Along with this workbook, Pinnacol Assurance created a Cost Containment webinar series. All of these materials were designed to help our policyholders implement a basic safety program that meets the state of Colorado’s Cost Containment Certification requirements. We’ve found that many of you already have the majority of these components in place. We developed the webinar series to assist you with this process and walk you through the documentation and application process.

The CCC webinar series includes a total of eight modules:

- **Introduction to CCC** — This module provides an overview of cost containment, the benefits of certification and what you can expect in the webinar series.

- **Six Steps (modules)** — These individual modules represent each of the six requirements that must be satisfied when applying for CCC.

- **Applying for CCC** — This module walks you through the application process from start to finish.

The webinar series was created as an exclusive benefit for Pinnacol policyholders. You can access the webinars at any time from the Resources section of Pinnacol.com. Your online training experience is just a click away.

If you have any questions about the material or the process, please contact our Safety On Call hotline at 303.361.4700 or 888.501.4752.
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Introduction

This workbook is designed to help Pinnacol Assurance policyholders implement a practical safety program that meets state of Colorado Cost Containment Certification requirements. Policyholders who have achieved Cost Containment Certification often experience a decrease in claims costs, a reduction in losses, and less severe injuries. Policyholders that are cost containment certified also benefit from being eligible for a discount on their workers’ compensation premium. More importantly, certification demonstrates your organization’s commitment to protecting the safety and welfare of your employees.

Inside, you’ll find information on the six steps required to achieve certification, as well as samples of the documentation needed. Pinnacol safety professionals and policyholders created these examples; however, they must be customized to fit your organization.

Important things to remember:

• **Every step** must be in effect for one full year before you can apply for certification, and the state of Colorado Department of Labor (not Pinnacol) awards certification. Submit copies of your documentation to the Department of Labor. Make sure to keep your original documentation on file.

• The state’s Cost Containment Certification Board meets on the first Wednesday of each month to review applications, which must be received on or prior to the 20th day of the previous month. (The Request for Certification is located on Page 34 of this workbook.)

• The Board will then mail you either a certificate or the reason(s) for denial within two weeks of the meeting.

• Once your organization is certified, Pinnacol will apply the appropriate discount to your policy on the next policy renewal date. For example, if your policy renews on July 1, the Board must have your application on or before May 20 for review on the first Wednesday of June. If your application is approved, the discount will be applied to your July 1 policy renewal.

• Be sure to send a copy of your certification to your Pinnacol underwriter.

• If there has been a change in the person who submitted the last form or in the organization’s mailing address, it is your responsibility to contact your Cost Containment Certification advisor and update this information.

• If you do not reply by your renewal due date, your organization will lose its Cost Containment Certification and your premium discount.

For assistance with the Cost Containment Certification process, please contact Pinnacol’s Safety On Call hotline at 303.361.4700 or 888.501.4752 or call the Premium Cost Containment Board at 303.318.8644.
The goal of this step is to help you create and implement your organization’s safety policy. Whether or not you’re applying for Cost Containment Certification, having a strong safety policy in place is critical to the well-being of your employees. A safety policy is also the first step toward establishing a positive safety culture. Think of the policy as your safety mission statement. All your employees — from management to the front line — should know that safety is a shared expectation for everyone in your organization.

Creating an Effective Safety Policy

Your organization's policy should:

- Describe management’s overall philosophy on safety.
- Be signed and dated by one of your top executives to demonstrate senior management’s commitment to a safety culture.
- Outline employer and employee responsibilities as they relate to safety.
- Be clearly communicated to all employees.
- Be reviewed and updated annually.

When you start writing your policy, there are two things we recommend. First, try to keep your policy to one page in length. And second, use clear, simple language so it can be easily understood by all employees.

A sample safety policy can be found on Page 6.

Communicating Your Safety Policy

Here are a few suggestions for how to communicate your safety policy to all of your employees:

- Make your policy the first page of your organization’s safety manual or employee manual.
- Post your policy in a common area where all employees can see it.
- Share management’s safety philosophy and policy highlights at company meetings.

Applying for CCC

When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 1:

- A copy of your organization’s safety policy.
Organization Name

>> Safety Policy

Please review and customize this sample document to reflect your organization’s expectations.

It is the policy of Organization Name that the safety of its employees and the public is of chief importance. The prevention of accidents and injuries takes precedence over expedience. In the conduct of our business, every attempt will be made to prevent accidents from occurring. Organization Name requires that its employees, as a condition of employment, comply with all applicable safety regulations as listed in the organization’s policy manual.

The designated safety coordinator — Insert Safety Coordinator’s Name — for Organization Name is the primary contact for safety-related matters. All employees will receive an orientation to the safety policy and rules upon initial employment, and are encouraged to bring to the attention of their immediate supervisor any unsafe conditions or practices. Supervisors will communicate these concerns to the safety coordinator, who will respond to these concerns within [insert appropriate time frame].

Senior management will be actively involved with employees in establishing and maintaining an effective safety program. Our safety coordinator, other members of our management team, and I will participate with you in ongoing safety and health program activities.

Employer Responsibilities:
• Provide a safe workplace
• Provide safety and health education and training
• Annually review and update workplace safety rules

Employee Responsibilities:
• Report all unsafe conditions
• Immediately report all work-related injuries
• Wear the required personal protective equipment
• Abide by the organization’s safety rules at all times

The goal for Insert Year is to Insert Goal(s). The plan to achieve the goal will include Insert Specific Plan Details.

Executive’s signature: ___________________________ Date: ______________
The goal of this step is to define the roles and responsibilities of a safety coordinator and/or safety committee. This step is important because it formalizes and focuses your efforts to provide a safe working environment.

The decision about whether to designate a safety coordinator or create a safety committee — or both — often comes down to the size of your organization. In a small organization a safety coordinator may be sufficient, but in a larger organization a group of employees working together within a safety committee may be a better choice for managing your program.

Safety Coordinator
Here are a few examples of the types of responsibilities you might see a safety coordinator take on:

- Reviewing your organization’s safety policy and safety rules annually, and updating them as necessary.
- Helping your organization remain compliant with government standards concerning safety and health.
- Making recommendations to management on matters pertaining to safety.

It is important to note that a safety coordinator doesn’t necessarily have to perform all of these duties directly. He or she can delegate certain tasks — such as conducting employee safety training or performing accident investigations — to other supervisors or managers. If the coordinator does delegate a task, however, he or she will need to check to make sure the information submitted is accurate and thorough.

A sample copy of the Safety Coordinator Objectives document can be found on Page 8.

Safety Committee
If you do choose to create a safety committee, here are a few things to keep in mind:

- A safety committee is typically made up of members from a variety of departments and job roles and serves as a liaison between employees and management should a safety concern arise.
- At least one person on the committee should be in a position of authority — such as a supervisor — so that if a safety concern or hazard is identified, it can be addressed immediately.

- One person should be clearly designated as chairperson for the safety committee.
- Safety committee meetings should take place at least quarterly and make effective use of the members’ time.
- Committee members should work with supervisors and senior management to help identify hazards and possible corrective actions.

A sample copy of the Safety Committee Objectives document can be found on Page 9.

Additional Responsibilities
Additional responsibilities of a safety coordinator or a safety committee include:

- Conducting safety inspections
- Assisting with job hazard analyses (JHAs)
- Conducting accident investigations

Sample copies of inspection checklists can be found on Page 10. A sample copy of a JHA can be found on Page 12. Sample copies of documentation used in an accident investigation can be found on Pages 27 to 30.

Applying for CCC
When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 2:

- The Safety Coordinator Responsibilities document or the Safety Committee Responsibilities document.
- If you have a safety committee, provide meeting agendas and meeting minutes.
- If your organization will be conducting safety inspections, provide proof that these are taking place. A copy of a completed safety inspection checklist is a great example of the work you’re doing.
- If you have developed JHA, be sure to include a copy of this too.
Organization Name

>> Safety Coordinator Objectives

Please review and customize this sample document to reflect your organization’s expectations. Remember, many of these responsibilities can be delegated to other people within your organization, as long as the safety coordinator reviews and maintains the appropriate documentation.

Name of Safety Coordinator is the designated safety coordinator for Organization Name and is the primary contact for safety-related matters. All employees are encouraged to bring any unsafe conditions or practices to the attention of their supervisor. Supervisors will communicate these concerns to the safety coordinator, who will respond to these concerns within Enter a Time Frame.

THE PRIMARY RESPONSIBILITIES OF THE SAFETY COORDINATOR ARE TO:

• Oversee implementation of the organization’s safety program.
• Lead by example.
• Coordinate the new-employee orientation and safety training programs.
• Integrate safety into the day-to-day activities of all employees.
• Annually review the organization’s safety policy and safety rules and update as necessary.
• Maintain accurate records and routinely report the results of workplace accident and injury trend analyses.
• Recommend actions to reduce the frequency and severity of accidents and illnesses.
• Assist the organization in complying with government standards concerning safety and health.
• Assist supervisors with accident investigations, including hazard identification and corrective actions.
• Conduct periodic safety inspections to identify unsafe conditions and practices and determine remedies.
• Make recommendations to management on matters pertaining to safety.
• Facilitate the development and maintenance of job hazard analyses.

Executive’s signature: ___________________________ Date: __________________

Safety Coordinator’s signature: ___________________________ Date: __________________
Organization Name

>> Safety Committee Objectives

Please review and customize this sample document to reflect your organization’s expectations.

Name of Committee Chairperson is the designated safety contact for Organization Name and is the primary contact for safety-related matters. All employees are encouraged to bring any unsafe conditions or practices to the attention of their supervisor or a Safety Committee member. Supervisors and/or Safety Committee members will review and address safety concerns and communicate these concerns to management.

THE PRIMARY RESPONSIBILITIES OF THE SAFETY COMMITTEE ARE TO:
• Lead by example.
• Participate in the implementation of the organization’s safety program.
• Review safety concerns as they arise and help identify corrective actions.
• Recommend actions to reduce the frequency and severity of accidents and illnesses.
• Integrate safety into the day-to-day activities of all employees.
• Assist the organization in complying with government standards concerning safety and health.
• Assist supervisors with accident investigation.
• Conduct routine safety inspections to identify unsafe conditions and practices and to make recommendations for improvement.
• Make recommendations to management on matters pertaining to safety.

_________________________   _________________________   _________________________
_________________________   _________________________   _________________________
_________________________   _________________________   _________________________
_________________________   _________________________   _________________________
_________________________   _________________________   _________________________

Executive’s signature: ___________________________   Date: __________________________

Safety Committee Chairperson’s signature: ___________________________   Date: __________________________

The following people are the organization’s designated Safety Committee members:

__________________________________________   __________________________________________
__________________________________________   __________________________________________
__________________________________________   __________________________________________
__________________________________________   __________________________________________
__________________________________________   __________________________________________
GENERAL SAFETY INSPECTION CHECKLIST

Site: ____________________________ Date: ________________ Inspected by: ________________________________________________

**INSPECTION ITEM** | **YES** | **NO** | **N/A** | **COMMENTS/ACTIONS**
--- | --- | --- | --- | ---
**GENERAL**
1. Job safety and health poster, and communications and emergency numbers posted | | | | 
2. Records of recent inspections and safety meetings available | | | | 
3. Adequate provisions for first aid and/or medical attention | | | | 
**HOUSEKEEPING & FACILITIES**
1. Are stairways, aisles and access ways kept clear | | | | 
2. Are trash containers provided and emptied on a regular basis | | | | 
3. Are materials stored properly | | | | 
4. Are spills cleaned up immediately | | | | 
5. Are walkways to the facility clear of ice and snow and illuminated | | | | 
6. Are the gutters/downspouts adequate to draw water/ice away from walkways | | | | 
7. Are open-sided edges higher than 4 feet protected by guardrails or covers | | | | 
**PERSONAL PROTECTIVE EQUIPMENT**
1. Eye protection is being used and adequate | | | | 
2. Head protection is utilized as needed | | | | 
3. Respirators are used when needed and stored correctly at other times | | | | 
4. Gloves are being used when needed | | | | 
5. Proper clothing is being worn, including foot protection | | | | 
6. Hearing protection is available and used | | | | 
7. All PPE kept in sanitary and reliable condition | | | | 
**HAZARD COMMUNICATION**
1. Does the facility have a written hazard communication program | | | | 
2. Does the facility have a complete list of SDSs available | | | | 
3. Are chemicals properly labeled | | | | 
4. Have employees received hazard communication training | | | | 
**HAND & POWER TOOLS**
1. Are proper tools being used for the job | | | | 
2. Are tools being maintained in a safe condition | | | | 
3. Are mechanical guards in place | | | | 
4. Is proper training provided for users of the tool(s) | | | | 
**ELECTRICAL**
1. Are electrical panels/circuits labeled and free of storage in front of panels | | | | 
2. Are electrical extension cords in good repair, grounded and not used as permanent wiring | | | | 
3. Are energized electrical parts protected from contact with other hazards | | | | 
4. Are outdoor receptacles GFCI protected and are receptacles within 6 feet of water GFCI protected | | | | 
**MATERIAL HANDLING**
1. Have all chains and/or slings been inspected for defects, and labeled or taken out of service if inadequate | | | | 
2. Have all forklifts been inspected before use | | | | 
**FIRE PROTECTION**
1. Are flammable/combustible liquids stored in approved storage cabinets | | | | 
2. Have the facility sprinkler/ fire alarm systems been inspected within the past 12 months | | | | 
3. Do sprinklers have 18 inches of vertical clearance from stored materials | | | | 
4. Are building evacuation maps posted | | | | 
5. Are fire extinguishers and emergency lighting fixtures properly placed | | | | 
6. Is access to fire hydrants and extinguishers unobstructed | | | | 
7. Are doors/ passages unobstructed | | | | 

Other comments or recommendations:

______________________________________________________________________________________________
______________________________________________________________________________________________

Click here to download this form.
CONSTRUCTION SAFETY INSPECTION CHECKLIST

<table>
<thead>
<tr>
<th>INSPECTION ITEM</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>COMMENTS/ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL</strong></td>
<td></td>
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<tr>
<td>1. Job safety and health poster posted</td>
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<tr>
<td>2. Records of recent inspections and safety meetings available</td>
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<tr>
<td>3. Adequate provisions for first aid and/or medical attention</td>
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<td>4. Communications and emergency numbers</td>
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<tr>
<td><strong>HOUSEKEEPING &amp; FACILITIES</strong></td>
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<tr>
<td>1. Drinking water and single-service cups available</td>
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<tr>
<td>2. Adequate toilet facilities</td>
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<tr>
<td>3. Trash containers provided</td>
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<tr>
<td>4. Regular disposal of trash and waste</td>
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<tr>
<td>5. Nails removed or bent down</td>
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<tr>
<td>6. Spills cleaned up immediately</td>
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<td>7. Aisles and work areas neat and orderly</td>
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<td>8. Materials stored properly</td>
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<tr>
<td><strong>PERSONAL PROTECTIVE EQUIPMENT</strong></td>
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<tr>
<td>1. Eye protection being used and adequate</td>
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<tr>
<td>2. Head protection utilized as needed</td>
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<tr>
<td>3. Safety lanyards available and being used properly</td>
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<tr>
<td>4. Gloves being used when needed</td>
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<tr>
<td>5. Proper clothing being worn</td>
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<tr>
<td>6. Hearing protection available and used</td>
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<tr>
<td>7. All PPE kept in sanitary and reliable condition</td>
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<tr>
<td><strong>FALL PROTECTION</strong></td>
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<tr>
<td>1. Guardrails protecting open-sided floors, holes/openings,</td>
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<tr>
<td>scaffolds, runways, etc.</td>
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<tr>
<td>2. Barricades provided to protect trenches and warn of other</td>
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<tr>
<td>hazards</td>
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<tr>
<td>3. Ladders and scaffolds properly constructed</td>
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<tr>
<td>4. Ladders extended 36&quot; above landing and tied off</td>
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<tr>
<td>5. Erection and dismantling of scaffolds supervised by a</td>
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<tr>
<td>competent person</td>
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<td>6. Floor holes provided with secured covers</td>
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<td>7. Ladders and scaffolds being used in accordance with</td>
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<tr>
<td>manufacturers’ manuals</td>
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<tr>
<td><strong>HAND &amp; POWER TOOLS</strong></td>
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<tr>
<td>1. Proper tools being used for the job</td>
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<tr>
<td>2. Tools being maintained in safe condition</td>
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<tr>
<td>3. Mechanical guards in place</td>
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<tr>
<td>4. Proper training for user(s) of the tool(s)</td>
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<tr>
<td><strong>ELECTRICAL</strong></td>
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<tr>
<td>1. Ground fault circuits or grounding integrity program in</td>
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<tr>
<td>place</td>
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<tr>
<td>2. Electrical cords in good repair and grounded</td>
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<tr>
<td>3. Bulb guards for temporary lights</td>
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<tr>
<td>4. Wiring done per code and good wiring practices</td>
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<tr>
<td><strong>EXCAVATIONS/TRENCHING</strong></td>
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<tr>
<td>1. Properly supervised by a person who has completed “competent</td>
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</tr>
<tr>
<td>person” training</td>
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<tr>
<td>2. Proper shoring and/or sloping of excavations</td>
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<tr>
<td>3. Adequate ladders or ramps provided for exit from excavations</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Proper utility services identifications and locations made</td>
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<td></td>
</tr>
</tbody>
</table>

Other comments or recommendations:

_________________________________________________________________________________________________________

______________________________
### Job Hazard Analysis Worksheet

**Job:**
Grinding Iron Castings – Step 1 of 3

<table>
<thead>
<tr>
<th>Analysis by:</th>
<th>Reviewed by:</th>
<th>Approved by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Doe</td>
<td>Jane Doe</td>
<td>Jim Doe</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date:</th>
<th>Date:</th>
<th>Date:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Sequence of Steps</th>
<th>Potential Accidents or Hazards</th>
<th>Preventative Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Reach into metal box to right of machine, grasp 15-pound castings, and carry to wheel.</td>
<td>Picking up a casting, the employee could drop it onto his or her foot. The casting’s weight and height could seriously injure the worker’s foot or toes.</td>
<td>1. Remove castings from the box and place them on a table next to the grinder.</td>
</tr>
<tr>
<td>1. Castings have sharp burrs and edges that can cause severe lacerations.</td>
<td>2. Wear steel-toe shoes with metatarsal protection.</td>
<td></td>
</tr>
<tr>
<td>1. Reaching or twisting while lifting 15-pound castings from the floor could result in muscle strain to the lower back.</td>
<td>3. Change to protective gloves that allow a better grip.</td>
<td></td>
</tr>
<tr>
<td>1. Move castings from the ground and place them closer to the workplace to minimize lifting.</td>
<td>4. Use a device to pick up castings.</td>
<td></td>
</tr>
<tr>
<td>2. Wear cut-resistant gloves that allow a good grip.</td>
<td>2. Train employees not to twist while lifting. Reconfigure workstations to minimize twisting during lifts.</td>
<td></td>
</tr>
</tbody>
</table>
STEP 3
Clearly Defined Safety Rules

The goal of this third step is to help you create general and job-specific safety rules for your organization. And we’ll provide you with suggestions on how you can implement and reinforce your safety rules.

Creating Safety Rules

Safety rules are a key component of an effective safety program. They not only help protect employees from hazards and unsafe conditions, they also help protect an organization from the costs of potential claims and future liabilities. There are two categories of safety rules: general and job-specific.

Your organization’s general safety rules are going to be rules that apply to everyone in your organization. Job-specific safety rules, on the other hand, apply to specific job tasks.

One way to create safety rules is by conducting a thorough job hazard analysis. A job hazard analysis is a tool employers can use to review job-specific tasks and the potential hazards associated with those tasks. For more information about how to conduct a JHA, watch Pinnacol’s brief webinar that accompanies the CCC webinar series on Pinnacol.com.

Keep in mind that whether you’re creating general or job-specific safety rules, you should follow some rules yourself:

- Safety rules need to be clear, concise and specific to your organization.
- General and job-specific safety rules should be written with specific and direct language.
- Safety rules must be consistent and apply equally to all employees, regardless of their position in the organization.
- Your organization’s safety rules must be reviewed annually to ensure they remain current.

A sample copy of Safety Rules can be found on Page 14.

Implementing Safety Rules and Creating Awareness

Start by reviewing your safety rules with your employees. This doesn’t mean you simply hand them a copy of the rules and say, “Read through these and sign this.” It also doesn’t replace the need for ongoing safety training. Instead, a face-to-face meeting is your opportunity to discuss the rules and make sure your employees understand them. This is also your opportunity to set clear expectations with your employees about your organization’s safety culture and explain that safety is a shared responsibility of everyone in your organization.

Once you’ve discussed the safety rules, have your employees sign and date the document listing these rules. Make sure they know that, by signing this document, they are agreeing that they understand the rules and will abide by them.

Reinforcing Safety Rules

Providing positive reinforcement for employees who perform tasks in a safe manner is a great way to emphasize the importance of safety. This can be as simple as a pat on the back, spending a few minutes recognizing employees at a team meeting, or even acknowledging employees in your organization’s newsletter.

Another way to reinforce your organization’s safety rules is to conduct ongoing safety training. For more information on safety training, be sure to refer to the Safety Awareness and Training section on Page 17.

In addition to positively reinforcing your safety rules, you’ll also need to enforce them. Enforcement of safety rules may include verbal warnings, written warnings, suspension and even termination, depending on the frequency or severity of the violation. If an employee violates a safety rule, use a safety rule violation form to document it, even if it is a verbal warning.

A sample of an Enforcement Policy can be found on Page 15. A sample Safety Rule Violation form can be found on Page 16.

Applying for CCC

When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 3:

- Copies of your organization’s safety rules — both general and job-specific. This includes a sampling of copies that have been signed and dated from the date of inception of the rules and throughout the year as you hire new employees.

There are some additional documents you can provide to the Cost Containment Board. They’re not required but can strengthen your application. These are:

- Copies of job hazard analyses you’ve conducted.
- Copies of your organization’s enforcement policy that have been signed and dated by your employees.
- Copies of any safety rule violations you’ve issued to employees.
Organization Name

>> Safety Rules

This document is only a sample of general and job-specific safety rules. This is not a comprehensive list. Be sure to review these safety rules and customize them for your organization and industry.

These safety rules are designed to provide you with knowledge of the recognized and established safe practices and procedures that apply to many of the work situations you may encounter while employed by this organization. It would be impossible to cover every work situation. If you are in doubt about the safety of any equipment, practice or procedure, consult your supervisor for guidance.

GENERAL RULES:

ACCIDENT REPORTING: Report all accidents or near misses to your supervisor immediately.

HAZARD REPORTING: Notify a supervisor immediately if you encounter any unsafe condition and/or practice.

ALCOHOL OR ILLEGAL DRUGS: No alcohol or illegal drugs are allowed on the work site. Employees must notify their supervisor if they are taking any prescription drugs that might affect their judgment.

DRIVING: While driving a vehicle owned by the organization or driving your own vehicle for business purposes, obey all traffic laws and signs at all times. Wear your seat belt at all times. Do not drive over the posted speed limits, and NEVER text and drive.

LIFTING: When you are required to lift an item, always seek mechanical means (forklift, lift table, pallet jack, etc.) first. If an item must be lifted manually, please refer to the detailed lifting safety rules before performing the task.

FALLS: When working above a lower level (4 feet in general industry, 6 feet in construction) with unprotected sides, edges or openings, protect yourself by use of guardrails or an approved personal fall-arrest system (e.g., lanyard, harness, anchor point). More specific rules must be reviewed and training must be completed prior to performing work above a lower level.

PERSONAL PROTECTIVE EQUIPMENT (PPE): Appropriate PPE must be worn at all times. PPE will be allocated and training completed as necessary based on each job task. Training requirements and specific PPE are listed in detail in the job-specific safety rules.

JOB-SPECIFIC RULES:

EMPLOYEE POSITION: OFFICE WORKER

• Do not stand on furniture to reach high places; always use a ladder or a step stool.
• Use handrails when ascending or descending stairs or ramps.
• Close all file cabinet drawers after use, to prevent tripping or bumping hazards.

DANGEROUS TASK: EQUIPMENT MAINTENANCE

• Only authorized personnel may work on equipment.
• Authorized personnel must follow the proper lockout/tagout procedures as noted in the organization’s detailed lockout/tagout training manual.

DANGEROUS TASK: OPERATING A TABLE SAW

• The blade guard and non-kickback fingers must be in place at all times when you are operating the table saw.
• When you are changing a blade, the table saw must be unplugged or shut down following the organization’s equipment-specific lockout/tagout rules.

EQUIPMENT OPERATION: FORKLIFT

• Employees must wear seat belts when operating a forklift.
• Do not allow passengers to ride on the forklift unless a passenger seat with a seat belt is available.
• Do not use a forklift to elevate workers unless an approved elevating platform is properly attached to the mast and forks.

DANGEROUS TASK/EQUIPMENT OPERATION: KITCHEN STAFF

• Use the provided wooden tamper when pushing meat through a grinder.
• When using a knife, cut away from your body.
• Never try to catch a falling knife.
• Turn off and unplug the grinder prior to cleaning.

I, (print name) ______________________________, understand the safety rules of Insert Organization Name and agree to act in accordance with the safety rules at all times while working. I am aware that the violation of any rule is cause for stern disciplinary action, which could include termination of employment.

Employee’s signature: ______________________________ Date: ______________________________
Organization Name

>> Safety Rules Enforcement Policy

Please review and customize this sample document to reflect your organization’s expectations.

OBJECTIVE
Safety rules are provided as guidelines for safe operations. All employees must follow these rules as a condition of employment.

SCOPE
Rules apply to all employees and contractors.

PROCEDURE
All employees will be given a copy of the safety rules upon initial employment. All employees must sign and return the acknowledgment form after they have been given a chance to review the safety rules and ask any questions. The safety rules will be periodically reviewed by management in order to ensure that they are applicable and current, and updates will be promptly shared with all employees.

ENFORCEMENT
Employees are subject to disciplinary action for violations of safety rules. Employees will be afforded instructive counseling and/or training to ensure a clear understanding of the infraction and the proper conduct under organizational guidelines. Nothing in this policy or this safety program will preclude management from terminating an employee for a safety violation. This is not a progressive discipline system, and any safety violation may lead to an employee’s termination without prior instruction or warning.

Management reserves the right to impose any of the following disciplinary actions it deems appropriate:

- Verbal warning with documentation in personnel file.
- Written warning outlining nature of offense and necessary corrective action with documentation in personnel file.
- Suspension.
- Termination.

Managers, including supervisory personnel, are subject to the above disciplinary action for the following reasons:

- Repeated safety rule violations by employees under their supervision.
- Failure to provide adequate training prior to assigning jobs.
- Failure to report accidents and to provide medical attention to employees injured at work.
- Failure to control unsafe conditions or work practices.
- Failure to maintain good housekeeping standards and cleanliness in their departments.

I, (print name) ______________________________, have read and understand the enforcement policy of Insert Organization Name and agree to act in accordance with the safety rules at all times while working. I am aware that the violation of any rule is cause for stern disciplinary action, which could include termination of employment.

Employee’s signature: ___________________________ Date: ___________________
Organization Name

>> Safety Rule Violation

Employee Name: ___________________________ Date: ___________________________

TYPE OF VIOLATION:

RESULT OF VIOLATION:

DISCIPLINARY ACTION:

Upon hire, I, (print name) __________________________________________, agreed to act in accordance with the safety rules of Insert Organization Name at all times while on the job, and I understand that the disciplinary action I am receiving is a result of my violation of one or more of the organization’s safety rules.

Workers’ compensation benefits, by law, can be reduced by 50 percent if a work-related injury or illness is a result of a safety rule violation. In addition, any future safety rule violations may result in suspension without pay and/or termination.

Employee’s signature: ___________________________ Date: ___________________________

Supervisor’s signature: ___________________________ Date: ___________________________
The goal of this fourth step is to educate you on the training requirements and documentation for Step 4. Statistics show that employees with less than one year of experience account for more than 30 percent of workplace injuries. While there are other contributing factors to workplace injuries, this statistic reinforces that educating new employees about your organization’s safety policies and expectations is a critical part of an effective safety culture and can help reduce workplace injuries.

**New-Employee Safety Orientation**

The purpose of new-employee safety orientation is to give new employees the same information that your current employees already know about your organization’s safety rules and safety expectations.

The New Employee Safety Orientation Checklist covers topics that need to be discussed and reviewed with your new employees. Also, note that by signing off on the checklist, both the employee and supervisor are taking responsibility for their commitment to safety.

A sample New Employee Safety Orientation Checklist can be found on Page 18.

**Job-Specific Training**

When you bring new employees into your organization, it’s important to ensure that each individual is trained on specific job tasks prior to performing them — even if the employee has prior experience with the tasks.

**Continuing Safety Awareness**

In addition to new-employee safety orientation and job-specific training, it’s essential to continue reinforcing the importance of safety through ongoing awareness and training.

When thinking about and planning for ongoing training in your organization, you may want to consider the following:

- What topics are important to cover with your employees on a regular basis?
- Are there common injuries that have been occurring recently?
- Are there industry trends that are worth discussing with your team?

The Cost Containment Certification Board will need to see only documentation showing safety training on a quarterly basis. However, in order to keep safety awareness at the top of your employees’ minds and to reinforce a strong safety culture, we recommend you hold meetings more frequently throughout the year.

A sample copy of a Safety Training Roster can be found on Page 19.

Now that you’ve conducted your training, how can you verify it was effective? One option is to have employees take a quiz. Another option is to set up a demonstration for your employees to perform so they can show their understanding of the training.

**Transfer Employees**

Sometimes companies forget that an employee who transfers into a new position or department may not have the same training as other employees who’ve been there awhile. It’s imperative that the appropriate training occurs immediately for the transferred employee in order to ensure that he or she understands the new job tasks, the hazards associated with those tasks, and the safety measures that your organization has implemented in order to protect employees from potential injuries.

**Applying for CCC**

When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 4:

- Proof of new-employee safety orientation training, signed and dated by supervisors and employees.
- Copies of safety training rosters that are signed by employees. These must also show the training topic and the date the training was conducted.
- The Board may request supporting documentation for job-specific training to verify that accident trends are being addressed.
## New Employee Safety Orientation Checklist

Please review and customize this sample document to reflect your organization's expectations.

**Employee name:** ___________________________  **Date of hire:** _____________

**Supervisor name:** ___________________________

### SAFETY CHECKLIST ITEMS/RULES

The new employee and his or her supervisor must initial the following items.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I have read and someone has explained to me the organization's safety policy, and I understand how my actions can impact its safety goals.</td>
<td>Employee</td>
</tr>
<tr>
<td>2.</td>
<td>I understand the roles and responsibilities of the company's safety coordinator/committee.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I have read and someone has explained to me the safety rules for the organization and any rules specific to my job position.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>The company disciplinary policies have been explained to me.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>I have read and signed the New Employee Designated Provider Notification Letter and understand I must report all injuries to my supervisor immediately.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>I understand that if I am injured, I must actively participate in the accident investigation in order to prevent future incidents.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>I have received and understand the procedures in case of emergency, including the action plan, evacuation routes and designated meeting location for employees.</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>I understand the purpose of hazard communication and know the location of the safety data sheets (SDSs) file.</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>I understand that I will have specific training regarding any tasks that I am expected to perform.</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>I understand that I am <strong>not</strong> authorized to use any tools or equipment until I have received formal on-the-job training, testing and approval.</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>I know where the first aid station and kits are located.</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>I have been shown the job site facilities (if applicable).</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>I have been issued and trained on the proper use of the following equipment:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hard hat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Safety glasses</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fall protection harness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hearing protection</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Respirator</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gloves</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Other:</td>
<td></td>
</tr>
</tbody>
</table>

**Employee’s signature:** ___________________________  **Date:** _____________

**Supervisor’s signature:** ___________________________  **Date:** _____________
### Safety Training Roster

**Date/Time/Location:**  
________________________________________________________

**Safety Topic:**  
______________________________________________________________  
_________________________________________________________________________________  
_________________________________________________________________________________  
_________________________________________________________________________________

**Discussion Leader:**  
_________________________________________________________________________________

*Please note: Employees must print and sign their own names. Typed names without signatures are not acceptable.*

<table>
<thead>
<tr>
<th>Print Name</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
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<tr>
<td>4.</td>
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<td>5.</td>
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<tr>
<td>6.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td></td>
</tr>
</tbody>
</table>

**Employee Comments and Suggestions:**

[Click here to download this form.]
**STEP 5  Written Designation of Medical Providers**

The goal of this step is communicate and accurately document the selection of your organization’s four designated medical providers. Colorado’s workers’ compensation law allows you, the employer, to select the treating physicians for work-related illnesses or injuries, as long as you do the following:

- **Offer four medical providers, at least one of which is at a different location without common ownership.**
- **Give injured employees the Designated Provider List Notification Letter as soon as you learn of the injury.**

Selecting medical providers who are experts in occupational medicine is an integral part of claims management. By designating physicians who can really get to know your business and its common injuries, your employees will receive high-quality, cost-effective care that emphasizes return-to-work and a speedy recovery. To help with your selection of designated medical providers, Pinnacol has developed **SelectNet** — a network of accredited occupational health providers throughout the state. If you need help selecting your four designated providers, or if you have any questions about our **SelectNet** providers, please contact your underwriter.

While it’s not a requirement for Cost Containment Certification, Pinnacol highly recommends that you get to know and stay in touch with your designated medical providers. Communication is the key to an effective relationship between the employer and the designated medical provider. We encourage you to do the following:

- **Visit your designated medical providers at their offices.**
- **Invite them to tour your facility.**
- **Arrange for them to send you a status update following each medical appointment.**
- **Give them a copy of your organization’s job descriptions so they are aware of the physical requirements of each position.**
- **Send them a copy of your modified duty policy and preplanned modified duty tasks so they’re aware of ways your employees can return to work safely.**

**Communicating Your Providers to Your Employees**

Once you’ve identified your four designated medical providers, you need to communicate this information — in writing — to your employees. You can do this through the New Employee Designated Provider Notification Letter.

A sample New Employee Designated Provider Notification Letter can be found on Page 22.

Once your customized letter is ready, distribute it to all employees and have them sign, date and return it. Make sure to keep the signed and dated documents on file.

In addition to providing your employees with the notification letter, we also recommend that you:

- **Host an annual safety meeting reminding your employees of your designated medical providers.**
- **Hang up an informational poster. Pinnacol has a Notice to Employees poster that you can order — free of charge — from Pinnacol.com.**

**When an Injury Takes Place**

Even though you’ve already had employees sign the New Employee Designated Provider Notification Letter, you are still required by law to hand-deliver or mail the Designated Provider List Notification Letter to injured workers within seven days of learning about a workplace injury. This letter must be signed and dated by your injured worker. Be sure to give a copy to your employee and keep a copy for your files.

A sample Designated Provider List Notification Letter for an Injured Worker can be found on Page 23.

**Applying for CCC**

When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 5:

- **A sample of signed and dated New Employee Designated Provider Notification letters dating back at least 12 months.**
- **You can also provide the Cost Containment Board signed and dated copies of the Designated Provider List Notification Letter. This is the letter that you must give to an injured worker within seven days of being notified of an injury. If no injuries have occurred in your workplace, then a blank copy of this letter will be sufficient. Copies of this letter are not required but can help strengthen your application.**
Organization Name

>> New Employee Designated Provider Notification Letter

To: All Employees
From:
Date:
Subject: Designated Medical Providers for Work-Related Injuries and Illnesses

All employees must obtain treatment of work-related injuries and illnesses from one of the following medical providers:

1. Name:
Address:
City, State & Zip:
Phone:

2. Name:
Address:
City, State & Zip:
Phone:

3. Name:
Address:
City, State & Zip:
Phone:

4. Name:
Address:
City, State & Zip:
Phone:

In the event of a life- or limb-threatening emergency, the injured employee will be sent to the nearest emergency medical facility. One of the medical providers designated above must provide all follow-up care.

If an unauthorized medical provider treats an employee, the employee will be responsible for payment for said treatment.

I have read and am fully aware of the organization’s policy regarding medical treatment for work-related injuries and illnesses. I further understand that I must immediately report any work-related injury to my supervisor.

All employees must sign below, acknowledging this policy.

________________________________________
Employee’s name

________________________________________  _____________
Employee’s signature  Date
Organization Name

>> Designated Provider List Notification Letter

For An Injured Worker

To complete this letter, fill in the gray fields and print on your organization’s letterhead. Then hand-deliver or mail the letter to your employee when you are notified of the injury.

To:
From:
Date:

Subject: Designated Provider List Notification Letter for an Injured Worker

I am sorry to learn that you have been injured. To make sure you receive the care you need, we are filing a claim with our workers’ compensation insurance carrier, Pinnacol Assurance. Pinnacol will contact you with your claim number and additional information. In the meantime, you should see one of the medical providers we have selected to treat our injured employees. These medical providers specialize in on-the-job injuries, and I want you to have the best possible care.

1. Name:  
   Address: 
   City, State & Zip: 
   Phone:

2. Name:  
   Address: 
   City, State & Zip: 
   Phone:

3. Name:  
   Address: 
   City, State & Zip: 
   Phone:

4. Name:  
   Address: 
   City, State & Zip: 
   Phone:

Please contact one of these medical providers to be seen as soon as possible. After your first appointment, please follow up with me so we can review your medical status and work capabilities.

The respondent’s representative is our workers’ compensation insurance company, Pinnacol Assurance. Please see the contact information below.

Pinnacol Assurance  
7501 E. Lowry Blvd.  
Denver, CO 80230-7006  
303.361.4000 or 800.873.7242

If you have questions, please contact me. My goal is to ensure that you get the care you need to recover quickly and return to work as soon as possible.

Organization Name and Phone:  
Address:  
City, State & Zip:  

Employer’s Representative for Workers’ Compensation:  
Name:  
Phone:  

☐ Hand-delivered on: ____________________________
☐ Mailed to injured worker on: ____________________________

________________________________________

Employer’s signature

________________________________________

Employee’s signature  
Date
STEP 6

The goal of this step is to help you create your written procedures for claims management. Clear, easy-to-understand procedures can alleviate concerns and ensure that claims are handled in a fair and expedient manner. Good claims procedures may also reduce your claims costs.

Preparing for a Claim

When preparing for a claim, you should have critical forms ready and available if an injury occurs. These forms include:

- Claims Management Procedures document
- The Designated Provider List Notification Letter for an injured worker
- First Report of Injury form
- Management Accident Investigation Report
- Sample Investigation Questions
- Employee Accident Report
- Witness Statements

Return-to-Work Program

Oftentimes, injured workers can come back to work and contribute to your organization in a different capacity while their injuries heal. So before an injury ever occurs, you should create a modified duty task list for your employees. This is a list of less physically demanding, but helpful, tasks that an injured employee can perform.

For more information about developing your return-to-work program and modified duty, call Pinnacol and ask to speak with one of our return-to-work consultants.

Reporting a Claim

The first 24 hours following an injury are critical to your injured worker and to you. Here are the first three steps to take when an employee is injured:

1. Get medical treatment for your employee and give your employee a copy of your Designated Provider List Notification Letter for injured workers.
2. Investigate the accident using the Management Accident Investigation Report.
3. Report the injury to Pinnacol. You can report an injury within 24 hours in any of the following ways:
   - Online at Pinnacol.com
   - By phone at 303.361.4000 or 800.873.7242
   - By fax at 303.361.5000 or 888.329.2251

Applying for CCC

When you’re ready to apply for certification, you’ll need to provide the following documentation for Step 6:

- A copy of your Claims Management Procedures document that’s signed and dated by the person responsible for managing your claims.
- Blank copies of your accident investigation documents.
- Evidence of your return-to-work program.

If an injury has occurred, include the following documentation to the CCC Board with your application:

- Accident investigation documentation, including evidence that you have identified contributing factors and that you’ve implemented corrective actions to eliminate or reduce the exposures.
- Documentation that shows how long the employee was on modified duty and/or a copy of the Formal Modified Duty Job Offer Letter (if applicable).

Additional documentation that is not required but can strengthen your application includes:

- Copies of the Designated Provider List Notification Letter for an Injured Worker.

For more details on how to conduct a thorough accident investigation, please watch Pinnacol’s accident investigation webinar that accompanies the CCC webinar series on Pinnacol.com.
Please review and customize this sample document to reflect your organization’s expectations.

1) In the event of a work-related injury or illness, the injured worker must report it to his/her supervisor immediately.

2) If the injured employee needs immediate medical attention, he/she will be driven or sent to the nearest hospital or clinic.

3) Once notified of an injury, the supervisor will give the injured worker a copy of the Designated Provider List Notification Letter. Be sure to have the employee sign and date this letter. Keep a copy in your personnel files and give a copy to the employee.

4) If the injury is not an emergency, an appointment will be made with the injured worker’s selection of the designated medical provider as soon as possible.

5) Report the claim within 24 hours to Pinnacol Assurance. This can be done on Pinnacol’s website (www.pinnacol.com), by phone at 800.873.7242, or by fax at 800.361.5000.

6) In the event of a work-related fatality, OSHA (800.321.6742) must be notified within eight hours and work-related in-patient hospitalizations, amputations, or an employee’s loss of an eye must be reported to OSHA within 24 hours.

7) In the event of an injury that results in a fatality or an accident in which three or more employees are injured, the Colorado Division of Workers’ Compensation (303.318.8700) must be notified immediately.

8) Documented accident investigations will be conducted following all work-related injuries. The supervisor or safety coordinator will be responsible for interviewing the injured employee and all witnesses.

9) Management will use information from the accident investigation to identify and implement changes that may help prevent future incidents.

10) For an employee who is not working due to an injury, management will contact the injured employee at least once a week to answer questions, keep the injured employee informed of organization activities and discuss return-to-work options.

11) Following an injured worker’s medical visit, the employer will obtain a copy of the medical providers’ status report.

12) Modified duty procedures will be as follows:
   • The employee’s supervisor will determine if the employee can return to his/her regular job duties within his/her medical restrictions.
   • If the employee is unable to return to regular job duties, the supervisor will determine if the employee’s position can be temporarily modified to accommodate the restrictions.
   • If the job cannot be modified, management will evaluate other tasks the employee may be able to perform until the employee is released to regular work duty or placed at maximum medical improvement (MMI).
   • If the employee is unable to return to a modified position, the medical restrictions will be re-evaluated after each doctor’s visit to ensure the employee returns to work as soon as possible.

13) If required, an entry will be made on the OSHA 300 Log for all cases involving medical treatment.

14) Complete records will be kept for all workers’ compensation claims.

Claims Administrator’s signature: ____________________________

Date: ____________________________
## Employee Accident Report

To be completed by the injured employee.

<table>
<thead>
<tr>
<th>Employee name:</th>
<th>Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer:</td>
<td>Title:</td>
</tr>
<tr>
<td>Date of accident:</td>
<td>Time of accident:</td>
</tr>
<tr>
<td>Address and location of accident:</td>
<td></td>
</tr>
</tbody>
</table>

Please explain step by step how the accident occurred:

Describe the affected body parts:

Identify possible causes for the accident and if/how it could have been avoided:

Employee’s signature: ____________________________ Date: ________________
Organization Name

>> Management Accident Investigation Report

☐ Injury – first aid only  ☐ Property damage
☐ Injury – medical treatment  ☐ Near miss – record only

Injured employee:  Occupation:
Assigned department:  Supervisor:
Date of accident:  Time of accident:
Date accident was reported:  Witnesses:
Address and location of accident:

SUMMARY: Describe the accident. Use photos or sketches if necessary.

ANALYSIS: Identify possible causes for the accident and if/how it could have been avoided.

RECOMMENDATIONS: Outline any possible corrective actions that may prevent the recurrence of similar accidents.

ACTION TAKEN: Describe measures taken by management to improve the system (employee training, new equipment, changes in safety policies, changes in operating procedures, etc.) and to prevent occurrence of similar accidents.

CORRECTIVE ACTION  ASSIGNED TO  DATE IMPLEMENTED  NOTES
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Report completed by: Date: ____________________________

Report reviewed by: Date: ____________________________
>> Sample Accident Investigation Questions

**HOW**
How does the injured employee feel now?
How did the injury occur?
How could this accident have been prevented?

**WHO**
Who was injured?
Who saw the accident?
Who was working with the injured person?
Who had assigned the person to the work task?
Who had trained the person on the hazards and protective measures for this task?
Who else was involved?

**WHAT**
What were the causal factors of the accident?
What were the injuries?
What was the person doing when injured?
What had the person been instructed to do?
What tools was the person using?
What machinery was involved?
What training had been given?
What specific precautions were necessary?
What personal protective equipment was being used?
What personal protective equipment should have been used?
What will be done to prevent a recurrence?
What safety rules were in place to prevent this type of accident?
What safety rules were being followed?
What were the environmental conditions (e.g., lighting, floor surface, etc.)?

**WHEN**
When did the accident occur?
When did the person start this task?
When was the person assigned to this department?
When had the supervisor last checked on the job progress?

**WHY**
Why was the person injured?
Why did the person do what he/she did?
Why wasn’t protective equipment used?
Why weren’t specific instructions issued?
Why didn’t the person check with the supervisor when he/she noted things weren’t as they should be?
Why did the person continue to work under these circumstances?

**WHERE**
Where did the accident occur?
Where was the person at the time of the accident?
Where was the supervisor at the time?
Where were fellow workers at the time?
Organization Name
>> Witness Statement

Witness name: Phone:
Date of accident: Time of accident:
Address and location of accident:

☐ I saw the accident. Here is a step-by-step explanation of how the accident occurred:

☐ I did not see the accident occur but can provide additional information about the scene and other factors and/or unusual conditions that may have led up to the accident:

Identify possible causes for the accident and if/how it could have been avoided:

Identify witnesses or others in the surrounding area:

If applicable, please draw a diagram below of the accident:

Witness’s signature: Date:

Statement taken by (name of interviewer, if applicable):
Applying for Cost Containment Certification

Quick Guide

Cost Containment Certification requires one full year of documentation demonstrating that a safety program is in place and is effective. Submit copies of your documentation when applying for Cost Containment Certification. Keep your original documentation on file.

Signed and dated documentation required for the Premium Cost Containment Certification Program:

**Step 1**
Formal Declaration of Companywide Safety Policy
- The policy reflects the philosophy of top management.
- The policy addresses that the safety and health of all employees are a top priority.
- The policy contains employer and employee responsibilities with regard to safety.

**Step 2**
Formal Designation of a Safety Coordinator or Safety Committee
- Your safety coordinator or safety committee responsibilities document clearly defines the tasks and objectives.
- If you have a safety committee, provide meeting agendas and meeting minutes.

**Step 3**
Clearly Defined Safety Rules
- Hazards are identified and safety rules — general and job-specific — are documented and clearly communicated.
- Safety rules are enforced consistently throughout the organization.
- Additional documentation that is not required but you may include for this step is as follows:
  - Job hazard analyses that you’ve conducted.
  - Copies of your organization’s enforcement policy.
  - A copy of a completed safety rule violation form (if one was issued).

**Step 4**
Safety Awareness and Training
- Documented new-employee safety orientation occurs upon hire.
- Supervisors provide and document individual job/task safety training.
- At a minimum, quarterly ongoing safety meetings are held for all employees, and attendance is documented with employee signatures.

**Step 5**
Written Designation of Medical Providers
- The employer designates at least four SelectNet medical providers for work-related injuries.
- These designated medical providers are clearly identified and communicated to your employees. This includes:
  - Signed and dated New Employee Designated Provider Notification letters.
  - If a workplace injury has occurred, copies of the Designated Provider List Notification Letter for an Injured Worker.

**Step 6**
Written Policies and Procedures for Claims Management
- Claims management policies and procedures are documented for your organization.
- The employer investigates all accidents in order to identify hazards and implements corrective actions. Enclose completed accident investigation forms.
- The organization must provide evidence of a return-to-work program, including modified duty.
What to Avoid

Top Reasons Cost Containment Certification Applications Are Delayed

Safety Coordinator/Committee

The coordinator is named and responsibilities are outlined, but no documentation is provided to support ongoing activity (e.g., safety inspections, committee meetings, etc.).

Sign-Off Documents

In the case of committee meetings/training, some employers fail to have all members sign attendance sheets. Many employers provide blank forms rather than completed forms. The Cost Containment Certification Board wants to see copies of actual signed acknowledgment forms dating back one year.

Required Data

Applicants may write “see attached” in a section where they are required to enter data, such as the “total employee hours worked” section.

Claims Management

You cannot support the existence of a claims management program with an undated, unsigned list of procedures, or a page taken directly from Pinnacol’s resources. Additionally, some employers offer little or no documentation pertaining to modified duty and proper accident investigation. A copy of actual accident investigations for every injury/illness that has occurred in the last year is required. Ideally, applicants should also provide a copy of a Rule 6 letter to support implementation of, or attempts at, modified duty.

Loss Runs

Problems with loss runs include (a) no loss runs provided; (b) incomplete loss runs (less than three full policy years and current year); and (c) loss runs generated more than 30 days prior to the application. See Page 33 for instructions on completing the loss reports information.

Failure of Applicants to Properly Complete the Application for Certification in a Timely Manner

Applications are routinely delayed because the applicant missed the deadline for application — on or before the 20th day of the month. This deadline is final.

A sample timeline is shown below. This timeline was created to provide you with an example of the implementation application process. The dates are examples only. You can apply for CCC at any time through the year.

Jan. 1, 2013

All six steps of your safety program have been created and implemented.

Jan. 1, 2014

Your six-step program has been in place for one full year. Begin the Cost Containment Certification application process.

Feb. 20, 2014

Submit your application to the Premium Cost Containment Board. Your application, loss information and documentation must be received by the Premium Cost Containment Board before 4 p.m. on or before the 20th of the month in order to be reviewed during the following month’s meeting.

Premium Cost Containment Board reviews your application. Applications are reviewed on the first Wednesday of each month. If the Board approves your application, you will receive your certificate within two weeks.

Policy Renewal

Your policy renews (e.g., April 1). Pinnacol may apply the appropriate discount to your policy.

Please note: The dates above are examples only. Your application can be submitted to the Premium Cost Containment Board at any time during the year. All documentation submitted with your application must reflect that each step has been in place for one full year. The appropriate discount will be applied at the next renewal of your policy following certification.
Summary Chart and Loss Reports

Please read before completing the Request for Certification form.

Summary Chart

Policy Period is defined as the policy year or partial policy year reflected on loss reports. These periods might not coincide with the calendar year. **DO NOT** convert policy periods to calendar years (e.g., if the policy period is shown on loss reports as July 1 through June 30, the policy period should be reported as shown).

Number of Injuries is defined as the number of claims reported to your insurance carrier. In some cases, this will include reports of injuries that have incurred no costs. (All injuries should be reported to your carrier, regardless of severity.) OSHA reporting requirements are not a consideration.

Total Costs on All Claims is defined as the gross incurred amount and includes both paid and outstanding reserve amounts. This includes medical costs, indemnity costs and miscellaneous expenses. Deductible amounts paid by the insured employer must also be included in this figure.

Total Employee Hours Worked is defined as the total number of hours worked by **ALL** employees during each indicated policy period. There is no need to break this figure down into “regular” and “overtime” hours, nor is it necessary to differentiate between “exempt” and “nonexempt” employee hours. Hours **MUST NOT** be extended beyond the valuation date of loss reports (e.g., if loss reports are valued as of June 30, hours worked should be reported only through June 30, even though the date of the application may be July 20).

Loss Reports

Currently valued loss reports from your insurance carrier covering the last **THREE** full policy periods and the current policy year must accompany all requests for certification or recertification. In order to be currently valued, **ALL** loss reports must have been printed within 30 days of the date of application.

Only original detailed, gross valuation loss reports are acceptable. Online printouts, summary loss reports and loss reports that do not include deductible amounts are unacceptable for program purposes. Summaries prepared by agents or brokers and in-house accounting program printouts are generally not acceptable.

Original signatures are required. Failure to properly complete this request form or provide the required loss reports will delay the processing of your request.

If you have any questions, please contact the Premium Cost Containment Program at 303.318.8644.
Division of Workers’ Compensation Premium Cost Containment Program Request for Certification

To obtain certification status in the Colorado Workers’ Compensation Premium Cost Containment Program, it must be demonstrated that the applicant employer has actively followed an approved loss prevention and loss control program for a period of at least one year. Copies of loss prevention documentation clearly showing that compliance with each of the following requirements has been in effect must accompany this request for certification.

THE APPLICANT EMPLOYER MUST PROVIDE THE DIVISION WITH DOCUMENTATION OF THE FOLLOWING COST CONTAINMENT PROGRAM REQUIREMENTS:

1. Formal Declaration of an Organization-wide Loss Prevention and Loss Control Policy (enclose a signed and dated copy).
   a. Policy reflects the philosophy of top management.
   b. Safety and health of all employees are top priorities.

2. Formal Creation of a Safety Committee or Coordinator (enclose signed and dated documentation).
   a. Committee or coordinator has clearly defined tasks and objectives.
   b. Discuss/recommend safety policies and objectives.
   c. Identify unsafe conditions and practices.
   d. Investigate all accidents.
   e. Conduct safety committee meetings and promote safety awareness.
   f. Establish and update safety rules.

3. Clearly Defined and Conspicuously Posted Safety/Loss Prevention Rules (enclose a signed and dated copy).
   a. Hazards are identified and accident prevention rules are clearly communicated.
   b. All employees are made aware of the safety rules.
   c. Safety rules are applicable and updated as needed.

4. All Employees Undergo Safety Awareness and Loss Prevention Training (enclose signed and dated verification of employee safety training).
   a. The supervisor has provided and documented individual job/task safety training.
   b. Ongoing safety meetings are held for all employees, and attendance (employee sign-off) is recorded.

5. Written Designation of Medical Providers (enclose a signed and dated copy).
   a. Providers are knowledgeable about fee schedules and agree to honor designated provider agreements.
   b. Providers communicate with the employer on issues such as case management and modified duty.
   c. Employer will keep in contact with the injured worker and will inform employees about matters concerning the designated medical provider.

6. Written Policies and Procedures on Claims Management (enclose a signed and dated copy).
   a. Employer has investigated all incidents for third-party potential (enclose a completed investigation).
   b. Employer ensures that the insurance carrier is contacted in a timely manner and confirms that the employee was working at the time of the accident.
   c. Employer coordinates with the insurance carrier (at least annually) on issues such as loss runs review, outstanding reserves and employee classification.
   d. Employer, when practicable, institutes a modified duty program in conformance with the attending physician’s restrictions (enclose modified duty documentation).
7. Use the chart below to provide a summary for EACH of the last three full policy periods and the current policy year date of your organization’s injuries, costs and total employee hours worked. This information MUST be provided by POLICY period. Information should be taken from insurance carrier’s loss reports and payroll records. See Page 33 for instructions on completing the summary chart.

8. A currently valued copy (valued no more than 30 days prior to the date of application) of your insurance carrier’s detailed, gross loss reports for the last three full policy years and the current policy year date MUST be included with this request for certification. See Page 33 for instructions on completing the loss reports information.

**Note:** An on-site evaluation of the employer’s Cost Containment Program may be conducted.

<table>
<thead>
<tr>
<th>Policy Period Effective Date</th>
<th>Policy Period Expiration Date</th>
<th>No. of Injuries During Policy Period</th>
<th>Total Costs Incurred on All Claims During Policy Period</th>
<th>Total Employee Hours Worked During Policy Period</th>
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By signing this request, the contact person affirms that the above requirements have been met and acknowledges that the Premium Cost Containment Program may contact the applicant employer’s workers’ compensation insurance carrier to obtain information relative to this request.

Signature of Contact Person: ___________________________ Date: ___________________________

Type or Print Name of Contact Person: ___________________________ Email Address: ___________________________

Contact Person’s Phone Number: ___________________________ Fax Number: ___________________________

PLEASE RETURN THE COMPLETED FORM CONTAINING THE ORIGINAL SIGNATURE OF THE CONTACT PERSON.
ATTACH ALL REQUIRED DOCUMENTATION.

Premium Cost Containment Program Board
Division of Workers’ Compensation
633 17th St., Suite 400
Denver, CO 80202
303.318.8644

**Note:** Submit copies of your documentation when applying for Cost Containment Certification. Keep your original documentation on file.