

### **NMPSIA Spring Budget Packet Materials**

#### STOPit Solutions Anonymous Reporting System

 NMPSIA is excited to partner with STOPit Solutions to offer an Anonymous Reporting System to schools, at no cost to NMPSIA members.

#### • Technical Assistance Program - CES

Providing quality training & technical assistance on special education topics.
 Empowering educators through quality professional development & consultation services.

#### Vector Solutions Training Program

- Child Sexual Abuse Prevention in Schools
- Safety & Compliance Training for K-12 Schools

#### Poms & Associates Risk Services

- Trainings offered by Poms at no additional cost to NMPSIA members include:
  - House Bill 128 School Personnel Background and Training
  - Active Shooter
  - Restorative Justice
  - Youth Mental Health First Aid
  - Question, Persuade, Refer (QPR)
  - Ergonomics
  - Safe Lifts, Transfer, and Student Handling for Special Education Staff
  - Red Flags & Green Lights: Recognizing Healthy & Unhealthy Relationships
- List of other trainings offered
- Contact List
- Risk Management & Loss Control
  - Risk Services
  - Audits/Assessments
  - Training Development

#### CCMSI Property & Liability Forms

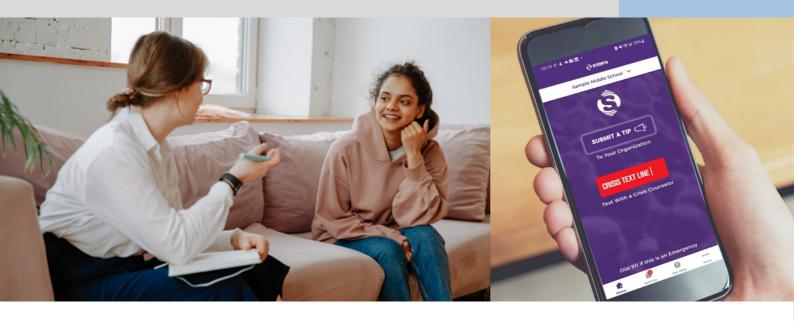
- General Products Liability
- Property Loss Report
- Vehicle Accident Report
- Windshield Only Report
- Student Incident Report

#### CCMSI Workers' Compensation Forms

- Workers' Comp Checklist
- Notice of Accident
- Sample Letter to Healthcare Provider
- o Providers Report of Physical Ability
- Optum Prescription Flyer
- First Report of Injury Form
- Incident Investigation Report

# NMPSIA Brings Free Anonymous Reporting System to its Members





**NMPSIA** is excited to partner with **STOPit Solutions** to offer an Anonymous Reporting System (ARS) to your schools, at no cost to members.

How the Anonymous Reporting System Works



Step 1: Observe & Submit

Individual observes an incident or concern and submits it using the STOPit app, website, or telephone hotline



Step 2: Monitor & Escalate

STOPit 24/7/365 Incident Response Center monitors and escalates life threatening incidents to school officials and law enforcement (as needed)



Step 3: Manage & Resolve

School officials receive and act upon the incident using the STOPit admin app and/ or web-based Incident Management System



NMPSIA School Safety Partnership Program



STOPit provides your district with an Anonymous Reporting System and Social & Emotional Learning Resources to help create safer, healthier school communities

NMPISA is partnering with STOPit Solutions to offer their Anonymous Reporting System (ARS) with expanded incident coverage, Crisis Text Line, and On-Demand SEL & Wellness Training Center to your school district fully funded.



STOPit provides the industry's most comprehensive onboarding for program administrators AND training for students and adults on how to recognize safety, misconduct, and/or compliance concerns and use the STOPit Anonymous Reporting System through our account management, training, and customer success teams.

#### **How your District Will Benefit**

- Create safer, healthier school environment and culture for better learning ... and, at an extreme, to save lives
- Over time, create "upstanders" versus "bystanders" who take action to help their fellow student, staffer and administrator
- Build social and emotional skills as well as reinforce compliance amongst students and staff of relevant, timely issues and concerns



# NMPSIA Brings Free Anonymous Reporting System to its Members



If you would like to learn more or get started using these programs as part of an awarded grant through NMPSIA, please contact Matthew Toth at mtoth@stopitsolutions.com or Richelle Stanz at rstanz@stopitsolutions.com.

stopitsolutions.com | 855-999-0932

### What's Included:



Anonymous Reporting System (ARS): Anonymously report safety, misconduct, or other concerns to help others or themselves through mobile platform, web, or hotline. Assigned team members can gather information in real-time with 2-Way Messenger.



24/7/365 Incident Response Center (IRC): Our in-house Incident Response Specialists complete comprehensive training to prepare them to monitor and manage both life and non-life-threatening incidents. Our team immediately escalates life threatening concerns and incidents to local law enforcement.



Crisis Text Line (CTL): Integrated into the STOPit platform and from anywhere in the United States, anytime. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The Crisis Counselor is trained to helps individuals move from a hot to a cool place.



SEL & Wellness Learning Center: Train students in social and emotional learning, safety, and traumainformed care, through our research-based online curriculum. Age-appropriate content for grades 5-8 and 9-12. Aligns to CASEL standards and recommended student safety and compliance curriculum.



Out of Hours Incident Management (OOH): STOPit's Out-Of-Hours service allows individuals to rest easy knowing all incidents are reviewed, vetted, and acted upon (if necessary) by certified specialists during weekends, holidays, and other traditional out-of-business hours.

-OR-

24-Hour Vetting (24V): STOPit's 24-Hour vetting service allows individuals to rest easy knowing all incidents are reviewed, vetted, and acted upon (if necessary) by certified specialists for the first 24-hours removing the real-time burden. This service does not remove the need for district admins to report.

## **Optional (not funded throuth NMPSIA):**

911-Direct Panic Alert: Instantly alert, inform and request help from staff and / or 911 for any emergency or non-emergency enabling faster responses, more effective actions, and better outcomes. Instant connection to your internal emergency team to alert for an unsafe conditions or emergencies.

Network & Device Surveillance: Powerful A.I. scans, monitors, and filters devices, networks, and the internet for signs of violent, unsafe, or harmful behaviors and alerts school officials to intervene.





### **Technical Assistance Program (TAP) 2024-25**

## Providing Quality Training & Technical Assistance on Special Education Topics *Empowering Educators through Quality Professional Development & Consultation Services*

TAP has been up and running since Spring 2015, funded by NMPSIA in collaboration with CES. Decreasing Special Education litigation is the focus of TAP services & support. TAP Professional Development (PD) is a valuable complimentary resource for educators, ancillary staff & administrators.

TAP consists of 23 Consultants specializing in a variety of highly requested topics and services to include:

Accommodations, Assistive Technology, Attention Deficit Disorder, Autism, Behavior, Compliance Regulations, Co-teaching, Data Collection, Discipline, Dyslexia, English Language Learners, Executive Functioning, Early Childhood Part B to Part C, FBA's & BIP's, Instructional Strategies, Gifted Education, IEP Development & Writing, Implementing Goals, Inclusion & Co- Teaching, Mental Health, Section 504, Self-Regulation, Social Emotional Learning (SEL), Structured Literacy, Transition Planning & Services, Task Analysis, Universal Design Strategies, MLSS

TAP Consultants keep up with current legal changes and trends in Special Education as well as guidance from NMPED / "Individuals with Disabilities Education Act" (IDEA).

#### **TAP Services:**

- Monthly virtual live interactive presentations via ZOOM
- "TAP Hot Topic on Demand Webinar Library", direct link, cestap.org
- Regional workshops
- Phone, email & ZOOM consultations
- 5 Monthly Guidance Articles: "Compliance Corner", "Reading Room", "Teacher Toolbox-Autism Resources", "From Chaos to Calm", "Dear Ms. M: Gifted Questions Answered"
- Monthly Special Education Compliance PD presentations for CES Leadership Program
- · Specialized presentations upon request for staff / district PD
- File & program review
- Direct consultation for programing or student related concerns
- Assistance with NMPED Corrective Action Plans, Due Process and OCR Complaints

For additional information regarding TAP services contact:

Loretta Garcia

**TAP DIRECTOR** 

505.344.5470 ext. 153 10601 Research Rd. SE Albuquerque, NM 87123







## A Free eLearning Series: Child Sexual Abuse Prevention In Schools



# GET STARTED TODAY

**Contact Our Implementation Team** 

To get started with Vector Training, scan the QR code below or visit the link to complete the implementation request form.

Scan the QR Code to Get Started



https://forms.office.com/r/xyAmEYwR7J

The New Mexico Public School Insurance Authority and Poms & Associates are excited to announce a new partnership with Vector Solutions. This partnership enables NMPSIA to provide your school district or charter school FREE access to grade-appropriate, short online courses concerning Child Sexual Abuse Prevention and Professional Boundaries in Schools.

The courses will help New Mexico schools comply with the requirements of House Bill 128 and it is required that all NMPSIA members adopt and complete this mandatory training. You will be able to assign, track, and manage training for your users in your organization's customized Vector Training System.

#### What do the trainings cover?

Vector Solutions' trainings are designed to augment mandated reporter training by focusing on:

- Sexual abuse at school
- Prevention of sexual abuse at school
- Risky behaviors of child molesters
- Boundaries that intercede with those behaviors

A more detailed summary of the trainings includes:

- An Introduction
- Grooming Part 1 and Part 2 (Elementary, Middle, High)
- On-Site Isolation Boundaries Part 1 and Part 2
- On-Site Behavioral Boundaries Part 1 and Part 2 (Elementary, Middle/High)
- Off-Site Boundaries
- Off-Hours Boundaries (Elementary, Middle/High)
- Electronic & Social Media Boundaries
- Gift Boundaries (Elementary, Middle, High)
- Student-to-Student Boundaries (Elementary, Middle/High)

Please note the above trainings have been approved by the Public Education Department.

#### Who should take it?

All school district/charter school employees, as well as:

- School volunteers
- Contractors and their employees who have unsupervised access to students

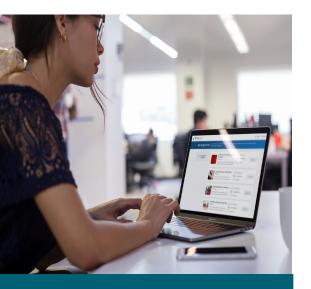
These on-demand trainings must be completed individually.







## A Free eLearning Series: Safety & Compliance Training for K-12 Schools



# GET STARTED TODAY

**Contact Our Implementation Team** 

To get started with Vector Training, scan the QR code below or visit the link to complete the implementation request form.

Scan the QR Code to Get Started



https://forms.office.com/r/xyAmEYwR7J

Poms & Associates is pleased to offer complimentary access to the Vector Training safety and compliance training management system to NMPSIA Members.

Trusted by thousands of K-12 administrators, Vector Training delivers high-quality, expert-authored courses on important safety, compliance, and prevention topics. You will also be able to assign, track, and manage training for your users in your organization's customized Vector Training System.

#### **Available Training Courses for NMPSIA Members**

- Bloodborne Pathogen Exposure Prevention
- Cybersecurity Overview
- Cybersecurity Awareness for Employees: End-User Best Practices
- Cybersecurity Awareness for Employees: Security Awareness Essentials
- Cybersecurity Awareness for Employees: Social Engineering
- · Diversity, Equity and Inclusion Practices: Staff-to-Staff
- Diversity, Equity and Inclusion Practices: Staff-to-Student
- FERPA: Confidentiality of Records
- Hazing Prevention in K12 Environments
- HIPAA Overview
- Playground Maintenance & Inspection
- Playground Supervision
- Sexual Harassment: Staff-to-Staff
- Student Alcohol and Substance Misuse

#### **Automated Features Make Administration Easy**

- Set up personalized training plans in minutes for groups of staff, new hires, or individuals.
- Keep everyone on track with email notifications and reminders of assignments.
- Track course completions in real-time.
- · Receive compliance reports directly in your inbox.



## **Highlighted Trainings**

All trainings listed below are offered to your school district or charter at no additional cost.

#### **HB128 School Personnel Background and Training**

In recent years, New Mexico has seen a number of high-profile cases of sexual abuse in schools with students victimized by school employees, some of whom have a long history of such misconduct. To combat the issue of sexual and ethical misconduct in schools, the New Mexico Legislature in 2021 passed HB128 (School Personnel Background & Training), which makes changes to reporting requirements, expanded background questions for employers and applicants, makes allowances for the disclosure of termination decisions, adds training requirements for school personnel, and adds requirements for cross-agency communication among PED and law enforcement. Please contact Julie Garcia at <a href="mailto:jgarcia@pomsassoc.com">jgarcia@pomsassoc.com</a> or <a href="mailto:jgarcia@pomsassoc.com">Tamie Pargas at tpargas@pomsassoc.com</a> for more information or to schedule training.

#### **Active Shooter**

The Active Shooter/Violent Threat Response training program is designed for school staff to gain insight and awareness about the dynamics of an unfolding violent event. The program addresses the need for emergency preparedness planning to prevent and mitigate loss of life. During the training program various practical scenarios will be discussed. Please contact James Vautier at <a href="mailto:jvautier@pomsassoc.com">jvautier@pomsassoc.com</a> Darron Walter at <a href="mailto:jvautier@pomsassoc.com">jvautier@pomsassoc.com</a> for more information or to schedule training.

#### **Restorative Justice**

Using approaches such as dialogues, peace circles, conferencing, and peer-led mediation, restorative practices get to the root cause of student behavior, which often relates to adult behavior. A restorative culture seeks to address the missing piece of teaching social-emotional and conflict-resolution skills by turning behaviors into learning opportunities. Accepting responsibility for behaviors and making right what has been wronged is the goal of the learning opportunity. The ultimate goal in addressing all behaviors is to ensure a supportive and stable educational environment while encouraging growth towards self-discipline, accepting responsibility, and appreciating the rights of others. When fully implemented, restorative practices improve school climate, increase academic achievement, and reduce disparities in school discipline.

Please contact Darron Walter at <a href="mailto:dwalter@pomsassoc.com">dwalter@pomsassoc.com</a> for more information or to schedule training.

#### Youth Mental Health First Aid

Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12–18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Please contact Brenda Barela at <u>bbarela@pomsassoc.com</u> or Tamie Pargas at <u>tpargas@pomsassoc.com</u> for more information or to schedule training.



## **Highlighted Trainings (Continued)**

#### Question, Persuade, Refer (QPR)

This 2-hour training will provide school employees with the 3 simple steps anyone can learn to help save a life from suicide. According to the Surgeon General's National Strategy for Suicide Prevention (2001), a Gatekeeper is someone in a position with the training to recognize a crisis and the warning signs that someone may be contemplating suicide, and how to respond.

Please contact Tamie Pargas at <u>tpargas@pomsassoc.com</u>, James Vautier at <u>jvautier@pomsassoc.com</u>, or Darron Walter at <u>dwalter@pomsassoc.com</u> for more information or to schedule training.

#### **Ergonomics**

Approximately one-third of all worker injuries are related to musculoskeletal disorders such as back strains and carpal tunnel syndrome. Preventing these injuries before they occur is the cornerstone of a safe workplace, and the Poms & Associates team is here to help. Whether for new employees, specific job groups, or as part of your annual requirements, our trainers can help provide the members of your organization with the knowledge and tools they need to perform their job duties in a safe, effective manner.

Please contact Karen Mestas-Harris at <a href="mailto:kmestas@pomsassoc.com">kmestas@pomsassoc.com</a> for more information or to schedule training.

#### Safe Lifts, Transfer, and Student Handling for Special Education Staff

This training will focus on understanding general ergonomic principles when working within the school setting. Identification of risk factors in classroom and school settings will be discussed. An overview for staff training of effective setup of environment, lift strategies, understanding general terms and equipment will also be covered. Finally, we will cover best practices for transferring and handling techniques for staff, to minimize the risk of injury for those who work with students with special needs.

Please contact Karen Mestas-Harris at <u>kmestas@pomsassoc.com</u> for more information or to schedule training.

#### **Cybersecurity - Hacking the Human**

Cybersecurity attacks on schools are increasing at an alarming rate. It is estimated that 95% of successful cyber-attacks are a direct result of human error. This training will expose participants to strategies that bad actors use to disrupt, jeopardize, and negatively impact the business of education. Participants will also understand their critical role in preventing cyber-attacks within their organization. This 90-minute training is tailored for all school employees (teachers, administrators, custodial, bus drivers, etc.) that have end point access to a school district's network.

Please contact Grant Banash at <a href="mailto:gbanash@pomsassoc.com">gbanash@pomsassoc.com</a> for more information or to schedule this training.

#### Red Flags & Green Lights: Recognizing Healthy & Unhealthy Relationships

Students today are bombarded by unhealthy examples and messages of what platonic and romantic relationships should look like. In this engaging and empowering training students learn how to recognize and build strong, respectful, and healthy relationships based on kindness and respect. These 45-minute lessons are age-appropriate and interactive, and designed to ensure students gain practical tools to navigate their relationships and online interactions successfully.

Please contact Angelique Sedillo at asedillo@pomsassoc.com for more information or to schedule this training.





# **Red Flags & Green Lights:** Recognizing Healthy and Unhealthy Relationships



#### Takeaways for All Ages:

- Understanding the importance of respect, kindness, and empathy in relationships.
- Learning how to identify and address unhealthy behaviors safely.
- KNowing where and how to seek help when they or someone they know is in trouble.
- Building confidence to set boundaries and foster positive, safe connections.

This program is designed to be engaging, age-appropriate, and empowering, ensuring students gain practical tools to navigate their relationships and online interactions successfully.

For additional information, or to book a training, please reach out to Angelique Sedillo at Poms & Associates:

Angelique Sedillo: a<u>sedillo@pomsassoc.com</u>

## **New Training Offering!**

#### Objective

To educate students of all ages on recognizing healthy and unhealthy relationships, in-person and online, and to equip them with skills to build positive connections, set boundaries, and seek help when needed.

#### **Key Topics by Age Group**

#### **Elementary School (Grades K-5)**

- Basic Relationship Skills and Safety
- What Makes a Good Friend: Kindness, sharing, respect, and listening.
- Personal Boundaries: The self-concept of personal space and saying "no" when uncomfortable
- Telling a Trusted Adult: Encouraging kids to speak up if someone hurts their feelings or makes them feel unsafe
- Online Basics: Keeping passwords private, avoiding talking to strangers online, and not sharing personal information

#### Middle School (Grades 6-8)

- Developing emotional awareness and introducing digital safety
- Healthy vs. Unhealthy Friendships: Identifying trust and respect versus manipulation or exclusion traits
- Peer Pressure and Boundaries: How to handle situations where they feel pressured to do something wrong or uncomfortable
- Introduction to Digital Safety: Keeping social media safe and avoiding oversharing online
- How to Seek Help: Understanding that it's okay to ask for support from trusted adults when facing relationship or online challenges.

#### High School (Grades 9-12)

- Deeper understanding of romantic relationships, digital safety and emotional well-being.
- Characteristics of Healthy Relationships: Trust, communication, mutual respect, and equality.
- Red Flags in Relationships: Control, manipulation, jealousy, and any form of abuse, including digital dating abuse.
- Digital Safety Awareness: Recognizing sextortion, protecting personal information, and responding to online threats.
- Empowering Choices: Teaching students how to set boundaries, leave unhealthy relationships, and support friends in need.
- Resources and Support: Information on school counselors, hotlines, and online resources for help.





## Highlighted Trainings (Continued)

### **Other Poms Trainings**

These trainings can be offered in-person through or online in webinar-style formats.

Please contact Susan Baca-Garcia at sbaca-garcia@pomsassoc.com if you are interested in scheduling any of the following trainings.

### **Safety**

- Accident Investigation (OSHA)
- Aerial and Scissor Lifts
   (Certification)
- · Bloodborne Pathogens
- Chemical Hygiene and Laboratory
  Safety
- Defensive Driving
- Distracted Driving
- Electrical Safety
- Fall Protection
- First Aid/CPR/AED (Certification)

  For Miss Conference
- Forklift Safety
- General Workplace Safety
   Hazard Communication
- Housekeeping and Storage Practices
- Kitchen Safety
- Ladder Safety
- Material Handling and Lifting Techniques
- Mental Health First Aid and Suicidal Awareness (YMHFA®)
- Narcan® Training (Opioid Overdose)
- National Fire Protection
   Association (NFPA) Life Safety
- OSHA 10° (Certification)
- OSHA 30° (Certification)
   OSHA 30° (Certification)
- Personal Protective Equipment (PPE)
- Playground Safety and Maintenance
- Stop the Bleed® (Certification)
- Suicide Awareness, Gate Keeper Program

## **Security**

- Active Shooter Response (ALICE®)
- Active Shooter Response (AVERT®)
- Active Shooter Response (Loud Noise Practical)
- Active Shooter Response (Overview)
   Active Shooter Response (Room
   Defense Practical)
- Active Shooter Response (Room
- Fortification)

   Behavior Threat
- Assessment/Management (Overview)
- Benavior Threat
   Assessment/Management (Program
   Development)
- Bomb Threat Response (Civilian Staff)
- Bomb Threat Response (Security

  Conff)
- Continuity of Operations
- Cybersecurity Awareness
- De-escalation (Staff)Drug Trends & Physiology
- (Signs/Symptoms)
   Family Reunification (Overview)
- Family Reunification (Program Development)
- Incident Command System (ICS) for Schools
- PREPaRE® School Crisis Prevention/Intervention
- Responding to Crisis (Scenario Based Training)
   Restorative Practices (Overview to
- Relationship-Building)
   Restorative Practices (Program
- Restorative Practices (Program Development)
   Safe Schools Plan Consultation
- (NMPED)
   Situational Awareness

## HR, Civil Rights & School Admin.

- ADA and The Rehabilitation Act
- Behavioral Management
- Bullying/Cyberbullying Prevention Policies
- Civil Rights Title VII and Title IX
- Communication and Teamwork
- Compensation Review/Organizational
- Structure
- Cultural Sensitivity, Awareness, and Diversity (Black Education Act)
- Drug Free Workplace
- Employment Contracts
- Fair Labor Standards Act (FLSA)
- Family Educational Rights and Privacy Act (FERPA)
- Family Medical Leave Act (FMLA)
- General Safety What Will You Do When You Retire?
- I-9 Completion
- Job Description Development
- Kitchen Civil Rights (USDA Annual
- Neuro-Linguistics Programming
   New Legislation and National Trends
- Playground Supervision
- Predator Identification
   Professional Ethics and Boundaries Sexual Predators in the schools (SAMS Policies)
- Sexual Harassment
- Title IX Compliance
- Workplace Violence

### **Ergonomics**

- Ergonomics for Custodial/Maintenance Staf
- Ergonomics for School Health Staff
- Ergonomics for Security Staff
- Ergonomics for Special Education Staff
   Ergonomics for Student Nutrition Staff
- Ergonomics for Student Nutrition Staff
   Ergonomics for Custodial/Maintenance Staff
- Ergonomics for Student Nutrition Staff
- Ergonomics for Transportation Staff
- Ergonomics in the Workplace
- Safe Lifting and Body Mechanics



## Highlighted Trainings (Continued)

### **Vector Solutions Free E-Learning Series**

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For more information or to get signed up, fill out the implementation request form at: https://forms.office.com/r/xyAmEYwR7J

Be sure to mention you are a NMPSIA member to get started! You can also email Kevin McDonald at kmcdonald@pomsassoc.com for further assistance.





#### **HUMAN RESOURCES/CIVIL RIGHTS/PROFESSIONAL BOUNDARIES**

Name: Julie Garcia

Email: jgarcia@pomsassoc.com

**Name: Tamie Pargas** 

Email: tpargas@pomsassoc.com

#### **ERGONOMICS**

Name: Karen Mestas-Harris

Email: kmestas@pomsassoc.com

Name: Erin Brannan

Email: <a href="mailto:ebrannan@pomsassoc.com">ebrannan@pomsassoc.com</a>

#### **SECURITY**

**Name: James Vautier** 

Email: jvautier@pomsassoc.com

**Name: Doug Looney** 

Email: <u>dlooney@pomsassoc.com</u>

Name: Darron Walter

Email: dwalter@pomsassoc.com

#### **CYBERSECURITY**

**Name: Grant Banash** 

Email: gbanash@pomsassoc.com

#### HR POLICIES AND PROCEDURES

Name: Steve Meilleur

Email: smeilleur@pomsassoc.com

#### **HEALTHY RELATIONSHIPS (STUDENTS)**

Name: Angelique Sedillo

Email: asedillo@pomsassoc.com





#### **Loss Prevention**

Name: Larry Vigil - Sr. Manager

Email: <a href="mailto:lvigil@pomsassoc.com">lvigil@pomsassoc.com</a>

Schools: Northern NM College, Luna Community College, NM School for the Deaf, Western New Mexico University, NM Highlands, NM Tech, Mesalands

Name: Brenda Barela

Email: <u>bbarela@pomsassoc.com</u>

Schools: House, Elida, Grady, Floyd, Dora, Melrose, Tatum, Jal, Texico, Eunice, Portales, Lovington, Clovis, Hobbs, Las Cruces, Eastern NM University

Name: Andrew Trujillo

Email: atrujillo@pomsassoc.com

Schools: Belen, Deming, Rio Rancho, SF Charters, ABQ Charters, Taos, Jemez Mountain, Jemez Valley, Cuba

Name: Albert Muniz

Email: amuniz@pomsassoc.com

Schools: Hondo Valley, Carrizozo, Cloudcroft, Capitan, Tularosa, Cobre, Ruidoso, Animas, Lordsburg, Corona, Silver City, Alamogordo, T or C, Hatch, Moriarty, Socorro

Name: Rafael Velasquez

Email: rvelasquez@pomsassoc.com

Schools: Farmington, San Jon, Logan, Tucumcari, Ft. Sumner, Vaughn, Mountainair, Mora, Pecos, Estancia, Santa Rosa, Las Vegas City, West Las Vegas, Aztec, Bloomfield, Los Lunas, Santa Fe

**Name: Raymond Ross** 

Email: rross@pomsassoc.com

Schools: Bernalillo, Magdalena, Central Consolidated, Penasco, Pojoaque, Los Alamos, Reserve, Quemado, Mesa Vista, Questa, Chama, Dulce, Zuni, Espanola, Grants, Gallup

Name: Vacant

Email: <a href="mailto:lvigil@pomsassoc.com">lvigil@pomsassoc.com</a>

Schools: Roy, Wagon Mound, Des Moines, Mosquero, Lake Arthur, Maxwell, Springer, Hagerman, Cimarron, Clayton, Loving, Dexter, Raton, Artesia, Carlsbad, Roswell, Gadsden





Poms & Associates offers comprehensive experience in developing plans and managing activities associated with, but not limited to:

- Ergonomics
- Safety Engineering and Management
- Workplace Violence:
   Threat Assessment
- Safety Program Development
- Property & Liability
   Programs

- OSHA
   Construction/General

   Industry Training
- Defensive Driving
- Americans With Disabilities Act
- Job Hazard Analysis (JHA)
- Security Officer Procedures

- Workers' Compensation
- Employment
   Practices Liability
  - Sexual Harassment
  - Civil Rights
  - Employee Training
  - WorkplaceViolence

## **POMS & ASSOCIATES RISK SERVICES**

201 3rd St. NW, Suite 1400 Albuquerque, NM 87102 800.898.6236 www.pomsassoc.com





## **Audits/Assessment**

- Security and Safety Audit
  - Annual and Semiannual Facility Audits
  - Regulatory Compliance
     Audits
  - Alarms & Areas of Rescue
  - Crisis Planning
  - Fire Protection

- Review New Buildings (Audit Buildings Before You Sign a Lease
- Ergonomic Audits
- Gang Recognition

### POMS & ASSOCIATES RISK SERVICES

201 3rd St. NW, Suite 1400 Albuquerque, NM 87102 800.898.6236 www.pomsassoc.com

<sup>\*</sup>Let us know your audit needs and we will conduct that audit



Poms & Associates offers the talent and expertise necessary to develop training packages that address ES&H, and Employment Practices Liability requirements. This experience includes developing material, lesson plans, and presenting classes in areas such as:

- Hazard Communication/Rightto-Know Law
- Chemical Hygiene and Laboratory Safety
- Bloodborne Pathogens
- Personal Protective Equipment (PPE)
- Ladder Safety
- Introduction to Ergonomics
- Workplace Ergonomics
- Electrical Safety
- NFPA Life Safety Code
- Back Safety/Lifting Techniques
- Behavior Management
- Disciplinary Procedures
- Wrongful Termination
- Development of Safety Policies
- Neuro-Linguistics Programming
- Introduction to OSHA
- Defensive Driving
- Housekeeping and Storage Practices
- Accident Investigations
- Drug-Free Workplace
- Title VII
  - Discrimination
  - Sexual Harassment

- Title IX Compliance
- Sexual Molestation and Assaults
- ADA and The Rehabilitation Act
- Family & Medical Leave Act (FMLA)
- Fair Labor Standards Act (FLSA)
- HIPAA/FERPA
- Gang Recognition
- Drug Physiology (Signs/Symptoms of Use)
- Security/Intruder Assessment
- Workplace Violence
- Cyberbullying Prevention
- Violent Threat Response
- Suicide Awareness 101
- Hazmat Response
- Verbal De-escalation
- Emergency Operations Planning/Review
- Identifying a Predator
- Internet Safety
- Bomb Threat Response
- Threat Assessment: Assessing Dangerous Behavior
- Mental Health Awareness (Crisis Intervention)

### POMS & ASSOCIATES RISK SERVICES

201 3rd St. NW, Suite 1400 Albuquerque, NM 87102 800.898.6236 www.pomsassoc.com

<sup>\*</sup>Design your own training topic, or you pick the topic and we'll design the program to suit your needs.



## **CCMSI Property & Liability Forms**

**General Products Liability** 

Property Loss Report

Vehicle Accident Report

Windshield Only Report

Student Incident Report



#### Cannon Cochran Management Services, Inc.

Claims Administrator
P.O. Box 30870

Albuquerque, New Mexico 87190-0870
800-635-0679 505-837-8700
505-888-6901 Fax



#### ACCIDENT REPORT – GENERAL/PRODUCTS LIABILITY

(DO NOT USE FOR AUTO)

NAME							PHONE 1	NUM	IBER
DISTRICT:				_			STATE		
ADDRESS				CITY				ZII	<b>D</b>
ACCIDENT				1		l.		ı	
DATE OF LOSS	TIME OF LO	SS	LOCATION OF LOSS		CITY			E	ZIP
OFFICALS CALLED TO	O SCENE		IF SO, IDENTIFY						
☐ POLICE	☐ FIRE DEF		☐ AMBULANCE						
CLAIMANT (PROPER	RTY DAMAG								
NAME		ADDRI	ESS	CITY		STATE	ZIP		PHONE
DESCRIBE DAMAGED	PROPERTY	LOC	ATION OF PROPERTY	CITY	STATE	EXTENT OF DAMAGE		OF DAMAGE	
CLAIMANT (BODILY	INITIRY)								
NAME	AGE	ADD	PRESS	CITY		STATE	ZIP		PHONE
OCCUPATION			DESCRIBE EXTENT	OF INJURY					
DESCRIPTION OF LO	OSS								
DESCRIPTION OF EC	755								
WITNESS									
		4 D D D I		CITE I		COT A POPE	7TD		PHONE
NAME		ADDRI	ESS	CITY		STATE	ZIP		PHONE
NAME		ADDRI	ESS	CITY		STATE	ZIP		PHONE
IMPORTANT:	HAS THIS AC	CCIDENT	BEEN REPORTED TO OUR	LOCAL EME	ERGENCY ADJU	JSTER?	YES	Ė	] NO
IF REPORTED, NAME	E OF FIRM _								
	ADDRESS								
DATE A									
DATE OF REPORT			-	SIGNATURE AN	ND TITLE				



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#### LOSS REPORT, PROPERTY

NAME OF COMPANY/CLIENT LOCATION				PHONE N	NUMBER
District:		Lawre		~	
ADDRESS		CITY		STATE	ZIP
LOCATION OF LOSS					
LOCATION OF LOSS					
DATE OF LOSS	TIME OF LOSS		ESTIMATE OF LOSS	S	
BUILDING AND/OR CONTENTS					
DETAILS OF LOSS					
BOILER & MACHINERY					
DETAILS OF LOSS					
EMPLOYEE DISHONESTY					
NAME OF EMPLOYEE				DATE OF	EMPLOYMENT
JOB TITLE					
ROBBERY OR SAFE BURGLARY					
CULPRIT APPREHENDED-EXPLAIN					
POLICE AUTHORITY INVOLVED EXPLAIN					
POLICE AUTHORIT I INVOLVED EAFLAIN					
ATTACH SUPPORTING MATERIAL-POLICE REPOR	T, NEWSPAPER ACCOUNT, DETA	AILS OF CLAIM, ETC			
SUMMARY					
SHOW LOSS OCCURRED AND DAMAGE EXTENT-A	ATT ACH SUPPORTING MATERIA	L ANY AVAILABLE R	EPORTS, NEWSPAPE	R ACCOUN	T, PICTURES,
REPAIR ESTIMATES OR BILLS ETC					
DATE		SIGNATURE AND TI	ΓLE		



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#### **Vehicle Accident Report**

(For bodily injury or damage to another's property or for damage to your vehicle)

District Name			Add	Address					City State			ite	e Zip			Phone
School/Dept. N	Name		Add	ress	;			City			Sta	ite	Z	Zip		Phone
Driver's Name	<del>,</del>		Add	ress	}			City			Sta	ite	Z	'nр		Phone
Date of Birth			Soci	al S	Security N	lo.		Drive	er's I	Licer	nse No.					
Vehicle																
Make		Year	Mode	Model Serial #				License # Where					e Ve	Vehicle May be Seen		
Trailer		Year	Mode	Model Area of Damage									Est \$	Estimated Cost to Repair \$		
Accident	L.	L.														
Date of Loss	Time	of Loss	Loca	Location (Street/Highway)							Cit	y				State
Were Police Conscience?		0		Police Dept. Driver Called					Arrested? Ticke					V	Violati	on?
Name of Office			Stat	Station Address						·		I		·		
Claimant 1			•													
Owner of Othe	er Vehic	le	Age	Age Address					C	City		S	tate	Zip	)	Phone
Driver, if other	than ab	oove	Age	2	Address	S			City			S	state	Zip	)	Phone
Make	Year	Model	1	Lic	eense #	A	Area of Damage		Where Vehicle May Be S			Seen	Estimate of Dam \$		nate of Damage	
Claimant 2		u .													I	
Owner of Othe	r Vehic	le	Age	9	Address	8			City State			state	Zip	)	Phone	
Driver, if other	r than at	oove	Age	2	Address	S			City Sta			State	Zip	)	Phone	
Make	Year	Model	1	Lic	eense #	A	Area of Damage		Wh	ere	Vehicle Ma	ау Ве	Seen	Estimate of Damage		
Property Dama	ige – Ot	her Than	Auto	(ie,	Fence, Ca	anop	oy)								I	
Owner of the F					Address				C	City		S	State	Zip	)	Phone
Describe Dama	aged Pro	operty	erty Location of Pr					perty	•			F	Extent	of Damage		
Witness Inform	nation															
Name			Add	Address					C	City		S	state	Zip	)	Phone
Name			Add	ress	<b>;</b>				C	City		S	state	Zip	)	Phone
			1													

Vehicle Accident Report Page 2									
Name	Addr	ress		<u> </u>	City	State	Zip	Phone	
Occupation		Age	Where	Taken	Following Accident				
Pedestrian		Fatality	I		No Visible Inju Pain	No Visible Injury – Some			
In Your Vehicle In Claimant		Bleeding/V Unconscio			Other				
Vehicle									
Name	Addr	ess			City	State	Zip	Phone	
Occupation	Aş	ge Where	Taken F	ollowi	ng Accident				
Pedestrian		Fatality			No Visible Inju Pain	ry – Some			
In Your Vehicle In Claimant		Bleeding/V Unconscio			Other				
Vehicle		Officonscio	us	Ш					
Additional Remarks									
	ent Resul	lted In: 🗌 Bod	ily Injury	' 🔲 F	Prop. Damage V	ehicles	□ Pe	edestrian	
Accident Diagram									
Note: Indicate North By Arrow									
What Street Were You On?		Claimant	t 1			Claimant 2			
What Direction Were You Trave	ling?	Claimant	+ 1			Claimant 2			
				-					
Weather Conditions Dry  Wet  Icy	Foggy	☐ Snowy ☐	]		Fraffic Conditions Light ☐ Moderate	Heavy	y 🔲		
Speed Limit			u Familia			Traffic Control			
This Section Must Be Complete 1. Do you think a claim will be 2. In my opinion, we are at faul	made ag	ainst you? Yes							
IMPORTANT: Has this acci	dent beer	n reported to a	CCMSI a	djuster	·? Yes \( \) No \( \)				
If reported, 1	name of a	ıdjuster							
Signature/T	itle					Date			



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#### WINDSHIELD ONLY

District Name	District Name									
Address			City		State	Zip	Phone			
School/Dept. Name			<u>I</u>							
Address	City		State	Zip	Phone					
Driver's Name	Driver's Name									
Address	City		State	Zip	Phone					
Date of Birth		Social Securi	ity No.		Driver's L	icense N	0.			
Vehicle		1								
Make				Serial	#	Lice	cense #			
Where Vehicle May be	e Seen		Used for Busin Yes	ness?	Estimated \$	Cost to F	Repair			
Accident							<del></del>			
Date of Loss	Time of Loss	Loca (Stree	ation eet/Highway)	City		Stat	te			
Additional Comments	i <b>s:</b>									
	<u></u>	<del></del> _		<u></u>						
ı										
IMPORTANT: Has	s this accident b	een reported t	o a CCMSI adjus	ster? Y	res ☐ No	o 🗌				
If reported, nar	me of adjuster _									
Signature/Title					D	ate				



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#### CONFIDENTIAL, THIS REPORT IS NOT TO BE RELEASED TO PARENT AND/OR STUDENTS

The school employee either witnessing the accident or supervising at the time should complete and submit this form within 24 hours.

#### IN CASE OF SERIOUS INJURIES, A TELEPHONE REPORT IS TO BE MADE IMMEDIATELY

1. School District				
2. School	Address			
3. Student's Name		DOB	Grade	
4. Student's Address Telephone Number	_			
5. Where did accident occur?		Date _	Time	A
6. Describe how accident occurred				
7. Who was the person in charge at the time of the acci Was he present at the time?   Yes No Die St. Witnesses:  Address: Phone:	d the injured violate  Witnesses: Address: Phone:	any schools rul	le? 🗌 Yes 🔲 No	
9. Apparent Nature of Injury:	10. Injured	Part of Body: 1	Indicate R/L	
□ Abrasion       □ Fracture       □ Strain/Spra         □ Contusion       □ Cut       □ Dislocation         □ Internal       □ Concussion		Finger Eye Chest	Arm Abdor Leg Hand Face Foot	men
11. First aid procedures used		By who	m	
12. Disposition of injured after accident-	Home Doc	tor Hospi	tal 🗌	
13. Who was notified?	Relationship to in	jured student?		
14. If injured student left school, to whom released?				
15. Name and attitude of anyone contacting school				
16. Student accident benefits available? Name of comp	oany			
17. Remarks				
18. Report completed by	Approved by		Date	



## **CCMSI Workers' Compensation Forms**

Workers' Comp Checklist

**Notice of Accident** 

Sample Letter to Healthcare Provider

Providers Report of Physical Ability

**Optum Prescription Flyer** 

First Report of Injury Form

**Incident Investigation Report** 

## **Workers Comp Checklist**

$\geq$	Immediately after Injury Occurs
	If it is an emergency, allow Employee to seek emergency care Immediately The Employee fills out the Notice of Accident (NOA) Form (Page 2). NOTE: The NOA in this document is for Employers who allow the Employee to make the initial selection for medical treatment
П	The Employees Supervisor or other Responsible Representative Signs the NOA Form (Page 2)
	If Medical attention is required, continue. If not, skip to the "Reporting Section"
	Send employee to their Health Care Provider of choice with the "Return-to-Work Cover Letter" (Page 3) and the "Providers Report of Physical Ability Form" (Pages 4-5)
	The Employee turns in their Providers report of Physical Ability Form (Pages 4-5) after it has been completed by their Health Care Provider
	If the employee needs a prescription, give them the "Optum First Fill Card" (Page 6)
	Reporting to Workers Compensation
	The Employees Supervisor or other Responsible Representative will work with the Business Office and/or the HR Department to fill out the "First Report of Injury" Form (Page 7). The Employee and the Supervisor or other Responsible Representative both need to sign this form.
	The Employees Pillar Director will complete the "Incident Investigation Report" (Pages 8-9) and will sign once completed.
	The Employees Supervisor or other Responsible Representative will email the completed NOA Form (Page 2), the "First Injury Report" Form (Page 7), and
	the "Incident Investigation Report" (Pages 8-9) to the Business Office and/or the HR Department to enter directly into the claims software (ICE) to be submitted to the Claims Administrator (CCMSI) or email to <a href="mailto:nmpsiawc@ccmsi.com">nmpsiawc@ccmsi.com</a>
	NOTE: These forms must be sent to the Claims Administrator within 72 hours of the incident
	If the employee received medical care, send the completed "Physical Ability Form" to the adjuster assigned to the new file

### $\bigcirc$

## NOTICE OF ACCIDENT OR OCCUPATIONAL DISEASE DISABLEMENT NOTIFICACIÓN DE ACCIDENTE O ENFERMEDAD DE OFICIO

In accordance with New Mexico law, Section 52-1-29, Section 52-3-19 and Section 52-1-49, NMSA 1978; NMAC 11.4.4.11 Conforme a la Ley de la Compensación de los Trabajadores, Sección 52-1-29, Sección 52-3-19 y Sección 52-1-49, NMSA 1978; NMAC 11.4.4.11

I,	,was involved in an o	on-ine-job accident	or was disabled by an occupational disease
Yo, (name of employee/nombre del empleado)	me lastimé en un ad	ccidente en el traba	jo o fui incapacitado por enfermedad de oficio
at approximately,on	, 20 Date	of Hire	Employee's Date of Birth
aproximadamente (time/a la(s) hora(s)) el (date/fech			
Employee's social security number:	Employ	yee's Home Addres	ss:
Número de seguro social del empleado:	Direccio	on del empleado	
Employee's Telephone Number(s): Home:	, Mobile:	,Other:	·
Número de teléfono(s): (Casa)	(Celular)	(Otro)	
Where did the accident occur?			
What happened?			
Worker will choose health care provider Trabajador elegirá elproveedor de atención médica		_	
igned:(employee/ <i>empleado</i> ) ate/Fecha:		, ,	oyer or representative/empleador o representan

ANY PERSON WHO KNOWINGLY PRESENTS A FALSE OR FRAUDULENT CLAIM FOR PAYMENT OF A LOSS OR BENEFIT OR KNOWINGLY PRESENTS FALSE INFORMATION IN AN APPLICATION FOR INSURANCE IS GUILTY OF A CRIME AND MAY BE SUBJECT TO CIVIL FINES AND CRIMINAL PENALTIES.

#### PREVIOUS NOA FORMS ARE STILL VALID FOR USE

#### Worker (Trabajador)

For emergency medical care, go to any emergency medical facility. (Para emergencias médicas vaya a cualquier clinica / hospital.)

Workers and Employers with questions about workers' compensation may contact an Ombudsman at any New Mexico Workers' Compensation Administration office for information and assistance. The offices are open Monday through Friday, 8 a.m. to 5 p.m., except holidays.

(Trabajadores y empleadores con preguntas acerca de la compensación de los trabajadores pueden comunicarse con un asesor ("ombudsman") a cualquier oficina de la Administración de la Compensación de los Trabajadores para información y asistencia. Las oficinas están abiertas desde las ocho de la mañana hasta las cinco de la tarde de lunes a viernes, con la excepción de dias festivos.)

Statewide Helpline -- Linea de Asistencia

## 1-866-WORKOMP/1-866-967-5667

toll free -- llamada sin costo de larga distancia

New Mexico Workers' Compensation Administration PO Box 27198, Albuquerque, NM 87125

Santa Fe: (505) 476-7381

> Employer/employee: Each keep one copy. Empleador/empleado: Retener una copia.

## **Employer Name & Logo Here**

Dear Treating Health Care Provider of our value	ed employees:							
individual welfare of all employees. In the event back to work in a safe, productive capacity as so	) values our employees and is concerned for the tof a workplace injury, we want to put injured workers bon as possible while they are recovering. By doing so, finjured workers by providing meaningful work activities rovider.							
We have a return-to-work program and if one of our employees is unable to return to his/her original job, we will make every attempt to return this employee to modified or light duties. We will also ensure that these duties meet with ALL the medical restrictions that you prescribe and will monitor/support our workers during this process. If necessary, we are willing to rearrange work schedules around diagnostic or treatment appointments.								
To assist in this process, we have enclosed for	your review:							
<ul> <li>The Notice of Accident form describing the incident</li> <li>Provider's Report of Physical Ability</li> </ul>								
	f Physical Ability" form after each appointment. Please ysical Ability" back to our worker so they may an accommodate.							
Thank you in advance for your assistance in ou	r early return-to-work efforts.							
If you have any questions, please contact phone# or by email at	(company workers' comp contact) at							
Sincerely,	Please route bills to our workers' compensation TPA:							
X Company workers' comp contact	CCMSI PO Box 30870 Albuquerque NM, 87190-0870							
	Phone: (505) 837-8700							



**Provider Signature**:

#### PROVIDER'S REPORT OF PHYSICAL ABILITY

This form shall be reimbursed **if completed at initial visit or for a change in work status or activity restrictions**, per WCA Health Care Provider Fee Schedule p. 22. Helpful guidelines on back

Date this form completed:

40.1	812-03						dule p. 22. Helpful gu	idelines on back		
				1 -	GENERA	L INFO	RMATION			
z	Worker Name (Last, First	<b>:</b> )		Date of Inj	jury	V	isit date	Facility Address	and Phone	
1 GENERAL INFORMATION	SSN-last 4 digits	Date o	of Birth	Primary Tr	eating Prov	vider Na	ıme			
RMA	XXX-XX-			,						
1 NFO	Visit Type: ☐Initial ☐	Follow-	up - <b>For</b>	follow-ups,	is there a	change	in your recomme	ndation since las	t visit?	S 🗆 NO
AL I	Diagnosis:		•			Ū	,			
NER	In my opinion, this dia	gnosis i	s: □Wo	rk-related	□Not worl	k-relate	 d			
35	Maximum Medical Imp									
	☐ Worker reached MI		•	•	•		•	ated on		(date).
					_, ,		·			. ,
					2 - WC	ORK STA	ATUS			
	After evaluation, I reco	mmend	l this wo	rker be (che	ck only one	option	):			
Sſ	OPTION 1 - Relea		_				m (start date):			
FATL	Released to hours and	tasks ro	utinely pe	erformed on t	-					
2 3K S	Released to hours and tasks routinely performed on the job held at the time of injury. SKIP TO SECTION 4 FOLLOW-UP  OPTION 2 — Not released to ANY work at all The worker is not capable of performing ANY work activities at this time. SKIP TO SECTION 4 FOLLOW-UP									
WO	The worker is not capable of performing ANY work activities at this time. SKIP TO SECTION 4 FOLLOW-UP									
	OPTION 3 - Relea						m (start date):			
	Released to work, <b>sub</b> j	ject to th	ne followi	ng restriction	ns in Section	3 ACTIV	ITY RESTRICTIONS	(Unmarked items i	ndicate no rest	riction)
				2	- ACTIVIT	V REST	RICTIONS			
							Restrictions (if an			
	Maximum cumulat	ivo hou	rs/day					6	0	Othor
	Lift from the floor		Right		bs.	2 lbs.	4 lbs.	lbs.	8 lbs.	Other
	Lift from waist height		Right		os os.	lbs.		lbs.	lbs.	
	Carry	_	Right		bs	lbs.		lbs.	lbs.	
	Push	_	Right		bs	lbs.		lbs.	lbs.	<del></del>
	Pull		Right		bs.	lbs.		lbs.	lbs.	
	Postur	e / Mot	ion Rest	rictions (if a	ny)			Miscellaneous Re	strictions (if a	any)
SI	Maximum cumulativ			> 0 2 4		Other		er day of work:		•
3 ESTRICTIONS	Stand						Sit/stretch b	reaks of(# o	f times) per	
TRIC	Walk							<b>Medication Res</b>	trictions (if ar	ıy)
3 RES	Sit						☐ Meds restric	t ability to work sa	fely (explain rest	rictions below)
<u>Ή</u>	Bend / Stoop						_	Psychological Re		
ACTIVITY	Twist							al restrictions evide		
٩	Kneel / Squat						OTHER RESTR	ICTIONS / MODI	<u>FICATIONS (b</u>	e specific) :
	Climb (stairs/ladder)			<u> </u>						
	Drive	- L - 64	l IDiaha							
	Grasp / Squeeze		∐Right							
	Wrist (flex/extension) Fine manipulation	Leπ Left	Right Right	<del>                                     </del>						
	Reach above shoulder		Right		<u>!                                     </u>					
	Reach below shoulder		Right							
	Other:									
	Other:									
					4 - FC	)LLOW	-UP			
	Expected follow-up ser	rvices (d	check all	that apply a	nd indicate	e dates,	if known) :			
٩		-					-	time)		Clear Form
4 OW-UP	Referral to / Consult w							er name and specia	lty)	
4 FOLLO	Physical / Occupationa							•		weeks
5	Other treatment / Foll		<u> </u>	•						
	☐ Worker fully discharge	d from c	are. This	is the last sch	neduled visit	for this	oroblem.			

#### WCA PROVIDER'S REPORT OF PHYSICAL ABILITY (back page)

#### HELPFUL GUIDELINES / DEFINITIONS FOR HEALTH CARE PROVIDER (HCP) COMPLETING THIS FORM

#### **BASIC INFORMATION:**

- For questions on this form: Email the WCA Medical Cost Containment Bureau at WCA-MCC@state.nm.us or call 505-841-6042.
- Purpose of this form: Because a prolonged workplace absence is detrimental to a worker's well-being, the WCA asks that you facilitate the recovering worker's safe, efficient return-to-work by providing interested parties a clear, quantitative description of current claim-related physical restrictions. In this way, you help employers identify suitable work and assign safe work activities.
- When / who fills this form out: Based on a reasonable medical probability, you as the primary treating HCP are encouraged to fill this form out at each appointment, however you can only be reimbursed if the form is completed at the initial assessment or if there is a change in work status or activity restrictions, as indicated in the WCA Health Care Provider fee Schedule and Billing Instructions (HCP Fee Schedule).
- After you fill this report out: Provide a copy to the worker immediately after each office visit.
- Note- This form is not intended to substitute a Functional Capacity Evaluation (FCE).

#### **DEFINITIONS OF PHYSICAL CAPACITY LEVELS (for reference only):**

Sedentary - Ability to lift up to 10 lbs. occasionally or 5 lbs. frequently with sitting, walking/standing necessary to carry out duties

Light - Ability to lift up to 20 lbs. occasionally or 10 lbs. frequently, significant standing/walking or sitting with pushing/pulling of arm/leg

Medium - Ability to lift up to 50 lbs. occasionally or up to 25 lbs. frequently

Heavy - Ability to lift up to 50 lbs. occasionally or up to 50 lbs. frequently

#### **HELPFUL GUIDELINES:**

- **1 GENERAL INFORMATION** Fill out worker's name, last 4 digits of SSN, date of birth, date of injury, visit date, your clinic or facility name and address, your name as the primary treating HCP and your phone number
- a. Visit Type: Indicate if this is an initial or follow-up visit for this worker regarding this workers' compensation injury/illness
- b. For Follow-ups only: Check either YES or NO to indicate if you are making ANY change in recommendation since the last visit
- c. Diagnosis: Indicate diagnosis. Underneath, check if, in your opinion the diagnosis is work-related or not work-related. Check only one box
- d. Maximum medical improvement (MMI) Check only one box. Indicate the date if the worker has reached MMI at the current visit or at a prior visit. If worker is not at MMI yet, write the date you anticipate the worker might reach MMI
- 2 WORK STATUS Check the appropriate option box to indicate if the medical condition(s) resulting from this workers' compensation injury/illness will allow for this worker to return-to-work in some capacity. For each option, indicate the start and anticipated end date of your current work status recommendation. If it is permanent, you can write that in. Note: DO NOT check more than one box.
- a. Option 1 Check this box to release the worker to regular work with no restrictions. Do not fill out Section 3 ACTIVITY RESTRICTIONS. Skip to Section 4 FOLLOW-UP and sign/date
- b. Option 2 Check this box if you recommend NO work at all be performed at this time. Do not fill out Section 3 ACTIVITY RESTRICTIONS. Skip to Section 4 FOLLOW-UP and sign/date
- c. Option 3 Check this box if you feel the worker can return to work in a modified duty capacity with restrictions. Fill out Section 3 ACTIVITY RESTRICTIONS to indicate all the applicable restrictions as well as Section 4 FOLLOW-UP and sign/date

#### 3 - ACTIVITY RESTRICTIONS Fill this section out only if you checked "Option 3 – Released to modified duty" in Section 2 WORK STATUS

- These restrictions are based on the HCP's best understanding of the employee's essential job functions
- If a particular restriction does not apply, leave it blank. All unmarked items are considered no restrictions
- Note to worker: These restrictions should be followed outside of work as well as at work
- a. Lift / Carry / Push / Pull Restrictions: For each activity listed that you are restricting
  - a1. Check "Left or "Right" if limitation is to just one side. For bilateral restrictions, check both "Left" AND "Right"
  - a2. Under the maximum cumulative hours/day allowed, write the maximum number of pounds the worker can handle
  - a3. Under "Other," indicate further instructions beyond the maximum cumulative hours/day allowed, if appropriate
  - Note re lifting restrictions: If you are restricting lifting from the floor, indicate If lifting from waist height is also restricted
- b. Posture / Motion Restrictions: For each activity listed that you are restricting
  - b1. Where applicable, check "Left or "Right" if limitation is to just one side. For bilateral restrictions, check both "Left" AND "Right"
  - b2. Under the maximum cumulative hours/day allowed, write the maximum number of pounds the worker can handle
  - b3. Under "Other," indicate further instructions beyond the maximum cumulative hours/day allowed, if appropriate
- c. Miscellaneous Restrictions: Check all restrictions that may apply and write in applicable specifics
- d. Medication Restrictions: Check if medication(s) restrict work ability. Explain restrictions under "Other restrictions/modifications"
- e. Psychological Restrictions: Check if psychological factors restrict work ability. Explain under "Other restrictions/modifications"
- f. Other Restrictions / Modifications: If your recommendations are not indicated anywhere else on this form, write in

#### 4 - FOLLOW-UP Fill this section out at each appointment to indicate ongoing treatment / follow-up services / referrals

you are recommending. Check all that apply and indicate dates, if known

- a. Next evaluation: Provide the date of the next scheduled appointment the worker has with you as the treating provider
- b. Referral to / Consult with: If you are referring the worker to a specialist or other HCP, write in the HCP name and specialty
- c. Physical / Occupational Therapy: Circle appropriate treatment and indicate how many times per week worker should attend
- d. Other Treatment / Follow-up: Check if applicable. Write in any other treatment and/or follow-up you are recommending
- e. Worker fully discharged: Check only if you are discharging the worker from any further care for this particular condition





**Optum**PO Box 152539
Tampa, FL 33684-2539

#### **MAKING IT EASY...**

#### TO GET WORKERS' COMPENSATION PRESCRIPTIONS FILLED.

Optum has been chosen to manage your workers' compensation pharmacy benefits for your employer or their insurer. Below is your First Fill card that will allow you to receive your injury-related prescriptions at your local pharmacy. Please fill out the card based on the instructions below.

#### **Injured Employee:**



If you need a prescription filled for a work-related injury or illness, go to an Optum Tmesys\* network pharmacy. Give this temporary card to the pharmacist. The pharmacist will fill your prescription at low or no cost to you.



If your workers' compensation claim is accepted, you will receive a more permanent pharmacy card in the mail. Please use that card for other work-related injury or illness prescriptions.



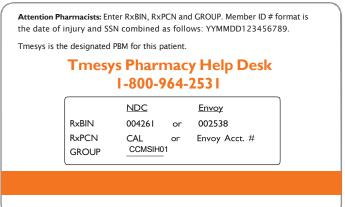
Most pharmacies and all major chains are included in the network. To find a network pharmacy call 1-866-599-5426 or visit tmesys.com.

### **Questions? Need Help?**



1-866-599-5426





NOTE: This First Fill card is only valid for your workers' compensation injury or illness.



#### **Employer:**

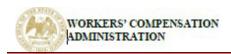
Immediately upon receiving notice of injury, fill in the information above and give this form to the employee.



## **Employer Name & Logo Here**

## INTERNAL Workers Compensation First Report of Injury

EMPLOYER: CONTACT:							CARRIER / FEIN: 850365634 CLAIMS ADMINISTRATOR					
							NMPSIA			CCMSI		
							(New Mexico Public I		ority)	(Cannon Cochran	_	t Services Inc.)
							410 Old Taos Hwy.			P.O. Box 3087		
							Santa Fe, NM 8750	)1		Albuquerque, Tel 505-837-8		
				OCCUI	PANCE OF II	NCID	NT AND WORK DA	ATEC		161 505-837-8	3/00 / 1-80	JU-035-U079
Date of I	ncident:	Tir	me Incident C		INAINCE OF I	_	te Last Worked:	AILJ	D	ate Returned to	n Work	
_					ng Room Nur							MM/DD/VVVV)
3.	SPECIFIC LOCATION OF INCIDENT (School Name, Building, Room Number						ianway, etc.)	DAI	LIMSTRE	OKTED TO LIVE	I LOTEIX (I	VIIVIJOOJIIIII
		Is th	ere video su	rveillance	e of the inci	ident?	If so, please save a	and sen	d to HR Con	ntact.		
	(Describe In	jured Employee's	appearance (ha	ir color, gla	asses, color of	f shirt, o	or anything that would	identify	them in the vi	deo at the time o	f the incide	nt)
							ATE OF BIRTH	- 50	CIAL CECURI	TV AU INADED		
	IN	JURED EMPLOY	YEE NAME				ATE OF BIRTH (MM/DD/YYYY)	30	CIAL SECURIT Full/Comple		GENDE	ER AT BIRTH
	Last	First		Middle	ρ		(((((((((((((((((((((((((((((((((((((((		(: a.i, co.i.p.c	210 33117		
	2000	50		77774							☐ Mal	e 🗆 Female
	Work Email	& Phone Numbe	er		Personal Er	mail &	Phone Number			Preferred La	anguage:	
II	NJURED EMPL	OYEE MAILING	ADDRESS				JOB TITLE			DATE OF	HIRE (MN	//DD/YYYY)
		AGES/SALARY	-							NT STATUS		
□ Hourl	y □ Weekly □	Bi-Weekly 🗆 M	lonthly □ Anr				☐ Full-Time ☐ Par		☐ Hourly ☐	Other		
					ENCY CONT	ACT F	OR INJURED EMPI	LOYEE		24		
Name			Addr	ess				Phone				
					ACCIDE	NT D	ESCRIPTION:					
	- Inc	luded Notice of	Accident (NO	A) with th			illegible or non-Eng	glish, pro	ovide legible	English version	n here.	
				,			-0	, - ,  -		0		
		TINVESTIGATIO		4D4 CTC 14	UTNIECC CTA	TC\ 4C	NIT					
- IDENTI		ESSES AND HAV				IEIVIEI		TYPE O	FACCIDENT			
	PAKI	S) OF BODY AF	FECTED/ SYN	IPTOWS:	<u> </u>			TYPEO	FACCIDENT	(e.g. Fall, Strain	i, etc.)	
				TRFA	TMFNT RFC	FIVED	OR PLAN TO RECE	IVF				
□ None	☐ First Aid Or	nly (by self_staff	nurse etc.)				ovider   Hospital		zency Room	/Urgent Care	Transpor	
140116						J. C. I I						
PREPARER'S NAME AND PHONE NUMBER DATE SUPERVISOR OF ADMINISTRATO								MATOR NOTI	TED (IVIIVI)	00/1111/		
EMPLOYEE'S SIGNATURE AND DATE							SUPERVISOR OF ADMINISTRATOR SIGNATURE AND DATE					
	FOR OFFICE USE ONLY											



### **INCIDENT INVESTIGATION REPORT**

Date of injury:	Time of injury:	Date and time of investigation:
WHO was injured:		
WHO else was involved in	the incident:	
WHO witnessed the incide	nt:	
WHAT was the employee	doing when injured?	
WHAT was the employee	doing when injured:	
WHAT equipment, proces	s or activity not described ab	ove may be related to the incident?
WHERE did the incident ta	ake place?	
WHAT is the specific injury	y? (include body part(s) and s	severity)
THIAT IS THE SPECIFIC HIJULY	y: (molade body part(s) and s	ocverity j

<b>WHY</b> did this injury occur to this person at this time? Describe immediate cause and all underlying (root) causes you can identify. Continue to ask "why" for at least 5 levels of identified causes.
1.
2.
3.
4.
5.
<b>HOW</b> can similar incidents be prevented in the future? (include management, employee, equipment and environmental considerations)
Name and title of investigator:
Signature:
<b>Safety Committee Follow-up:</b> What preventive measures were put in place to permanently avoid recurrence of similar incidents?