



**Nevada Public Agency Insurance Pool
Public Agency Compensation Trust**
201 S. Roop Street, Suite 102
Carson City, NV 89701-4779
Toll Free Phone (877) 883-7665
Telephone (775) 885-7475
Facsimile (775) 883-7398

**Notice of Meeting and Agenda for Loss Control Committee of
Nevada Public Agency Insurance Pool and Public Agency Compensation Trust**

Date: Monday, June 11, 2012

Time: 11:00 AM

Place: POOL/PACT Offices

201 S. Roop St. Carson City, NV 89701

CONFERENCE CALL: 1-800-351-4899 Passcode: ANNW

NOTICE: Items on the agenda may be taken out of order. The committee may combine two or more agenda items for consideration. The committee may remove an item from the agenda or delay discussion relating to an item on the agenda at any time.

AGENDA

1. **Roll**
2. **Public Comment**
3. **For Possible Action: Approval of Minutes of Committee Meeting of March 8, 2012**
4. **For Possible Action: Staff Reports:**
 - a. **LCEP Program**
 - b. **Stryker Grant Fund**
 - c. **Respiratory Fit Testing Program**
 - d. **Risk Management Grant Program**
5. **For Possible Action: Consideration and Approval of Fit Responder Public Safety Fitness, Wellness and Injury Prevention Program**
6. **For Possible Action: Consideration and Approval of Material Safety Data Sheet Program Revisions**
7. **For Possible Action: Consideration and Approval of Risk Management Grant Application Submitted by Pershing County School District**
8. **Public Comment**
9. **For Possible Action: Adjournment**

This Agenda was posted at the following locations:

**NPAIP/PACT
201 S. Roop Street, Suite 102
Carson City, NV 89701**

**Carson City Courthouse
885 E. Musser Street
Carson City, NV 89701**

**Eureka County Courthouse
10 S. Main Street
Eureka, NV 89316**

**Churchill County Admin Complex
155 North Taylor Street
Fallon, NV 89406**

NOTICE TO PERSONS WITH DISABILITIES

Members of the public who are disabled and require special accommodations or assistance at the meeting are requested to notify the Nevada Public Agency Insurance Pool or Public Agency Compensation Trust in writing at 201 S. Roop Street, Suite 102, Carson City, NV 89701-4779, or by calling (775) 885-7475 at least three working days prior to the meeting



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DRAFT
Minutes of Meeting of
Loss Control Committee of
Nevada Public Agency Insurance Pool and
Public Agency Compensation Trust
Date: March 8, 2012

1. Roll

The meeting was called to order by Chairman Cash Minor at 1:30 p.m. Ann Wiswell confirmed that a quorum was present.

Members present: Chairman Cash Minor (Elko County), Shannon Gardner (Storey County), Mike Callahan (City of Mesquite), Bob Spellberg (Gardnerville Ranchos GID), Kevin Curnes (Carson City School District), Susan Johnson (Incline Village General Improvement District), Jan Archuleta (Eureka County)

Others present: Ann Wiswell, Gina Steinman, Chris Van Aken, Mel Iida, Doug Smith

2. Public Comment:

none

3. For Possible Action: Approval of Minutes of Committee Meeting of January 24, 2012
Upon motion and second the minutes were approved.

4. For Possible Action: Staff Reports:

a. PRIMA Conference

Ann Wiswell reported that the PRIMA Conference would be well attended with 109 attendees registered to date. People from Human Resources, Safety, Risk Management, and Transportation were all encouraged to attend.

5. For Possible Action: Consideration and Approval of Douglas County School District Risk Management Grant Application

Gina Steinman explained that as an effort to improve safety at all Douglas County Schools the district has endeavored to replace all interior locks so that teachers may lock down their classrooms from the inside of the classroom. The total cost for this project is approximately \$800,000. The district applied for a \$14,000 grant to cover expenses for the lock project. The district is covering all other expenses.

6. For Possible Action: Consideration and Approval of Stryker Grant Fund

Ann Wiswell presented information on Stryker EMS safety products and suggested that the committee allocate a portion of the existing grant program funds for this particular safety equipment. Chris Van Aken from Stryker gave a demonstration of the equipment which includes the Power Pro hydraulic cot, the Stair Chair and the Power Load cot transfer system. These three products are statistically proven to reduce injuries caused from patient lifting during transport. Upon motion and second the committee approved allocating \$250,000 of Risk Management Grant funding from the 2011-12 fiscal year and \$250,000 from the 2012-13 fiscal year for a total of \$500,000 in grant funding for Stryker products. The grant funds would be made available in 2012 only. A separate Stryker grant fund application will be developed and the application deadline will be July 31, 2012. Funding determination will be made by the committee by August 31, 2012. Funding will be available for one cot, chair and power load system for each EMS entity. Funds will also be available to all non-transport entities for up to three stair chairs. Grant applicants will provide a 50% match. The committee will award excess funding to EMS agencies for additional equipment based on size of territory and population served.

7. For Possible Action: Consideration and Approval of Loss Control Excellence Program Revisions

Ann Wiswell reported on the progress made to the Loss Control Excellence Program revisions. She recommended an online survey product called Survey Gizmo to administer the program going forward. The annual subscription cost of Survey Gizmo is \$600.00. Upon motion and second the committee approved the purchase of the Survey Gizmo software application. The new Loss Control Excellence Surveys will be sent to the member entities in April 2012.

8. For Possible Action: Consideration and Approval of Risk Management Grant Program Administration Guidelines

The committee reviewed the current guidelines for the Risk Management Grant Program and determined a few changes were in order. Upon motion and second, the committee voted to require a 50% match on all grant funding for property risk related measures, a 25% match for OSHA compliance related measures and personal protective equipment, and 100% funding for all training grants with a \$2000.00 per person limit. The committee also directed staff to research member contribution levels and suggest a rolling three year limit on total grant funds available to each member based on a percentage of contribution and/or a cap limit, such limit to be discussed further and the next committee meeting.

9. For Possible Action: Consideration and Approval of Loss Control Committee Strategic Plan
The Strategic Plan for years 2009-2012 expires 7/1/2012. The committee developed a new plan for the period 2012-2015. Plan initiatives remained consistent with years past, to include the following:

- OSHA and ADA Compliance
- E-Learning curriculum development
- Emergency Planning
- Continued focus on enhancing POOL/PACT member communication
- Claims Analysis/Benchmarking
- Wellness/Body Mechanics
- Auto/Driver Safety training

- LCEP Administration
- Grant Program Administration

The Committee determined that sufficient research had been completed on Formalized Injury Management Programs. Implementation of a mandatory PACT-wide program would require a concerted effort on the part of ASC, POOL/PACT Human Resources and administration. As such, the committee voted to refer this initiative to the Executive Committee for further discussion and possible action.

10. Public Comment

none

11. For Possible Action: Adjournment

Upon motion and second the meeting was adjourned.



**Public Agency Compensation Trust
Stryker EMS Equipment Grant Application**

In partnership with Stryker EMS equipment



***To be considered for the PACT EMS GRANT, this application must be completed and received or postmarked by 5:00 P.M. July 31st 2012 PST.**



Grant Application Program Information:

Background: The Public Agency Compensation Fund (PACT) has funds available to grant to EMS services that have their workers' compensation coverage through the PACT for the purchase of Stryker Power-PRO™ ambulance cots, Stryker Stair-PRO® tracked chairs and Stryker Power-LOAD cot fastening systems.

Purpose: To provide EMS services with ergonomically beneficial equipment in an effort to reduce risk and injury to the EMS caregiver during patient handling and transport.

Funding: Funds will be distributed in a 50/50 matching grant with the PACT paying 50% and customer paying 50% of the PACT negotiated pricing for the purchase of one each of the following:

- Stryker Stair-PRO 6252
- Stryker Power-PRO™ 6506 , Stryker Power-PRO™ 6506 (Power Load Ready) or Power Load Upgrade on (4) existing Power Pro Cots
- Stryker Power-LOAD™ 6390
- Any combination of this equipment not to exceed grant funding of \$17,992

PACT has determined a standard configuration for each model. Any accessories required beyond the scope of the grant must be paid 100% by the department/service.

Funding will be available for one cot, chair and power load system for each EMS entity. Alternately, agencies currently possessing Power-Pro Cots may choose to have up to four cots retrofitted for the Power LOAD system in lieu of purchasing a new cot. Other configurations of the equipment listed above will be considered as well. After all applications have been reviewed and funded, if there are additional funds available, PACT will award excess funding to EMS agencies for additional equipment based on size of territory and population served.

In an effort to aid services who wish to acquire more than the allotted equipment in this grant the PACT has negotiated a discount available only for PACT members. The PACT will not provide additional funds for these items. Please reference your affiliation with the PACT to Stryker to obtain this discount.

Deadline of Applications: The deadline is 5:00 P.M., July 31st 2012, PST. Applications must be received or postmarked by this date to be considered for the grant. Applications should be delivered to:

PACT
201 S. Roop Street, Suite 102
Carson City, NV 89701
Email: annwiswell@poolpact.com

It is recommended that the application be sent certified mail to receive an acknowledgement of receipt of the application. Applications will also be accepted in electronic form at the email address above. Applicants that file applications electronically will receive an email confirmation from the PACT Administrator.

Application Availability: Applications will be mailed to all active PACT members. Applications are available online at www.poolpact.com or can be obtained by contacting Chris Van Aken with Stryker EMS (contact information listed on final page of application).

Award Notification Date: All applicants will be notified of their receipt or non-receipt of awards by September 1, 2012.

Selection Criteria: Applications will be reviewed and funds will be awarded using the following selection criteria:

- Presentation of a logical needs statement
- Organization's compliance with previous loss control recommendations
- Organization's financial hardship
- In depth description of the availability of your 50% of funds
- Grant funds available

Eligibility Requirements:

Eligibility: Applicant must be a current member of the PACT as of the date that the application for the Grant is being made, and in the year the Grant will be distributed.

Application Guidelines:

The Public Agency Compensation Trust has the discretion in approving or denying any, all, or a portion of the grant applications.

All applications must include the following completed sections:

- Organization information (page 4)
- Narrative (page 5)
- Signature page (page 6)

Organization Information:

Applicant/Member: _____

Address: _____

Department Involved: _____

Project Contact: _____ Phone: _____ Fax: _____

Email: _____

Alternate Contact (if any): _____ Phone: _____ Fax: _____

Email: _____

Full-time staff: _____

Volunteer staff: _____

#/Year(s) of primary response unit(s): _____

#(s)/Year(s) of backup unit(s): _____

Ambulance Call volume per year: _____

of emergency calls: _____

of transfer calls: _____

Service area size and description:

Mutual Aid area size and population served:

Part III. Project Request:

Please indicate the number of each equipment you are applying for:

- ___ Stryker Stair-PRO 6252
- ___ Stryker Power-PRO™ 6506
- ___ Stryker Power-PRO™ 6506 - Power Load Ready
- ___ Stryker Power-LOAD upgrade on existing Power-PRO Cot
- ___ Stryker Power-LOAD™ 6390

If benefits of this project will aid or involve other departments, members or organizations, please describe:

Total budget for project: \$ _____
Portion funded by applicant: \$ _____
PACT Funding Amount: \$ _____
Additional Information:

Signature of applicant: _____ Date: _____

Project and application authorized by: (governing body) _____

Signature (Authorizing Person): _____ Date: _____

Print Name (Authorizing Person): _____ Title: _____

All Stryker EMS equipment pricing quotes may be obtained by contacting:

Chris Van Aken
Account Manager - Central CA/NV
Stryker Medical - EMS Division
3800 E. Centre Avenue
Portage, MI 49002
t: 702-419-3570
f: 702-982-2064
chris.vanaken@stryker.com

Please reference that you are applying for the PACT grant*

PACT Pricing and Equipment Configuration

| | <u>Pool Pact Price</u> | <u>50%</u> |
|---|------------------------|----------------|
| <u>Power Pro XT 6506</u> | \$12,441 | \$6,221 |
| 3 Stage IV Pole | | |
| Equipment Hook | | |
| Fowler Oxygen Holder | | |
| Head End Storage Flat | | |
| SMRT Battery | | |
| Knee Gatch | | |
| Pocketed Head End Storage Pouch | | |
| | | |
| <u>Power-PRO XT 6506 (Power- LOAD Ready)</u> | \$13,658 | \$6,829 |
| 3 Stage IV Pole | | |
| Equipment Hook | | |
| Fowler Oxygen Holder | | |
| Head End Storage Flat | | |
| SMRT Battery | | |
| Knee Gatch | | |
| Pocketed Head End Storage Pouch | | |
| Power Load Compatibility Kit | | |
| | | |
| <u>Power-LOAD</u> | \$19,702 | \$9,851 |
| Installation included | | |
| | | |
| <u>Power-PRO 6500 Power-LOAD Upgrade</u> | \$3,663 | \$1,831 |
| Power Load Compatibility Kit | | |
| G Rated Mattress | | |
| G Rated Restraints | | |
| Compatibility Kit Install | | |
| SMRT Battery | | |
| | | |
| <u>Stair-PRO 6252</u> | \$2,623 | \$1,312 |
| Removable Head Support | | |
| Foot Support | | |



**POOL/PACT
Stryker Evacuation Chair Grant Application**

In partnership with Stryker EMS equipment

stryker®

***To be considered for the PACT EMS GRANT, this application must be completed and received or postmarked by 5:00 P.M. July 31st 2012 PST.**



Grant Application Program Information:

Background: The Nevada Public Agency Insurance Pool (POOL) and Public Agency Compensation Fund (PACT) have funds available to grant to member organizations for the purchase of Stryker Evacuation Chairs.

Purpose: To provide organizations with ergonomically beneficial equipment in an effort to reduce risk and increase safety for mobility impaired individuals in the event of a building evacuation.

Funding: Funds will be distributed in a 50/50 matching grant with POOL/PACT paying 50% and customer paying 50% of the negotiated group pricing for the purchase of up to three Stryker Evacuation chairs per POOL/PACT Member (non-EMS transport agencies). After all applications have been reviewed and funded, if there are additional funds available, POOL/PACT will award excess funding to facilities for additional equipment based on number of building locations.

In an effort to aid services who wish to acquire more than the allotted equipment in this grant POOL/PACT has negotiated a discount available only to members. POOL/PACT will not provide additional funds for these items. Please reference your affiliation with POOL/PACT to Stryker to obtain this discount.

Deadline of Applications: The deadline is 5:00 P.M., July 31st 2012, PST. Applications must be received or postmarked by this date to be considered for the grant. Applications should be delivered to:

PACT
201 S. Roop Street, Suite 102
Carson City, NV 89701
Email: annwiswell@poolpact.com

It is recommended that the application be sent certified mail to receive an acknowledgement of receipt of the application. Applications will also be accepted in electronic form at the email address above. Applicants that file applications electronically will receive an email confirmation from the POOL/PACT Administrator. **NOTE: This grant application is intended for NON-TRANSPORT/EMS AGENCIES ONLY. IF YOU ARE AN EMS OR MEDICAL TRANSPORT AGENCY, PLEASE COMPLETE THE EMS TRANSPORT GRANT APPLICATION.**

Application Availability: Applications are available online at www.poolpact.com or can be obtained by contacting Chris Van Aken with Stryker EMS (contact information listed on final page of application).

Award Notification Date: All applicants will be notified of their receipt or non-receipt of awards by September 1, 2012.

Selection Criteria: Applications will be reviewed and funds will be awarded using the following selection criteria:

- Presentation of a logical needs statement
- Organization's compliance with previous loss control recommendations
- Organization's financial hardship
- In depth description of the availability of your 50% of funds
- Grant funds available

Eligibility Requirements:

Eligibility: Applicant must be a current member of POOL/PACT as of the date that the application for the Grant is being made, and in the year the Grant will be distributed.

Application Guidelines:

POOL/PACT has the discretion in approving or denying any, all, or a portion of the grant applications.

All applications must include the following completed sections:

- Organization information (page 4)
- Narrative (page 5)
- Signature page (page 6)

Part II. Explanation for lack of available funds:

a) Explain why your agency needs assistance with funding to purchase this equipment. Please include an overview of the current budget and planned expenditures in FY 2011 and for FY 2012:

- Please describe (in depth) what your plans are to generate your service's portion of funds for this equipment purchase:

Part III. Project Request:

May request up to three evacuation chairs, please indicate number of chairs applying for (request cannot exceed Stryker recommendation of one evacuation chair per floor per stairwell):

_____ Stryker Evacuation Chair 6254

If benefits of this project will aid or involve other departments, members or organizations, please describe:

Total budget for project: \$ _____
Portion funded by applicant: \$ _____
PACT Funding Amount: \$ _____
Additional Information:

Signature of applicant: _____ Date: _____

Project and application authorized by: (governing body) _____

Signature (Authorizing Person): _____ Date: _____

Print Name (Authorizing Person): _____ Title: _____

All Stryker EMS equipment pricing quotes may be obtained by contacting:

Chris Van Aken
Account Manager - Central CA/NV
Stryker Medical - EMS Division
3800 E. Centre Avenue
Portage, MI 49002
t: 702-419-3570
f: 702-982-2064
chris.vanaken@stryker.com

Evacuation Chair Pricing and Equipment Configuration

| | <u>Pool Pact Price</u> | <u>50%</u> |
|-------------------------------------|-------------------------------|-------------------|
| <u>Evacuation Chair 6254</u> | \$2,708 | \$1,354 |
| Removable Head Support | | |
| Foot Support | | |
| Wall Bracket | | |
| Chair Cover | | |



FITRESPONDER

Public Safety Fitness, Wellness & Injury Prevention

The purpose of the Fit Responder program, which we will tailor specifically to the needs and organizational structure of your Agency is to:

- 1) Reduce on the job injury and workers compensations claims.
- 2) Establish a safe patient handling and ergonomics guideline which will eventually become a policy for patient and equipment handling.
- 3) Train key staff on the core components of the Fit Responder program.
 - 1) Muscular stabilization and the 5 steps of patient handling.
 - 2) Injury prevention through tissue flexibility and mobility.
 - 3) Patient handling and equipment handling; a hands on training system.
 - 4) Safe and effective exercise to improve fitness while reducing injury.
 - 5) Utilize existing command structure to establish a system of oversight for proper ergonomics.
 - 6) Clearly defined training modules for retraining, new employee orientation & FTO training.
- 4) Change the culture and behaviors of field employees through biomechanical behavior modification, nutritional education, fitness, wellness and self care.

*The Fit Responder program follows 4 specific steps as the initial phases of training for The Fire & EMS Track.

Step 1: Create the "Ergonomic Safety Officer" Position

Identify, Interview and hire ESO's. The ESO position requires existing staff to have excellent presentation and teaching skills, leadership and mentoring and the ability to see the big picture organizationally. The ESO will be a stand out employee with a true interest in wellness, fitness and career advancement.

Ergonomic Safety Officer roles and responsibilities will include:

- a) New hire ergonomics training
- b) Monthly ergonomic in-service training for all employees
- c) Auditing calls for proper patient handling techniques
- d) Peer mentoring and coaching
- e) Chair the wellness committee

Step 2: Train the Trainer: Ergonomic Safety Officer Development Course

A 6 hour class for Training Officers, HR, Risk, FTO's, Peer Fitness Trainers and Supervisors. This class will teach these key personnel to become 'trainers' following the key principles of risk reduction and behavior modification in the Fit Responder program. These 'trainers' upon completing the class will understand, re-enforce, audit and be able to teach employees the following core components of the program.

- a) Why injury occurs in public safety.
- b) Posture and its effects on injury potential.
 - 1) Upper Crossed Syndrome.
 - 2) Lower Crossed Syndrome.
- c) A system of behavior modification.
- d) Static & Active Stretching.
- e) Tissue mobility.
- f) The 5 steps of patient handling.
- g) Spine Stiffening Technique for dangerous lift situations.
- h) Patient handling techniques; common errors and proper technique.
 - 1) Lifting, pulling, pushing, transferring, carrying and stabilizing (hands on)
- i) Equipment use and patient handling; common errors and proper technique.
 - 1) Spine Board, Stretcher, Stair Chair, slide sheets, scoop stretchers etc. (hands on)
- j) Ergonomics guidelines; acceptable/safe & unacceptable/unsafe movements.
- k) Command structure and training / reinforcement responsibilities.
- l) Introduction to the gym; safe vs. unsafe exercise and how specific exercises translate into injury reduction.
- m) The Functional Movement Analysis an introduction to safe movement screening and corrective exercise.

*A manual for each participant is included.

**A conference room and apparatus will be needed for this class in a climate controlled environment.

Step 3: Ergonomics, Patient Handling and Wellness Class

A 2.5 hour class for ALL employees during their scheduled CME/In-service. This class is 10% didactic lecture and 90% hands on behavior modification training. During this training we will introduce employees to the principles of injury reduction and acceptable ergonomics. This class will cover a very specific training curriculum: (a post test is given at completion of this class)

- 1) Tissue flexibility and mobility for injury reduction.
- 2) The 5 steps of patient handling.
- 3) Spine Stiffening Technique for dangerous lift situations.
- 4) Patient handling techniques; common errors and proper technique.
 - 1) Lifting, pulling, pushing, transferring, carrying and stabilizing (hands on)
- 5) Equipment use and patient handling; common errors and proper technique.
 - 1) Spine Board, Stretcher, Stair Chair, slide sheets, scoop stretchers etc. (hands on)
- 6) Ergonomics guidelines; acceptable/safe & unacceptable/unsafe movements.
- 7) Nutrition for the real world, eating on the street.

**The "trainers" are required to be present to help teach these classes, it builds organizational cohesion*

and reinforces the "trainers' skills.

**A conference room and apparatus will be needed for this class in a climate controlled environment.

4) Ergonomics & Patient handling Guideline; Wellness Committee Formation

A guideline based on the Fit Responder principles, accepted pre-hospital patient and equipment handling ergonomics will be written specific to your organization initially as a guideline and eventually as a policy for all employees to follow. This guideline will clearly explain acceptable/safe & unacceptable/unsafe movements. The guideline will cover who is responsible for training, auditing and reinforcing safe ergonomics. The guideline will also delineate a structure of reprimand and reward based on the ergonomic techniques. The guideline/policy will tie directly into the training modules noted above. Recommendations will also be made for equipment that will reduce injury and improve difficult lifting situations.

We will also help write the guidelines for your new fitness and wellness committee plus we will conference in to their monthly meetings to help them stay on track and meet goals.

Law Enforcement Track:

1. Train the Trainer: Tactical Safety Officer Development Course

A 6 hour class for Training Officers, HR, Risk, FTO's, Peer Fitness Trainers and Supervisors. This class will teach these key personnel to become 'trainers' following the key principles of risk reduction and behavior modification in the Fit Responder program. These 'trainers' upon completing the class will understand, re-enforce, audit and be able to teach employees the following core components of the program.

- a) Why injury occurs in public safety.
- b) Posture and its effects on injury potential.
 - 1) Upper Crossed Syndrome.
 - 2) Lower Crossed Syndrome.
- c) A system of behavior modification.
- d) Static & Active Stretching.
- e) Tissue mobility & Self Myofascial Release
- f) The 5 steps of patient handling.
- g) Spine Stiffening Technique for dangerous physical situations.
- h) Academy Training Scenarios; Pre/post training injury prevention.
 - 1) Reducing overuse, overexertion & deconditioning syndromes.
- l) Physical Training for the new millennium; where exercise science meets law enforcement.
 - 1) Anaerobic vs. aerobic, fine motor vs. gross motor, power vs. strength, the 'core'.
- j) Ergonomics guidelines; acceptable/safe & unacceptable/unsafe movements.
- k) Command structure and training / reinforcement responsibilities.
- l) Introduction to the gym; safe vs. unsafe exercise and how specific exercises translate into injury reduction.
- m) The Functional Movement Analysis an introduction to safe movement screening and corrective exercise.

*A manual for each participant is included.

****A conference room and exercise equipment will be needed for this class in a climate controlled environment.**

2. Tactical Fitness & Injury Prevention: Fitness, wellness and nutrition techniques for the FTO/PFT and Academy Instructor to create a culture of wellness. (8 hour class)

There are numerous fitness programs 'designed for Public Safety' that are just dangerous bodybuilding programs or 'tactical fitness' programs that are too advanced for many responders. This course dissects the common exercise and fitness mistakes that contribute to injury or even worse reinforce an injurious pattern already present. Learn cutting edge tactical fitness techniques all designed to drastically improve performance while radically reducing injury. This course teaches the fundamentals of 'Corrective Exercise' which allows the body to move freely and at its full force producing potential. Learn self massage and Myofascial Release techniques to keep your body at optimum performance throughout your career and integrate spine stiffening techniques to reduce lower back injury. Apply active, passive and functional stretching individually or as a team to enhance performance and real world on duty nutrition tips and stress management tools to survive your career. This is no peer trainer program; it's the best of sports performance with physiotherapeutics together.

- 1) Learn and apply pre-shift stretching to reduce injury and improve performance.
- 2) Apply the principles of self myofascial release along with the understanding of postural distortions that contribute to injury.
- 3) Learn why many common exercises actually do more harm than good.
 - a) The top 10 most dangerous exercise taught in a do this and not that format.
 - b) Functional Exercises
 - c) Power exercises
 - 6) Dissect the fitness fads.
- 4) Learn advanced tactical stances and landing mechanics to improve agility and balance.
- 5) See how easy it is to eat well on duty and integrate nutrition and healing foods into your shift.
- 6) Learn a series of steps that all trainers can use to train responders to reduce injuries from all aspects of public safety.

*This hands on class requires full access to a gym or academy.

Dispatcher and Desk Jockey Lunch and learn:

Classes taught pre or post shift for a 60 minute time frame. This class will teach dispatchers the following wellness and fitness principles specific to the needs of an EMD, Billing & Office Staff.

- 1) Eating to increase metabolism, burn calories at your desk.
- 2) Hydration and its importance in health.
- 3) The 5 food evils and the key to weight loss.
- 4) Fitness at your desk, stretching and exercise while at work.

Fitness Facility Design:

Believe it or not but we can help you to design, build and purchase equipment for fitness facilities that will save you money while reducing injury. The purpose here is to not purchase or use equipment that contributes to or reinforces injury but to simply provide the tools necessary to translate fitness into job performance. Often we can design a small facility for under \$2,000.

*We offer a full suite of training materials to reinforce, remind, educate, empower and educate employees on the Fit Responder principles.

- a) The Fit Responder Book; available printed or as an E-book.
- b) Advanced Fitness Manual, available printed or as an E-book.
- c) Poster Series (set of 2) for the fitness facility or stations.
- d) 52 week Fitness program designed for your department; electronic format.

Please reference www.fitresponder.com for videos, testimonials, speaking/presenting and biographical information. Also find the Fit Responder on Face Book, LinkedIn, Word press and YouTube.

Bryan Fass, BA, ATC, LAT, CSCS, EMT-P



President, Fit Responder

519 Delburg St., Davidson

NC, 28036

c-704-201-5016

References:

Segments of the Fit Responder Program have been utilized at:

Mary Greely Medical Center, Mobile Intensive Care Services.

Chris Perrin; (515) 239-6814

South Carolina Association of Counties

John Henderson, Director of Risk Management

1-800-922-6081

jhenderson@scac.sc

Nash County EMS

Scott Struff, Manager
252-459-1508

Iredell County EMS
David Cloer, 704-878-3027

Bob Carruth, CSP, ARM
Risk Control Manager
Risk Management Pools
North Carolina Association of County Commissioners
215 North Dawson Street
Raleigh, NC 27603
Tele: 919-719-1150

Lee Aumend,
Director Health and Safety
Rural Metro
480-606-3295

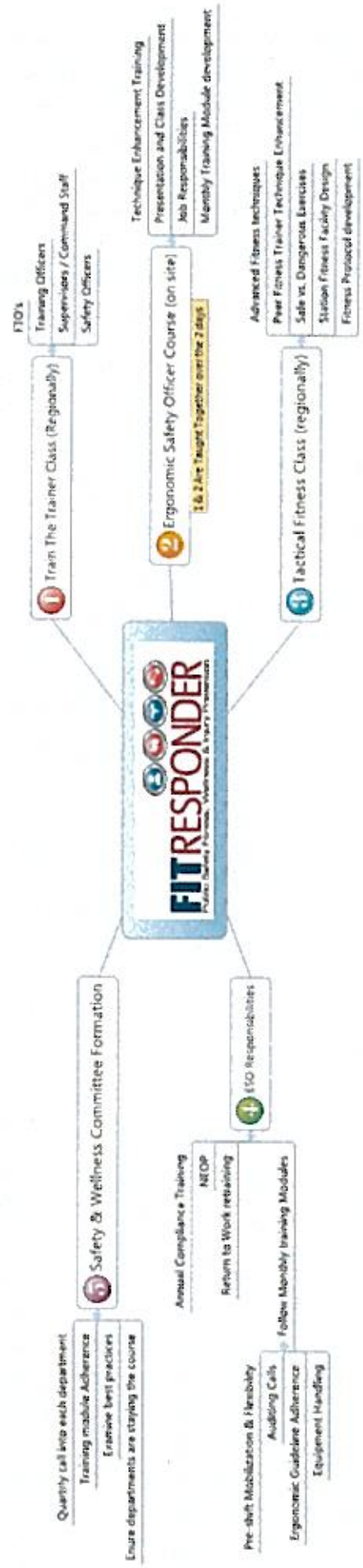
Additional information, testimonials, video clips and article links can be referenced at
<http://www.fitresponder.com> and

<http://www.youtube.com/user/fitresponder?feature=mhum>

www.firerescue1.com; www.officer.com; www.ems1.com

*Bryan has also been chosen by the Health and Safety Institute to design and write their new online Responder Fitness and Wellness [program. www.hsi.com](http://www.hsi.com), www.24-7fire.com.

*Bryan is also working with FERNO to design and develop Injury free Program.





FITRESPONDER

Public Safety Fitness, Wellness & Injury Prevention

5/17/2012

Ann Based on the discussion we had on 4 regional classes; the Train the Trainer / Ergonomic Safety Officer Class day 1 and the Tactical Fitness and Technique Enhancement Class for day 2 I have included the pricing below. *As we discussed these classes are specifically for the departments Training Officers, Peer Fitness Trainers, Field Training Officers, safety officers or whomever the department sees fit to send and "become the trainer/safety officer".* To succeed we need each department to send a few key employees who will take ownership of the "Ergonomic Safety Officer" position and run the program on a daily basis. The Mind Map goes over the how we envision the program launching.

| | |
|--|--------------|
| Train the Trainer Classes (based on 8 total classes) | \$ 8000.00 |
| Tactical Fitness Classes (Based on 8 total classes) | \$ 8000.00 |
| Printing Costs (Training Manuals,) per participant (est. @ 15 per class) | \$ 40.00 |
| Poster series per department (2 posters) (est. @ 5 departments) | \$ 100.00 |
| Ergonomic and Training Module Program Design | \$5000.00 |
| Monthly Conference Call to each Department | \$ 3000.00 |
| Travel (airfare, hotel, car, meals) | \$ TBD |
| Estimated cost for training & Materials | \$ 28,400.00 |

The Fit Responder track I sent (PDF) with the class descriptions goes over our entire program. After our discussion and the needs of the departments I feel that the 2 day regional training format will offer the best training opportunities and the highest ROI from behavior change and continued accountability. After the classes I will write an ergonomic guideline specific to the needs of each department, this guideline can be adopted by the departments into a policy. We will also set up a monthly conference call to each department's safety and fitness committee and the department ESO to ensure that they are staying on track and to allow us to track progress and examine best practices.

Bryan Fass

President, Fass Consulting/Fit Responder

EH&S Compliance Solution

*Prepared for
Ann Wiswell
5/23/2012*



Nevada Public Agency Insurance Pool |
Public Agency Compensation Trust

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Product Detail



MSDS/Chemical Management

MSDSonline WEBpliance – MSDSonline offers a powerful solution for you to deliver our industry-leading Material Safety Data Sheet (MSDS) content directly through your branded applications or customer-facing Web sites. The MSDSonline WEBpliance enables you to leverage our unique on-demand MSDS search and management tools to broaden your existing offerings, extend the reach of your products or services and deliver greater value to your customers.



- ▣ **Search & Manage Option** – Extend the search capabilities by selecting our basic MSDS management tool. Here users can build and maintain a unique library of MSDS documents found through the search tools.

Pricing Schedule



| Solution | Year 1 | Year 2 | Year 3 |
|---|--------------------|--------------------|--------------------|
| MSDS/Chemical Management <input checked="" type="checkbox"/> Search & Manage Option <input checked="" type="checkbox"/> Standard Inclusions: - \$125.00 Per member - 123 Members - Member Discount on MSDSonline Products | \$15,375.00 | \$15,375.00 | \$15,375.00 |
| TOTAL ANNUAL COST | \$15,375.00 | \$15,375.00 | \$15,375.00 |

Pricing Terms & Conditions: This Proposal is valid for 60 days from the Proposal Date set forth above. If not received by MSDSonline within such period, MSDSonline may deem this pricing null and void. Annual licensing is based on customer signing a 3 year agreement. Orders less than 3 years are subject to 10% increase in licensing.