



Center of Occupational Health and Education at The Everett Clinic: e-News

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CONTROL YOUR WORKERS COMP COST

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Part of the solution: How The Everett Clinic's partnership with L&I is helping drive down the costs of workers' comp. And, how business owners can get involved.

If you're a business owner or manager, you know that a workers' comp claim has the potential to impact your company's bottom line. Fortunately, The Everett Clinic, and several other health systems around the state, participate in a program administered by the Department of Labor and Industries called the Centers of Occupational Health & Education (COHE) that is helping drive down the costs of workers' comp.

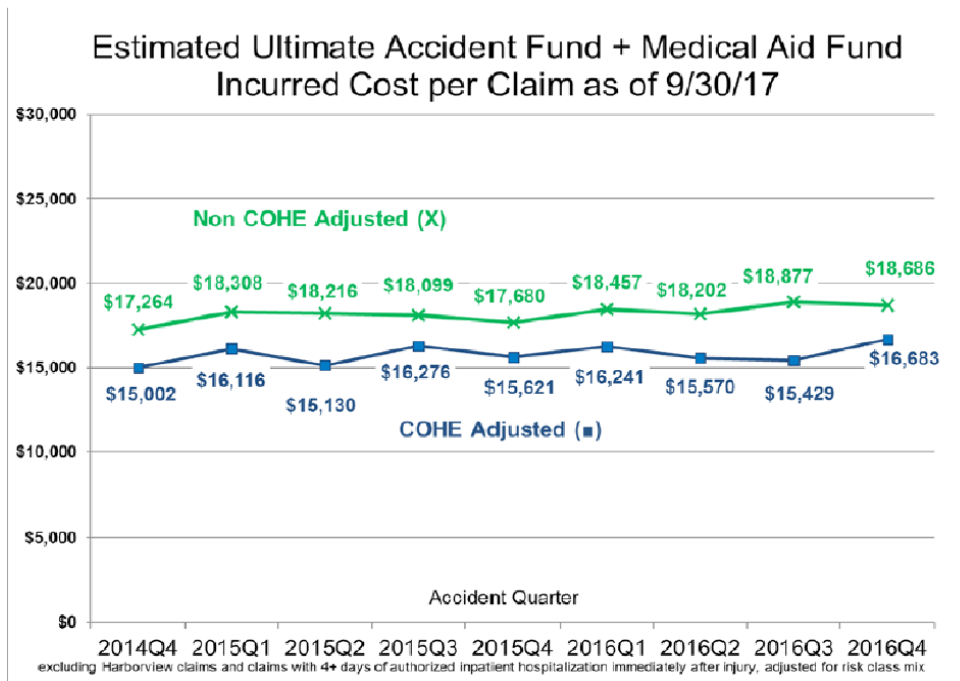
What is COHE?

Developed in 2002, COHE is a community-based program designed to ensure timely, effective, and coordinated services for injured workers. COHEs improve injured worker outcomes and reduce disability by training providers and coordinating care. Currently, [six COHEs exist](#) in Washington state.

How COHE helps businesses and workers

COHE isn't a "zero sum" game where businesses win at the expense of workers, or vice versa. COHE produces a win/win for both workers and business. How? Because TEC medical providers follow COHE "best practices" when treating an injured worker, which means that workers' comp claims resolve faster with less worker disability, and incur less in medical expenses over their life than non-COHE claims. You can see this reflected in the charts below.

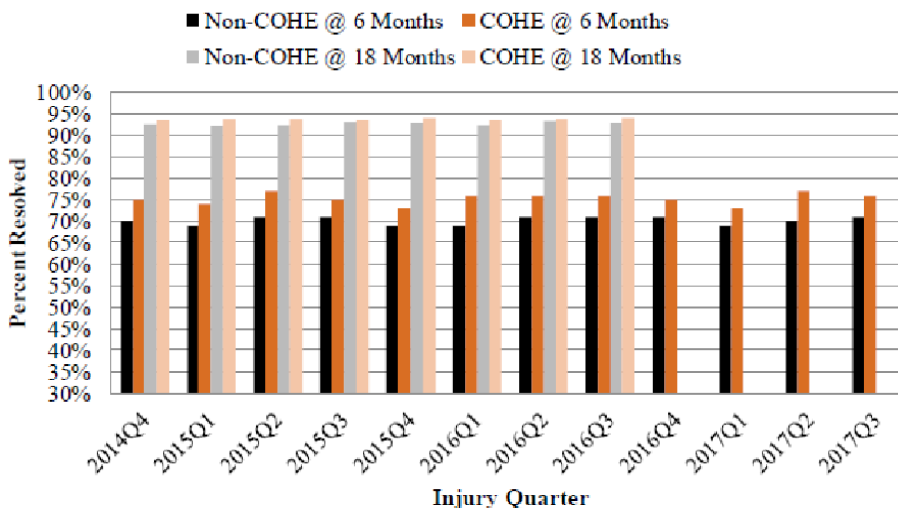
In the fourth quarter of 2016, the average cost of a non-COHE claim was \$18,686 while a COHE claim incurred \$16,683 in costs. That's a difference of \$2,003!



Source <http://www.lni.wa.gov/ClaimsIns/Files/Providers/ohs/COHEProgramReport.pdf>

And, COHE claims, on average, resolve faster at 6 and 18 months than non-COHE claims.

Resolution: All Claims Percent Resolved at 6 and 18 Months



Source – <http://www.lni.wa.gov/ClaimsIns/Files/Providers/ohs/COHEProgramReport.pdf>

COHE is one of several L&I initiatives [that played a role](#) in workers comp rates going down in 2018.

How business owners and managers can take action Take advantage of L&I Resources

L&I has many additional a la carte resources to help employers control the cost of claims and your premiums which include:

- **Claim-Free Discount** Reduce your premiums by preventing workplace injuries.
- **Calculating Your Rate** Learn how we work out the premiums you pay.
- **Rate Setting 101** Watch a short video on how we calculate your workers' comp premiums..
- **Claim & Account Center** Stay on top of claims - online. Monitor decisions, medical progress, and analyze your trends.
- **Stay at Work Program** Get wages reimbursed for finding a light-duty job for an injured worker.
- **Retrospective Rating** Qualify for a refund with Retro..
- **Paying the Right Rate?** If you've changed the nature of your business, verify your rate.
- **Return to Work** Actively work to help your injured worker recover and get back on the job.
- **Protest and Appeal Rights** Know when and how to protest or appeal a claim decision.
- **Risk Management/ Safety Consultation** Find hazards and hidden costs.
- **Workshops & Training** Get free training on claims management, safety, and more.
- **FileFast** File a Report of Accident (ROA) online and get a head-start on resolving a claim.

If you still need help, you can call your local COHE Health Services Coordinator for assistance. To find them, go to the [L&I Centers of Occupational Health & Education \(COHE\) website](#) and select the appropriate COHE in your area.

With a little bit of planning and proactivity, you can help keep that injured worker claim from getting out of hand, your employee back to work sooner with less disability, and your rates as low as possible.

Make Sure Your Rugs and Mats Are Safe

used with permission from A Monthly Newsletter on Safety and Security from the DaVita Medical Group Workplace Violence Prevention Advisory Committee and Occupational Health/Safety

Aged, worn, and improperly placed mats all have the potential to present tripping hazards. Any mat that does not lie flat against the floor without curls, ridges, or puckering can cause a trip incident. Lightweight mats in particular are susceptible to being torn by handling or excessive wear. Mats that are rolled for storage frequently become misshapen and fail to remain flat while in use.

Safety organizations across many industries have long recognized the potential for tripping hazards and generally recommend that thick mats, made of such materials as coconut fiber or heavy corrugated rubber, be used. Where possible, mats should be recessed into the floor to prevent the introduction of a trip hazard. Where recessing is not possible, mats should be constructed with wide, beveled edges, and should be a color that contrasts against the flooring on which it is used.

Mats can contribute to, create, or become slip hazards in a number of scenarios. When insufficient mats are used such that they fail to remove tracked in soil and water, they fail to be effective in preventing slippery conditions in the areas beyond their reach. A similar condition can exist when mats and runners become saturated with water. Mats and runners can also become slip hazards themselves when they are placed upon a contaminated or slippery surface.

Floor mats of adequate length and width must be properly placed to reduce slip and fall hazards without becoming hazards themselves. The Carpet and Rug Institute recommends that a minimum of 12 to 15 feet of mat coverage be provided to remove 90 percent of tracked-in soil. Mats should abut the door threshold at the entry end and cover the width of the door opening. The National Safety Council warns that mats need to be changed out during the day if they become saturated.

Adapted from *www.robsonforensic.com/articles/floormat-expert-witness*

We want your feedback!

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Marti Bradley, COHE Program Director at mbradley@everettclinic.com . Thank you!