation insurance is eligible for these services.

### IMPORTANT DATES

- **NON-SUBSCRIBERS:** [page 8](#)  
Grace Period for Filing DWC Form-005 through April 30
- **EMPLOYERS SUBJECT TO OSHA:**  
Post Your Form 300A [page 10](#)  
from February 1 – April 30
- **INSURANCE COMPANIES:** [page 12](#)  
DWC Form-109 due by April 1

### In This Issue

Regional Safety Summits	<a href="#">5</a>
DWC, OSHCON, and OSHA Recognize Three Texas Companies with Exemplary Safety Programs	<a href="#">7</a>
DWC Offers Reporting Grace Period for Texas Employers without Workers' Compensation Insurance (Non-subscribers)	<a href="#">8</a>
Custom Onsite Training	<a href="#">8</a>
Safety DVDs for Professional Drivers	<a href="#">9</a>
Free OSHA 10-Hour Construction Classes	<a href="#">9</a>
OSHA Update	<a href="#">10</a>
NIOSH Update	<a href="#">11</a>
Report Unsafe Working Conditions	<a href="#">11</a>
Workers' Compensation Insurance Company Accident Prevention Services Annual Reports Due by April 1	<a href="#">12</a>
Upcoming Safety Observances	<a href="#">12</a>
Upcoming Free Traffic Safety Workshops for Employers	<a href="#">12</a>
Contact Us	<a href="#">13</a>

### Transportation Safety Information

#### The Dangers of Tailgating

**T**ailgating is driving too close behind another vehicle. It is a common occurrence that many employees observe or experience while driving, whether they are commuting or driving for work purposes. A 2015 study from the National Highway Traffic Safety Administration (NHTSA) reported that 32 percent or 1.8 million of the 5.7 million crashes in 2013, were rear-end collisions.



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(Continued on [page 2](#))

### Safety Tips

#### Recognizing and Responding to Cardiac Emergencies in the Workplace

**F**ebruary is American Heart Month sponsored by the American Heart Association (AHA). According to the Occupational Safety and Health Administration (OSHA), more than 200,000 people experience sudden cardiac arrest each year in the United States, and about 10,000 occur at work. The OSHA first aid standard (29 Code of Federal Regulations (CFR) 1910.151) requires trained first-aid providers at all



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## Transportation Safety Information (cont.)

These incidents result in a higher injury rate than any other type of crash.

A rear-end collision can be worse when oversized vehicles such as large commercial trucks and 18-wheelers are involved. These vehicles sit higher, so lower vehicles such as cars tend to go underneath them. Many trucks have underride guards to prevent lower vehicles from going underneath them to minimize the severity of the accident.

If an employee's job involves driving, he or she should maintain a safe driving distance from other vehicles. That distance should be greater when driving behind a large truck that is not equipped with underride guards.

Employees driving large or commercial vehicles can improve safety with proper vehicle maintenance and underride guards.

Employees should follow these S.A.F.E. driving rules.

- **S**tay a safe distance behind other vehicles. When the vehicle in front of you passes a fixed object, you should be able to count at least two seconds before you pass the same object. If behind a large vehicle or in poor conditions, you should be able to count four seconds.
- **A**lways stay alert.
- **F**ollow the speed limit and obey traffic laws.
- **E**very accident can be prevented if everyone drives defensively. ▲

## Download!

### DWC Resources

DWC offers the following free driving safety publications:

- *Driving & Tailgating*
- *Road Rage FactSheet*

These publications are available in English and Spanish at [www.tdi.texas.gov/wc/safety/videoresources/targettransport.html](http://www.tdi.texas.gov/wc/safety/videoresources/targettransport.html), along with other driving safety publications.

DWC features a free occupational safety and health DVD loan library. Call 512-804-4620 for more information or visit [www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html](http://www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html). DVDs on many driving dangers are found under the headings:

- Driving Safety
- Transportation Safety (includes safe operation of buses and vans)
- Trucking Safety (covers professional trucking, both in straight trucks and tractor trailers)

### Other Resources

The Texas Department of Transportation (TxDOT) offers tips on dealing with aggressive drivers at [www.txdot.gov/driver/share-road/aggressive-drivers.html](http://www.txdot.gov/driver/share-road/aggressive-drivers.html).

The National Safety Council (NSC) Our Driving Concern: Texas Employer Traffic Safety Program offers posters, fact sheets, and tip sheets for aggressive driving prevention at [www.txdrivingconcern.org/topics/resources/posters-and-sheets/](http://www.txdrivingconcern.org/topics/resources/posters-and-sheets/).

NHTSA offers resources related to aggressive driving at [www.nhtsa.gov/Aggressive](http://www.nhtsa.gov/Aggressive). These resources include English and Spanish language brochures.

## Safety Tips (cont.)

workplaces if there is no medical facility close to the workplace. In addition, several OSHA standards also require CPR training.

### Heart Attack vs. Sudden Cardiac Arrest

A heart attack occurs when the blood supply to the heart is disrupted, but it continues to beat. Sudden cardiac arrest occurs when the heart stops beating. Workplace hazards that can lead to sudden cardiac arrest include electrocution and asphyxiation (loss of consciousness caused by inadequate oxygen in the work environment, such as in a confined space).

### Symptoms of Heart Attack and Sudden Cardiac Arrest

The most common symptoms of a heart attack in men are:

- chest discomfort including pressure, squeezing, fullness, or pain
- abdominal discomfort that feels like indigestion, heartburn, or nausea
- pain radiating from the left shoulder and down the left arm
- shortness of breath
- anxiety
- cold sweat
- nausea
- light-headedness

The above symptoms may or may not occur for women. Women are more likely to experience:

- pain in the left arm, back, neck, lower abdomen or shoulder blades
- throat pain which may feel like being strangled
- jaw pain that may initially seem to be toothache
- nausea and vomiting, which may seem like stomach flu rather than a heart attack
- overwhelming and unusual fatigue

Any of the above symptoms could be warning signs of sudden cardiac arrest since heart attacks can lead to sudden cardiac arrest. Symptoms may also include:

- sudden loss of consciousness/responsiveness

(Continued on [page 4](#))

## Download!

### DWC Resources

DWC offers an *Automatic External Defibrillators (AED) FactSheet* and other safety publications in English and Spanish at [www.tdi.texas.gov/wc/safety/videoresources/index.html](http://www.tdi.texas.gov/wc/safety/videoresources/index.html).

DWC features a free occupational safety and health DVD loan library. Call 512-804-4620 for more information or visit [www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html](http://www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html). DVDs on AEDs are found under the First Aid subject heading.

### Other Resources

OSHA provides a webpage about the use of AEDs in the workplace at <https://www.osha.gov/SLTC/aed/index.html>. OSHA also offers a Safety and Health Topics index page on Medical and First Aid at <https://www.osha.gov/SLTC/medicalfirstaid/>.

The AHA offers guidelines, information, access to training, survivor stories, and promotional videos at [www.heart.org/HEARTORG/](http://www.heart.org/HEARTORG/).

NSC offers access to first aid courses and information at [www.nsc.org/learn/Safety-Training/Pages/first-aid-training.aspx](http://www.nsc.org/learn/Safety-Training/Pages/first-aid-training.aspx).

The Sudden Cardiac Arrest Association provides news, resource links, and other help at [http://associationdatabase.com/aws/SCAA/pt/sp/home\\_page](http://associationdatabase.com/aws/SCAA/pt/sp/home_page).

## Safety Tips (cont.)

- no breathing
- no pulse

All employees should be trained on how to recognize these symptoms and on the employer's emergency response plan and procedure.

### **Emergency Planning**

According to OSHA, studies with immediate defibrillation have shown up to 60 percent survival one year after sudden cardiac arrest. Employers may place AEDs in convenient locations where they can be retrieved within three to five minutes. Suggested locations include:

- areas where many people work closely together, such as assembly lines and office buildings
- close to a confined space
- areas where electric-powered devices are used
- outdoor worksites
- health units where employees may seek treatment for heart attack symptoms
- company fitness units and cafeterias
- remote sites such as off-shore drilling rigs, construction projects, marine vessels, power transmission lines, and energy pipelines

Employers should train designated first-aid providers to recognize heart attacks and sudden cardiac arrest, call 911, perform CPR, provide early defibrillation with an AED, and care for the victim until emergency personnel arrive. Since 2000, federal Good Samaritan laws provide protection against liability for a person who uses an AED on a victim suffering from a medical emergency.

### **Emergency Response**

If any heart attack or sudden cardiac arrest symptoms occur:

- call 911 immediately
- start CPR immediately if the victim is not breathing
- have someone bring the AED, if available
- apply the electrode pads to the victim's bare chest and follow the AED's voice prompts and messages indicating when CPR should be resumed
- continue AED commands and 911 dispatcher instructions until emergency personnel arrive

If no AED is available, follow 911 dispatcher instructions. CPR and AED training and resources are offered by DWC, the American Heart Association, the American Red Cross, and the National Safety Council (NSC). ▲

## Regional Safety Summits



**Fort Worth — April 19, 2016**

**Region 11 Education Service Center  
1451 South Cherry Lane, White Settlement**

**Houston — June 21, 2016**

**University of Houston Small Business  
Development Center  
2302 Fannin Street, Suite 200**

**Waco — July 12, 2016**

**Holiday Inn Express  
5701 Legend Lake Parkway**

### Session Descriptions

#### ***Occupational Driving Safety Programs (3 hours)***

Transportation incidents are the leading cause of work-related fatalities in Texas. A variety of industries and occupations require employees to drive or to be exposed to hazards associated with driving. For employees that drive as a primary function of their job or for a portion of their job duties, roadways and work zones are likely the most dangerous part of their work environment. Employers with employees who drive while on the job, either incidentally or as part of their normal job duties, should establish an occupational driving safety policy and program. This session provides framework for an effective program and its components, including:

- employer policies
- driver skill and behavior assessment
- distracted, impaired, and fatigued driving
- journey management
- vehicle operations and maintenance
- avoiding different types of collisions
- weather and road conditions
- driver training recommendations

#### ***Workplace Violence Prevention and Personal Security (3 hours)***

Workplace violence is more than homicide or attempted homicide – it is also harassment, threats, assaults, or attacks on employees by either other employees or outside people (such as customers, vendors, or visitors). According to 2014 data from the Bureau of Labor Statistics, 39 employees in Texas were the victims of homicide while on the job, and, an estimated 600 nonfatal injuries involving days away from work were caused by intentional injury by another person. Violence can occur in the workplace through robbery, domestic violence, disgruntled employees, and other situations.

### Session Options

Session Time	Option 1	Option 2
Morning	<i>Occupational Driving Safety Programs</i>	<i>Workplace Violence Prevention and Personal Security</i>
Afternoon	<i>Preventing Sprains and Strains</i>	<i>Safety Orientation, Safety Inspections, and OSHA Compliance Update</i>

**D**WC is offering a series of regional safety summits that provide affordable training on common causes of preventable injuries and fatalities in the workplace, as well as current and upcoming regulations in the occupational safety and health field

(Continued on [page 6](#))

## Regional Safety Summits (cont.)

This section covers:

- how to establish effective workplace policies and crisis management plans
- how to identify potential workplace violence situations and security issues
- warning signs of workplace violence
- methods to de-escalate aggressive behavior
- ways to control a workplace violence situation

Personal security issues can arise when employees travel for work, or carry out high-risk duties such as handling money and working late. This session will also provide guidance on how employees can reduce their risk in these circumstances, with a focus on situational awareness.

### ***Preventing Sprains and Strains (3 hours)***

With more than 30,000 workers' compensation claims in Texas in 2014, sprains and strains account for a large portion of preventable injuries in the workplace. These injuries occur when an employee is exposed to risk factors such as awkward posture, repetition, excessive force, or slip, trip, and fall hazards. They can develop suddenly or over time, and can result in costly productivity losses and medical expenses. This session will focus on identifying and assessing both ergonomic risk factors and individual risk factors of sprain and strain injuries and will provide practical and proactive approaches to preventing them.

### ***Safety Orientation, Safety Inspections, and OSHA Compliance Update (3 hours)***

This session provides an overview of the following topics (1 hour each).

#### ***New Employee Safety Orientation***

Establishing a safety culture in the workplace starts with informing employees of the company's safety policies, procedures, and expectations. Sharing this information with employees when they are hired and making sure they understand it establishes a foundation that is easier to build upon over time. Many OSHA standards have specific

new employee training requirements. This session covers how to develop and implement a successful safety orientation for new employees that includes emergency evacuation, lockout/tagout, hazard communication, fire extinguishers, reporting injuries, personal protective equipment, and forklift safety.

#### ***How to Develop a Safety Inspection Program***

A safety inspection program is an effective way to detect unsafe conditions or operations and unsafe acts in the workplace that could cause serious injury or illness. This session will cover:

- components of an effective safety inspection program
- how to develop and tailor a program for a specific worksite
- evaluating the program's strengths and weaknesses
- making and following up on appropriate program adjustments and updates.

#### ***OSHA Compliance Update***

This session will provide updates on the recent changes to the OSHA recordkeeping, hazard communication, and confined space standards. ▲



## Register!

To register, visit the TDI website at [www.tdi.texas.gov/wc/safety/regional.html](http://www.tdi.texas.gov/wc/safety/regional.html) or call 512-804-4610. The registration fee is \$50 per person (register five people and get registration for a sixth person free). Registration includes course materials and a CD with all four presentations.

## DWC, OSHCON, and OSHA Recognize Three Texas Companies with Exemplary Safety Programs

The DWC's Occupational Safety and Health Consultation (OSHCON) Program and OSHA recently recognized three Texas companies for outstanding safety programs with the Safety and Health Achievement Recognition Program (SHARP) award. As SHARP recipients, these three companies are granted a two-year renewal of their exemptions from OSHA for planned inspections.



*Allbritton Machine, Inc.*, employs 15 people at its Odessa location. The company repairs centrifugal pumps and rotating equipment for the oil and gas industry.

*Chaparral Industries, Inc.*, employs 14 people at its Odessa location. The company provides powder coating for metals.

*CRG Electric, Inc.*, employs 100 people at its Odessa location. The company provides electrical service for customers in West Texas, New Mexico, and the surrounding areas, and also for international drilling customers.

OSHCON is a free service to help employers understand and comply with OSHA standards through safety consultations by DWC's professional consultants. Employers may be eligible for SHARP status if they have less than 250 employees at a worksite and less than 500 employees total; operations that are limited to a fixed worksite; undergo a full-service OSHCON consultation; involve employees in the consultation process; correct all hazards identified by the consultation; and have days away, restricted, or transfer (DART), and total case rate (TCR) injury and illness incidence rates below the national average for their industries.▲

### Find Out More About SHARP and OSHCON!

For more information about the OSHCON program and SHARP, call 1-800-252-7031, option 2, email [OSHCON@tdi.texas.gov](mailto:OSHCON@tdi.texas.gov) or visit [www.txoshcon.com](http://www.txoshcon.com).

The SHARP award recognizes small, private sector Texas employers participating in the DWC OSHCON program for exemplary safety management programs and low incidence rates of work-related injuries and illnesses.

## DWC Offers Reporting Grace Period for Texas Employers without Workers' Compensation Insurance (Non-subscribers)

To increase compliance with required state reporting, DWC is providing a grace period for all Texas employers without workers' compensation insurance (non-subscribers) to report their non-coverage status without penalty during the 2016 annual filing period of **February 1, 2016 through April 30, 2016**. Non-subscribers are required by law to file their annual notice, the DWC Form-005, *Employer Notice of No Coverage or Termination of Coverage*. This grace period also extends to non-subscribers with five or more employees that have not previously reported on-the-job injuries, illnesses, and fatalities by submitting a DWC Form-007, *Employer's Report of Non-Covered Employee's Occupational Injury or Disease*. The grace period allows non-subscribers to file their DWC Form-007 without an administrative penalty for injuries, illnesses, and fatalities occurring **on or after May 1, 2016**.

DWC offers online bulk filing for large employers with many locations or subsidiaries, as well as third party administrators that submit information on behalf of multiple employers. Information on bulk filing is available on the TDI website at [www.tdi.texas.gov/wc/forms/xmlformat.html](http://www.tdi.texas.gov/wc/forms/xmlformat.html). Employers that file online will receive an electronic acknowledgement with a confirmation number.

Non-subscribers can file the DWC Form-005 with DWC online, by fax, or by mail. The DWC Form-007 may be filed by fax or by mail. ▲

### Contact

DWC Insurance Coverage at 512-804-4345 or visit the TDI website at [www.tdi.texas.gov/wc/employer/cb007.html](http://www.tdi.texas.gov/wc/employer/cb007.html) for more information.

## Custom On-site Training

DWC offers affordable on-site safety training courses to businesses, groups, and trade associations. Training focuses on industries or occupations that experience high rates of injuries, illnesses, and fatalities in Texas.

DWC offers more than 30 onsite courses, including:

### First Aid/CPR

This course is designed to address emergencies that a first aid provider is likely to encounter at the worksite. Based on the AHA protocol, topics include:

- CPR
- AED
- potential liability and responsibility of the first aid provider
- contents and use of the first aid kit
- safety for the first aid provider and victim
- protection from potential bloodborne pathogens
- activation of the first link of the chain of survival
- assessment of the victim
- post-emergency actions
- medical emergencies (chest pain, heart attack, stroke, etc.)
- injury emergencies

(Length: 6-8 hours.)

The DWC Training Program Descriptions guide at [www.tdi.texas.gov/pubs/videoresource/ghsphstrainingp.pdf](http://www.tdi.texas.gov/pubs/videoresource/ghsphstrainingp.pdf) provides information on course content and length. The cost for on-site training varies according to location travel costs. Many courses are offered at no cost by teleconference or webinar. ▲

### Book Your Training Class!

To request training, or for more information, call 512-804-4610 or email [safetytraining@tdi.texas.gov](mailto:safetytraining@tdi.texas.gov).

## Safety DVDs for Professional Drivers

The DWC Resource Center has approximately 4,000 DVDs in its library, and includes more than 100 related to trucking safety for professional drivers. Some titles are available in both English and Spanish. DVD titles and descriptions are found under the Trucking – Safety subject heading.

### ***Dump Truck Safety*** DVD2783, DVD2783S

Covers pre-startup procedures, brake systems, dumping techniques, and general safety procedures when operating dump trucks. 10 minutes.

### ***Master Driver: Rear End Collisions*** DVD2897

Helps drivers recognize and change unsafe behaviors that can lead to costly crashes. Covers the importance of maintaining a safe following distance. Discusses good visual scanning techniques. Urges drivers to avoid in-the-cab distractions and sustain a safety-minded attitude. 19 minutes.

### ***Master Driver: Speed and Space Management*** DVD1139

Drives home the dangers of speeding and failing to maintain an appropriate space cushion. Covers driving too fast or too fast for conditions, speeds and curves, appropriate following and stopping distances, handling hazards around the vehicle, and more. 11 minutes.

### ***Straight Truck Solutions*** DVD2842

Includes six 10-minute training programs on one DVD: Adverse Weather; Backing and Parking; Defensive Driving; Loading and Unloading; Speed, Space Management, and Vehicle Inspections. 60 minutes. ▲

## Book Your DVDs!

The DWC Resource Center catalog and information on how any Texas employer or employee can check out safety DVDs for free are available at [www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html](http://www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html).

## Free OSHA 10-Hour Construction Classes

DWC offers free OSHA 10-Hour Construction classes in English and Spanish in Austin, Fort Worth, El Paso, Houston, and San Antonio. Each two-day course is presented by authorized instructors and designed to train employers and employees on the essentials of occupational health and safety for construction. Classes cover OSHA standards and requirements as they apply to the construction industry and teach safety awareness to help recognize and reduce the risks of job-site hazards. Participants who complete the course get an OSHA 10-Hour Construction class completion card within six to eight weeks. ▲

## Register!

Additional information is available at [www.tdi.texas.gov/wc/events/index.html](http://www.tdi.texas.gov/wc/events/index.html).

Registration is required due to limited space. To register or get more information on class availability, call 512-804-4610.

## OSHA Update

### Employers Must Post 300A Injury/Illness Summary Form February through April

Employers covered by OSHA are reminded to post OSHA's Form 300A, *Summary of Work-Related Injuries and Illnesses* between February 1 and April 30, 2016. This form summarizes the total number of job-related injuries and illnesses recorded on OSHA's Form 300, *Log of Work-Related Injuries and Illnesses* during 2015. The summary should be displayed in a common area where notices to employees are usually posted.

Employers with ten or fewer employees and employers in specific low-hazard industries are normally exempt from OSHA injury and illness recordkeeping and posting requirements. Due to changes in OSHA's recordkeeping requirements that went into effect on January 1, 2015, certain previously exempt industries are now covered. Lists of exempt industries are located at <https://www.osha.gov/recordkeeping/ppt1/RK1exempttable.html> and lists of newly covered industries are available at [https://www.osha.gov/recordkeeping2014/reporting\\_industries.html](https://www.osha.gov/recordkeeping2014/reporting_industries.html). More information on OSHA's recordkeeping requirements is available on the Recordkeeping Rule webpage at <https://www.osha.gov/recordkeeping2014/records.html>.

### OSHA Publishes New Fact Sheet Identifying Key Causes of Vehicle Backover Incidents on Farms

OSHA offers a new fact sheet identifying key causes of backover incidents on farms. The fact sheet outlines safety measures to prevent farm employees from being struck by vehicles. These safety measures include employee training, driving alternate routes, and use of hand signals or spotters when noise or distance is a factor. The fact sheet is available at <https://www.osha.gov/Publications/OSHA3840.pdf>.

### Free Help with OSHA Compliance

**D**WC provides free help with OSHA compliance for small and medium-sized businesses, with priority given to high-hazard industries, through its OSHCON program. OSHCON is a non-regulatory program with professional safety and health consultants that help identify and eliminate occupational hazards in your workplace, whether or not your company carries workers' compensation insurance. Benefits for employers participating in the OSHCON program include prevention of work-related injuries and illnesses; confirmation to employees and customers of their commitment to safety; public acknowledgement of their safety efforts; monetary savings by reducing workers' compensation costs and other costs associated with work-related injuries and illnesses; and protection of company assets such as employees, equipment, supplies, products, and facilities.▲

### Find Out More About OSHCON!

For more information about the OSHCON program call 1-800-252-7031, option 2, email [OSHCON@tdi.texas.gov](mailto:OSHCON@tdi.texas.gov); or visit [www.txoshcon.com](http://www.txoshcon.com).

## National Institute for Occupational Safety and Health (NIOSH) Update

### Study Reveals Safety Issues in Long-Haul Trucking Industry

New data from NIOSH highlighting a number of important safety issues facing long-haul truck drivers and their employers was published in the December 2015 issue of the *Accident Analysis and Prevention journal*. The study is the first to describe truck crashes, near misses, moving violations, work-related injuries, work environments, and driver training, attitudes, and behaviors.

An estimated 73 percent of long-haul truck drivers perceived their delivery schedules as unrealistically tight and 24 percent often continued driving despite fatigue, bad weather, or heavy traffic to meet delivery or pick up times. Nearly five percent reported a non-crash injury that involved days away from work in the past 12 months, and non-crash injuries among company drivers 68 percent were not reported to employers.

Both the abstract and the full text of the study are available on the National Institutes of Health website at [www.ncbi.nlm.nih.gov/pubmed/26397196](http://www.ncbi.nlm.nih.gov/pubmed/26397196) and the [www.ncbi.nlm.nih.gov/pmc/articles/PMC4631642/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4631642/). ▲

## Report Unsafe Working Conditions

The DWC Safety Violations Hotline is a bilingual, 24-hour, toll-free telephone line that allows Texas employees to confidentially report unsafe working conditions to DWC. By law, employers are responsible for providing a safe work environment.

You may encounter safety and health hazards at work that could cause injury, illness, or death. The Safety Violations Hotline allows you to take an active role in preventing workplace injuries, illnesses, and fatalities. After DWC receives a report of a work-related safety or health issue, its safety inspectors will work with the employer and insurance carrier to help eliminate hazards.

Employers are prohibited by law from retaliation and may not suspend, terminate, or otherwise discriminate against an employee for contacting the Safety Violations Hotline to report in good faith an alleged violation of an occupational safety or health law. ▲

### Report a Safety Violation

Report workplace safety or health hazards to the Safety Violations Hotline by calling 1-800-452-9595 or use the online form at [www.tdi.texas.gov/wc/safety/hotline.html](http://www.tdi.texas.gov/wc/safety/hotline.html). Reports of violations may be made anonymously.

For questions about workers' compensation claims, call DWC at 1-800-252-7031. To report other non-safety related workplace issues, contact 2-1-1 Texas by dialing 211 on your telephone for information about how to get in touch with the appropriate agency.

## Workers' Compensation Insurance Company Accident Prevention Services Annual Reports Due by April 1

Insurance companies with workers' compensation insurance policies effective for calendar year 2015 must file their DWC Form-109, *Accident Prevention Services Annual Reports* by April 1, 2016. All fields must be completed each time the form is filed. For subsequent filings, some fields only require substantive information if there is no change since the last filing. A DWC Form-109 is considered filed when it accurately contains all of the required data elements.

The DWC Form-109 is available on the TDI website at <http://www.tdi.texas.gov/forms/dwc/dwc109apsar.doc> and must be submitted by email to [aps@tdi.texas.gov](mailto:aps@tdi.texas.gov). Contact DWC at 512-804-4626 for questions about this form.

## Upcoming Safety Observances

**February 1-28**  
*American Heart Disease Awareness Month*

**March 1-31**  
*Workplace Eye Wellness Month*

**March 20-26**  
*National Poison Prevention Week*

**April 1-30**  
*Distracted Driving Awareness Month*

**April 1-30**  
*Alcohol Awareness Month*

**April 1-30**  
*Injury Prevention Month*

## Upcoming Free Traffic Safety Workshops for Employers

The NSC Our Driving Concern: Texas Employer Traffic Safety Program is offering free employer train-the-trainer traffic safety workshops.

- **San Antonio – March 22**  
9 a.m. – 1 p.m.  
Henry B. Gonzalez Convention Center  
200 East Market Street, San Antonio 78205
- **San Marcos – March 23**  
8:30 a.m. – 12:30 p.m.  
630 East Hopkins Street, San Marcos 78666

Space is limited. Register online at [www.txdrivingconcern.org](http://www.txdrivingconcern.org). For more information, call Lisa Robinson at 512-466-7383 or email at [lisa.robinson@nsc.org](mailto:lisa.robinson@nsc.org).

## DWC Workplace Safety Job Postings

There are many benefits to working for the State of Texas and DWC, as detailed at [www.tdi.texas.gov/jobs/index.html](http://www.tdi.texas.gov/jobs/index.html).

A complete listing of safety related positions is posted at [www.tdi.texas.gov/jobs/jobs.html](http://www.tdi.texas.gov/jobs/jobs.html).

## CONTACT US!

### FREE HELP WITH OSHA COMPLIANCE

- Occupational Safety and Health Consultation (OSHCON) Program  
[www.txoshcon.com](http://www.txoshcon.com)  
**1-800-252-7031 option 2**  
[OSHCON@tdi.texas.gov](mailto:OSHCON@tdi.texas.gov)

### SAFETY AND HEALTH RESOURCES

- Free Safety and Health Publications  
[www.tdi.texas.gov/wc/safety/videoresources/index.html](http://www.tdi.texas.gov/wc/safety/videoresources/index.html)
- Free Audiovisual Loans  
[www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html](http://www.tdi.texas.gov/wc/safety/videoresources/avcatalog.html)  
**512-804-4620**
- Safety Training Courses and Seminars  
**512-804-4610**  
[safetytraining@tdi.texas.gov](mailto:safetytraining@tdi.texas.gov)
- Helpful Safety and Health Resource Links  
[www.tdi.texas.gov/wc/safety/videoresources/govunivlinks.html](http://www.tdi.texas.gov/wc/safety/videoresources/govunivlinks.html)

### OCCUPATIONAL INJURY AND ILLNESS DATA

- Survey of Occupational Injuries and Illnesses (SOII)  
[www.tdi.texas.gov/wc/safety/sis/nonfatalhomepage.html](http://www.tdi.texas.gov/wc/safety/sis/nonfatalhomepage.html)  
**512-804-5020**  
[InjuryAnalysis@tdi.texas.gov](mailto:InjuryAnalysis@tdi.texas.gov)
- Census of Fatal Occupational Injuries (CFOI)  
[www.tdi.texas.gov/wc/safety/sis/fathomepage.html](http://www.tdi.texas.gov/wc/safety/sis/fathomepage.html)  
**512-804-5020**  
[CFOI@tdi.texas.gov](mailto:CFOI@tdi.texas.gov)

### REPORT A SAFETY VIOLATION OR HAZARD

- Safety Violations Hotline  
Reports are taken in both English and Spanish and may be made anonymously.  
[www.tdi.texas.gov/wc/safety/hotline.html](http://www.tdi.texas.gov/wc/safety/hotline.html)  
**1-800-452-9595**

### RETURN-TO-WORK PROGRAM ASSISTANCE

- [www.tdi.texas.gov/wc/rtw/index.html](http://www.tdi.texas.gov/wc/rtw/index.html)  
**512-804-5000**

Subscribe to email alerts when the *Safety & Health Update* newsletter is published at [www.tdi.texas.gov/alert/dwcsafetyhealth.html](http://www.tdi.texas.gov/alert/dwcsafetyhealth.html). You will also receive information on occupational safety and health matters, safety tips and publications, upcoming training events, training DVD loans, and OSHA updates.

Please forward this newsletter to friends and colleagues interested in preventing workplace injuries and illnesses. Have a safe day!

DWC Resource Center  
512-804-4620  
[ResourceCenter@tdi.texas.gov](mailto:ResourceCenter@tdi.texas.gov)