

TRUST CONNECTIONS

DELAWARE VALLEY TRUSTS
MEMBER NEWSLETTER

2021 Risk Management Innovation Award Winner - Falls Township

By: DVPLT/DVWCT Risk Control Team



Pictured: Michael Pacana, DVT Senior Risk Control Consultant presents 2021 Risk Management Innovation Award to the Falls Township Police Department at their award luncheon.

Each January, the Delaware Valley Trusts' Executive Director and Risk Control Department staff vote to select a winner from the risk management innovation award applications submitted throughout the year. This annual program seeks to celebrate "out-of-the-box" thinking by DVPLT and DVWCT members. We are very pleased to announce that Falls Township was selected to receive the 2021 award for its submission, "Use of Blueprint and HAAS Alert for Patrol Fleet."

Falls Township committed to reducing crash risk for their police vehicle fleet. The township researched options and ultimately selected bluePRINT by SoundOff Signal. The lighting solution is built around an automated control system which works with the lighting and siren equipment to enhance its overall effectiveness. The microprocessor controller takes input from other vehicle systems such as

the horn or driver-side door contacts to effect changes in lighting and siren control settings. These changes would otherwise require the operation of manual switches by the officer. As a result, officers can better focus on critical tasks such as response driving, car stops and avoiding ambushes.

In addition to bluePRINT, the Township also equipped its police fleet with the HAAS Alert - Collision Mitigation System. This product outfits vehicles with transponders which automatically communicate the proximity of other vehicles on the network via visual indicators mounted inside each vehicle. When other transponder-equipped emergency vehicles are nearby (such as when approaching intersections), warning indicator lights flash, providing an additional visual prompt to avoid potential collisions.

As a result of winning the 2021 Risk Management Innovation Award, we are pleased to present Falls Township with a recognition plaque, catered luncheon for the project team, and a \$1,000 prize to help fund the program.

Honorable mention goes to second place nominee, Phoenixville Borough, for its submission, "Kamstrup Water Meters and READy Software Reading System." The borough's water department recently modernized its water meters and data collection operation. They considered several options and ultimately selected solid-state Kamstrup Water Meters by Kamstrup. The meters and accompanying



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WELCOME NEW MEMBERS

DVPLT
Penridge Regional Police
2/1/2022

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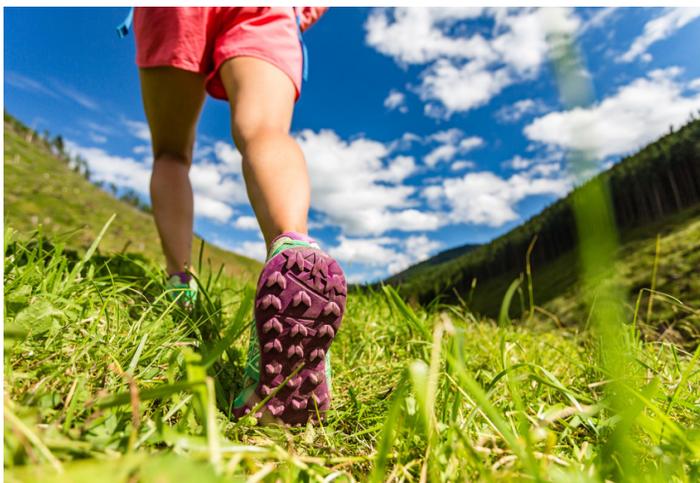
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WELLNESS WORKS

Delaware Valley Health Trust

Q2 2022: SPRING INTO ACTION FOR YOUR WELLBEING



YOUR WELLNESS JOURNEY BEGINS WITH A SINGLE STEP

With temperatures on the rise and the outdoors starting to look and feel more like springtime, many Delaware Valley Health Trust members are embracing the opportunity to stay physically active outdoors. Outdoor exercise presents many benefits. According to the American Council on Exercise, fitness in the fresh air improves mood and reduces depression, enhances self-esteem, is easily accessible, and helps individuals connect with Mother Nature. One of the easiest ways to get moving outside is by walking!

Walking is one of the most accessible types of exercise - and it also yields endless health benefits. Not only does this moderate-intensity activity improve your cardiovascular fitness and muscular endurance, but it can also strengthen your immune system, improve your balance and coordination, and help to prevent or manage chronic health conditions like heart disease, high blood pressure, cancer, and type 2 diabetes - just to name a few.

Walking is also an easy activity to begin any time and most anywhere. Here are some simple tips for getting started:

- Be sure that your walking route avoids major hazards, high-traffic roads without sidewalks, and other environmental conditions that threaten your safety.
- Dress for the elements. Wear a hat, sunglasses, and/or sunscreen in warmer conditions or dress in warm clothing for colder conditions. A pair of well-fitted sneakers are a must!
- Hydrate! Drinking water before, during, and after your walk can help combat dehydration and keep you feeling your best.
- Start small. If you are introducing a new walking routine to your schedule, a simple 5 or 10 minute walk is a great place to start until you become more comfortable with the activity. Build up to 30 minutes per day as a general goal.

The Delaware Valley Health Trust Wellness Team encourages Health Trust members to get outside and walk! Log on to www.heart.org to learn more about the benefits of walking and how you can stay active for a healthier you.

Sources: Kelsey Graham, American Council on Exercise. www.acefitness.org. 2017. "Walking: Trim your waistline, improve your health." Mayo Clinic. www.mayoclinic.org. 2021.

Have you completed a preventive screening in 2022?

If you have completed a mammogram screening, women's wellness visit with your gynecologist, colonoscopy screening, and/or preventive blood work in 2022, you are eligible to earn a Wellness Program incentive! Log on to www.dvtrusts.com and select Wellness Programs under Member Resources for more information.

HEALTH TRUST WELLNESS EVENTS

May 12, 4:00-5:00pm – Get to Know Your Wellness Program

An opportunity to learn more about the many value-added wellness benefits provided by the Health Trust to improve YOUR wellbeing while earning cash incentives!

May 24, 3:30-4:30pm – Managing Your Blood Pressure

Discuss dietary and lifestyle approaches that can help you manage and control your blood pressure to keep you and your heart healthy!

May 31 – World No Tobacco Day

Log on to www.who.int to learn about the environmental impact of tobacco, giving tobacco users one extra reason to quit.

June 17 – Wear Blue Day

Raise awareness for Men’s and Boys’ Health Issues by Wearing Blue to work.

June 28, 4:00-5:00pm – Strategies for Good Health and a Long Life

Discover healthy tips to help you achieve your goals and get motivated to have a healthy summer!

Registration and additional information on the wellness events above are available at www.dvtrusts.com/events.



MEN’S HEALTH

June Is Men’s Health Month

The month of June is all about the fellas because it’s the official Men’s Health Month. Looking for ways to support the cause? See this list of easy things you can do to get involved.

1. **Spread the Word** - Make sure every man in your life is living well.
2. **Early Screenings** - They will not only save money in the long run but could also save your life and/or make life easier to manage if diseases are caught early on.
3. **Exercise** - It’s a great time of year to get outside and get at least 30 minutes of exercise each day.
4. **Remember to Wear Blue** on Friday, June 17th - to raise awareness for men’s and boy’s health.
5. **Father’s Day** is coming up! Give the gift of knowledge with one of the many resources at www.menshealthnetwork.org.
6. **Remember** that anyone can assist in the men’s health movement, and help is not limited by gender.

Source: Men’s Health Resource Center, www.menshealthweek.org

DID YOU KNOW?

Men’s Health Fast Facts

- The leading causes of death for men in the United States are heart disease and cancer.
- 52% of men age 20+ have high blood pressure.
- 41% of men age 20+ are considered obese.
- 41% of men age 18+ do not meet physical activity guidelines for aerobic activity.

Source: Centers for Disease Control, www.cdc.gov

Welcome Irine Tchotorlishvili Administrative Support Specialist

Please join us in welcoming the newest team member of the Delaware Valley Health Trust, Irine Tchotorlishvili! As an Administrative Support Specialist, Irine will be supporting the Wellness Team and Health Trust operations. A recent graduate of Penn State University, Irine brings three years of experience in the healthcare field. In her free time, Irine likes to cook, spend time with her family, and loves to read a mixture of genres! We are very excited to have her working with the Health Trust team!



CELEBRATING HEART HEALTH

WITH THE DELAWARE VALLEY HEALTH TRUST

Nothing beats a healthy heart!

February was American Heart Month, and the Delaware Valley Health Trust is dedicated to supporting this initiative not only in February, but for the entire year. The American Heart Association notes that heart disease is the leading cause of death in the United States and American Heart Month is intended to spread awareness about the health benefits of nutritious eating, regular exercise, and maintaining positive relationships.

The Health Trust Wellness Team kicked off American Heart Month with a celebration on Friday, February 4, 2022 as part of National Wear Red Day. Health Trust entities were encouraged to participate by taking a walk, having a heart-healthy meal or snack, and wearing red to raise awareness about heart disease.

Upper Gwynedd Township celebrated by participating in a fitness or dance activity led by the Parks and Recreation Spirit Team every two hours in their office. Way to go, Upper Gwynedd Township! The Health Trust Team celebrated by wearing red and sharing healthy tips and practices that make hearts healthy.

Thank you for sharing how you celebrated National Wear Red Day. We look forward to seeing Health Trust groups share more great examples throughout 2022 and beyond.

The Health Trust Wellness Team can help customize your wellness program strategy, communications, and overall experience for employees. Please email wellness@dvtrusts.com or call (267) 803-5721 to let us know the best way to partner with you and your team!



Upper Gwynedd Township



Upper Gwynedd Township

2022 Phyllis Lieberman Women’s Trailblazer Scholarship Winners

On behalf of the Phyllis Lieberman Scholarship Selection Committee and our Executive Director, Robert Solarz, the Delaware Valley Trusts would like to recognize Courtney Burns of Quakertown Borough and Skye Sorresso of Warwick Township as the 2022 recipients of the Phyllis Lieberman Women’s Trailblazer Scholarship award! Our two newest Trailblazers will each receive \$1,500.00 in scholarship funds to be applied towards educational advancement or professional association membership.



Courtney Burns has been with Quakertown Borough since 2017. As the Borough’s Parks Coordinator, she has contributed to countless improvement projects including a new skate boarding facility, a park revitalization, and organizing a new community garden! Courtney balances a full schedule of work, grad school and extracurricular activities. Courtney plans to put her scholarship funds towards the completion of her dual graduate degree (M.S. in Parks Conservation and Resource Management and an M.Ed. in Environmental Education).

Skye Sorresso began working with Warwick Township in 2021 as the Assistant to the Manager, however, she’s been working in local government since 2019. She is currently on track to obtain her Penn State Public Entity Leadership Certificate offered by DVT this Spring! Skye plans to use her scholarship funds to attend the APMM Annual Conference to further her leadership skills and have the opportunity to network with her peers.

We are very pleased to welcome Courtney and Skye to our growing list of trailblazing recipients who are continuing Phyllis’ legacy and promoting the advancement of women in local government!



Provisional Hiring Reinstated for Certain CPSL-Regulated Employees

By: Peter Erndwein, Director of Risk Control



On February 17, 2022, Governor Wolf signed House Bill 764 into law as Pa. Act 12 of 2022. This legislation amends a provision of the Pa. Child Protective Services Law (“CPSL”; 23 Pa. C.S. Chapter 63) which has been problematic for many Trust members. As a result of this legislation, certain employers will once again be able to employ CPSL-regulated job applicants on a provisional basis for a period not to exceed 45 days.

In order for employers to take full advantage of the amendment, several requirements must be met:

1. The applicant must have applied for all required CPSL clearances and must provide a copy of the completed request forms to the employer.
2. The employer has no knowledge of information that would disqualify the applicant from CPSL-regulated employment.
3. The applicant swears or affirms in writing that they are not disqualified from CPSL-regulated employment.
4. The employer must ensure that any provisional employees do not work alone with minors and that they work in the immediate vicinity of a permanent employee.
5. The applicant must promptly share the results of information required under the CPSL with the employer upon receipt.
6. If the results of any CPSL-required clearance contains employment disqualifying information, the employer must immediately dismiss the provisional employee from employment.



Since the legislation took effect immediately, many Trust entities will have an easier time staffing up for their seasonal recreation programs in 2022 and beyond.

To review a copy of Pa. Act 12 of 2022, visit:

<https://www.legis.state.pa.us/cfdocs/legis/li/uconsCheck.cfm?yr=2022&sessInd=0&act=12>

For a sample written affirmation of non-disqualification, visit: <https://www.dhs.pa.gov/KeepKidsSafe/Clearances/Pages/default.aspx>

(Scroll to bottom of page under “Disclosure Statements”.)

Property & Liability Trust members with questions on CPSL-regulated employees should contact their lead risk control consultant (Peter Erndwein - perndwein@dvtrusts.com; Linda Wolf - lwolf@dvtrusts.com; Mike Pacana - mpacana@dvtrusts.com) or call the Risk Control Department at 215-706-0101.

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READY meter reading software increase the automation level of the prior meter reading process. This is accomplished via a small wireless scanner and phone app. As a result, there is no need to fumble with bulky telemetry scanners while driving on meter reading routes. The phone app and scanner picks up the meter readings automatically. Additionally, the meter’s ultrasonic flow measurement technology can alert water department staff to “no supply” or even “water leak” trouble conditions. The new meters are virtually tamper-proof and have a 16-year operational lifespan.

We are now accepting risk management innovation award applications/nominations for 2022. If you are a DVPLT or DVWCT member and believe you have come up with a qualifying innovation, why not submit your idea for formal recognition? For an application form, [click here](#).

While the Trusts do not endorse specific commercial products, links to information on the above products are included below for informational purposes only.

Product Information Videos:

[bluePRINT](#)

[HAAS Alert](#)

[Kamstrup Water Meters](#)

[READY Meter Reading Software](#)

Healthy Lifestyle Factors Can Extend Life Expectancy

By: Peter Erndwein, Director of Risk Control



The COVID-19 pandemic has had a profound impact on everyday life and is expected to impact public health policy for years to come. The devastating loss of life due to virus-related medical complications, over 780,000 Americans at the time this article was being composed, has also adversely impacted the average life expectancy of U.S. citizens. According to the U.S. Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics (NCHS), life expectancy at birth declined by 1.5 years from 2019 to 2020 to the lowest level since 2003. The drop in life expectancy in 2020 was the largest one-year decline since World War II, when life expectancy declined 2.9 years between 1942 and 1943. The CDC noted that COVID-19 related deaths accounted for about 74% of the reduction in life expectancy. The balance being attributed to increased deaths from accidents, drug overdoses, homicide, diabetes and chronic liver disease and cirrhosis.¹



While this decline is certainly disturbing and we may feel powerless to impact the statistics, we can take solace in the knowledge that there are attainable and sustainable actions each of us can take to significantly increase our average life expectancy. In 2018, Harvard health researchers identified five key lifestyle factors that could prolong life expectancy at age 50 years by 14.0 years for females and 12.2 years for males.² Drs. Yanping Li, An Pan, and others were curious as to why the life expectancy of U.S. adults was so much shorter than almost all other high-income countries. Using data from several large public health studies and databases, Dr. Li and his colleagues determined how much longevity is attributed to five key lifestyle factors:

1. Healthy diet pattern
2. Moderate alcohol consumption (i.e., no more than one drink per day for females and two drinks per day for males)
3. Nonsmoking status
4. Normal weight
5. Regular physical activity

As you can see this list is rather mundane and attainable for most healthy adults. We should also note that the Delaware Valley Health Trust (DVHT), offers their enrollees a myriad of support services, interventions and incentives which can help them realize a healthy lifestyle. For details, [click here to see a current summary of wellness incentives](#).

Accordingly, if the gloomy media coverage on COVID-19 is getting you down, consider doing something positive for yourself by tackling one or more the five healthy lifestyle factors. You really don't have anything to lose and potentially years of life expectancy to gain!

Sources:

¹"Life Expectancy in the U.S. Declined a Year and Half in 2020." Centers for Disease Control and Prevention, U.S. Department of Health & Human Services, 21 July 2021, https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/202107.htm

²Li, Yanping, et al. "Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population." *Circulation*, 30 Apr. 2018, <https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.117.032047>



Safety Alert: Excavator Quick Coupler Release Hazard

By: Mike Pacana, Senior Risk Control Consultant



Struck-by incidents are a leading cause of serious work-related injuries and fatalities. According to the Occupational Safety and Health Administration (OSHA), the four most common struck-by hazards are being struck-by a flying, falling, swinging, or rolling object. According to the Center for Construction Research and Training, since 1992 these types of incidents have also been the leading cause of death and non-fatal injuries in the construction industry¹. In 2020 alone, the Bureau of Labor Statistics reported 716 fatalities attributed to contact with objects and equipment².



The National Institute of Occupational Safety and Health (NIOSH) and others are undertaking initiatives to increase awareness of struck-by hazards and how to prevent them. A recent focus has been on preventing lethal struck-by incidents related to attachments secured to hydraulic excavators via quick coupler devices that unexpectedly release.

Quick coupler devices (aka “quick couplers”) allow for the rapid exchange of buckets and other attachments on the end of excavator dipper arms. Depending on the design, they may enable attachments to be connected remotely from the cab or may require the operator to complete the connection manually on the ground by inserting a locking pin. While safety mechanisms are built into most modern quick couplers, they are not fail-proof.

A quick coupler failure can cause the attachment to fall suddenly, resulting in death, injury, and/or damage to the excavator and attachment. Since 2019, three deaths have been reported as a result of workers being crushed by a bucket that detached from a quick coupler. An excavator bucket can weigh 900 pounds while empty and significantly more when holding soil or rock, making a failure very dangerous. Case studies combined with other research demonstrate that most quick coupler failures result from a combination of the following: inadequate training or supervision, engineering or mechanical failures, operator error, or a work culture that dismisses the hazard.

To prevent injuries and fatalities from excavators equipped with quick couplers, follow these safety recommendations³:

- **Never** work under an elevated load and keep out of the swing radius zone of both the excavator dipper arm and the excavator superstructure. If workers are located outside of this hazard zone, there is much less risk of injury or death should a failure occur.
- Ensure a training program has been implemented for operators who use quick couplers.
- Always ensure the quick coupler is properly engaged by using approved safety checks, visual indicators, and/or warning devices. If required by the manufacturer, the safety locking pin must be in place prior to lifting the attachment off the ground.
- Prior to using an attachment, always perform a connection test as specified by the manufacturer.
- Adhere to regular maintenance of the quick coupler device according to manufacturer guidelines.
- Always lower and rest an attachment on the ground prior to inspecting a quick coupler or an attachment. This is equally important for manually attached quick couplers that require a worker to secure the attachment or manually place a manufacturer-specified safety locking pin.
- Use only manufacturer-approved and compatible attachments.
- Install retrofit safety kits on older quick coupler devices or upgrade to newer quick couplers with built-in safety mechanisms when possible.
- Human detection systems may also be available in some newer excavators to prevent contact with a worker who is within the swing radius of the heavy equipment.

Quick couplers can save a lot of time on a job site; however, they can also be dangerous if not used properly. Excavator operators should employ caution when other workers are nearby, maintain and inspect equipment properly, and ensure the attachments are correctly secured prior to use.

For more information on quick coupler failures, see:

<https://blogs.cdc.gov/niosh-science-blog/2022/03/10/stuck-by-injuries/>

Sources:

¹Wang, X., et al. “Struck-by injuries and prevention in the construction industry.”The Center for Construction Research and Training, 2018, , [cpwr.com/wp-content/uploads/publications/Quarter2-QDR-2017.pdf](https://www.cpw.com/wp-content/uploads/publications/Quarter2-QDR-2017.pdf)

²U.S. Bureau of Labor Statistics. “Injuries, Illnesses, and Fatalities.” Census of Occupational Injuries (CFOI)-Current, 16 Dec 2021, [bls.gov/iif/oshcfoi1.htm](https://www.bls.gov/iif/oshcfoi1.htm)

³Styles, Laura, et al. “Preventing Struck-by Fatalities Related to Excavator Quick Couplers, Buckets, and Attachments.” Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 10 Mar. 2022, <https://blogs.cdc.gov/niosh-science-blog/2022/03/10/stuck-by-injuries/>.



Healthcare Bluebook Treasure Hunt Congratulations to our Lucky Winners!



The Health Trust and Healthcare Bluebook sponsored a Treasure Hunt Challenge in February 2022. Please join us in congratulating our lucky winners:

- Kristy Serafini-Brooks - Clinton County
- Maria Mahaffey - Centennial SD
- Kathleen Przybylowski - Abington Township
- James Hill - Newark, DE

Each of these participants received a \$50.00 Amazon gift card for participating in the Treasure Hunt Challenge!



Did you know that prices for the same medical procedure vary dramatically depending on where you go? It's true! Delaware Valley Health Trust gives its members FREE access to Healthcare Bluebook to help you find high-quality medical care at a Fair Price™. Use Healthcare Bluebook's website or mobile app to shop for medical procedures and find Fair Price™ (green) facilities in your area!

Healthcare Bluebook uses simple green, yellow, and red symbols to show you which facilities charge a Fair Price™ and which ones don't. You'll also see quality information on inpatient services, so you can find a facility that will provide the best quality outcome for your procedure.

Visit <https://www.healthcarebluebook.com/cc/dvht> or download the Healthcare Bluebook mobile app (Mobile Code: DVHT1) to start shopping for care now.

Testimonials from Healthcare Bluebook Users:

"More than anything else, I don't have to put in much effort to get paid for looking up doctors and facilities. It also gives ratings for doctors, which is helpful when you don't know who to go to for care."
– Karen

"I used Healthcare Bluebook to help identify a doctor for a hand surgery and for a colonoscopy and found it easy to use and very useful. I was happy to receive a reward check afterwards!" – Michael

Have a Question? Want to learn more? Contact us!

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