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| Safety Net(work)  Produced by Department of Administration Bureau of State Risk Management  Produced by Department of Administration Bureau of State Risk Management |



Safety Spotlight:

[National Radon Action Month](https://www.epa.gov/radon/national-radon-action-month-information)

A person holding a basket of vegetables

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Virtual Badger Talk: New Year, New Goals

Ring in the New Year, on January 13th, with the DOA Wellness Committee by learning about nutrition and how to keep your New Year's resolutions.

Join the committee and [Dr. Cassie Vanderwall](https://badgertalks.wisc.edu/speaker/cassie-vanderwall/), registered dietitian, certified diabetes educator and certified personal trainer, to explore nutrition throughout the life cycle. This presentation will invite participants to:

* Describe what health and healthy eating mean to them
* Compare nutrition needs from birth to older adulthood
* Think about how to build a healthy meal and snack that promotes energy balance

The presentation will allow participants to identify one S.M.A.R.T. goal to move toward a healthier lifestyle. Please email [Jake.Lowell@Wisconsin.gov](mailto:Jake.Lowell@Wisconsin.gov) to receive a Microsoft Teams invite or DOA employees may sign up for the event in [LEADER](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEyMTUuNjgzMjY4OTEiLCJ1cmwiOiJodHRwczovL2Vzcy53aS5nb3YvcHNjL2Vzcy9FWFRFUk5BTC9IUk1TL3MvV0VCTElCX1dJX0NTLklTQ1JJUFQxLkZpZWxkRm9ybXVsYS5Jc2NyaXB0X0NTTG9naW5fRGVmYXVsdD9EZXN0VVJMPSUyNTJmRGVlcExpbmslMjUyZlByb2Nlc3NSZWRpcmVjdC5hc3B4JTI1M2Ztb2R1bGUlMjUzZGxvZGV0YWlscyUyNTI2bG8lMjUzZDUwNWIzMTQ3LWRmNTAtNDY0Yy04NzRmLTE4NzJhODM3N2I0ZSJ9.Ai-vwwgr5MIatk2cM-_JDd3nz9zk3_EaHW9bD2jYtXs/s/1487531916/br/150668106868-l).

Join Dr. Ann Healthy Living Community

# [Meet Dr. Ann](https://www.youtube.com/watch?v=CTwrEO7AYGU): Author, Physician, Nutrition Expert, and Motivational Speaker. [Join the Dr. Ann Healthy Living Community – it’s free!](https://drannwellness.com/) As a welcome gift, Dr. Ann will send her complete list of Superstar Foods to post on the fridge! Every Monday, [Dr. Ann will also send one science-based, inspirational wellness tip](https://manage.kmail-lists.com/subscriptions/subscribe?a=RRj28Z&g=WyPHjt&utm_source=Klaviyo&utm_medium=campaign&_kx=g343woTgMKYSOoe48M1kqY5EAjYNR1fyuiDrdJPNo4V0oFt3WyAFdHZrD9OGizD1.RRj28Z) to help keep our healthy living journey alive forever!

**“Get healthy. Extraordinary things will happen.”**

**-Dr. Ann**

924

Claims

FY23 YTD

[Hazardous Chemicals in the Workplace?](https://dsps.wi.gov/Documents/Programs/PublicSafety/SBD6894.pdf)

Workers Comp

Quote of the Month:

Five Minutes for Safety:

279

212

Claims

FY22 YTD YTD

Lost Time

FY23 YTD

Lost Time

FY22 YTD

1,143

Primary Causes of Catastrophic Injury Claims

According to [Carrier Chronicles](https://carrierchronicles.com/5-primary-causes-of-catastrophic-injury-claims-infographic/), costs for catastrophic claims have been trending upward, in part due to rising healthcare costs and technological advancements. It is highlighted that many of these injuries are preventable!

Catastrophic claims, which include severe burns, brain injuries, spinal cord injuries and significant amputations, are rare but extremely costly. It is cautioned that sometimes employers overlook exposure to these claims because of the low frequency, but they can significantly impact workers’ compensation costs. A recent review of Safety National’s claims data, which includes self-insureds, revealed the five leading causes of catastrophic claims, which account for 71 percent of all claims of this type:

Consumer Safety

[United States Consumer Product Safety Commission](http://www.cpsc.gov/)

Contact Us

<https://doa.wi.gov>

E-Mail

[Jake.Lowell@Wisconsin.gov](mailto:jake.lowell@wisconsin.gov)

[](https://carrierchronicles.com/5-primary-causes-of-catastrophic-injury-claims-infographic/)

**A picture containing text, monitor, electronics, computer

Description automatically generatedTable

Description automatically generatedGraphical user interface, text, application

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**New Year’s Challenge:**

***How do you learn to prevent injuries?***

[From Safety-I to Safety-II: A White Paper](https://www.england.nhs.uk/signuptosafety/wp-content/uploads/sites/16/2015/10/safety-1-safety-2-whte-papr.pdf) (Table shown below found on pages 26/27)

***The way ahead lies with a combination of two ways of thinking…***