

Risk Management Solutions



Spring 2024

A Quarterly Newsletter of the AMIC/MWCF Loss Control Division

A Dose of Safety: How to Properly Dispose of Medications

By: Kyle Hines, Loss Control Representative, AMIC/MWCF

edications serve as powerful tools in managing illnesses, alleviating symptoms and promoting overall health and well-being. As essential as medications are in our health, unused prescription medications are a public safety hazard, which may lead to accidental poisoning, misuse or overdose. Properly disposing of medications is a crucial step in safeguarding the health and safety of the public. Here are some tips.

Securely Store Your Medications: Store all medications, including prescription and over-the-counter drugs out of reach and sight of children. Consider using child-resistant containers or locking cabinets to prevent unauthorized access.

A helpful tip: Storing medications in the bathroom or bathroom cabinet may damage your medications. The heat and moisture from your showers, baths or sinks may affect the potency of your medications.

Instead... try storing your medications in a cool, dry place away from heat, moisture or direct sunlight. Certain medications include specific storage instructions to maintain their effectiveness. Check the prescription bottle or ask your pharmacist if you are unsure.

Regularly Inventory Your Medications: Periodically check your medication cabinets for unused or expired medications. Disposal of these medications promptly may reduce the risk of accidental ingestion.

Use Drug Take-Back Programs: The U.S. Drug Enforcement Administration (DEA) hosts a National Prescription Take Back Day in many communities nationwide. This initiative aims to provide a safe and responsible means to dispose of medications, while also educating the public about the potential harms of improper disposal. Similarly, communities may sponsor their own medication take back programs.

Some pharmacies may also offer on-site medication drop off boxes, mailing programs and other ways to safely aid in disposing

Check the FDA's Flush List for Certain Medications: It is important to understand that some medications may be harmful to others and have specific directions for their disposal. If a take-back program is not readily available, consult the Food and Drug Administration's (FDA) list of medications that are recommended for disposal by flushing. It is also vital to ensure you comply with your community's laws and regulations prior to flushing medications.

of your medicines. Visit the DEA's website (www.deatakeback.com) or call (800) 882-9539 for more information.

Disposal of Medications in the Household Trash: If a take-back program is unavailable, most medications can be thrown into your household trash, unless on the FDA flush list.

- 1. Medications should be removed from the original containers.
- 2. Remove all personal information, including prescription numbers, on the empty original containers by scratching it off or covering it with a permanent marker.

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DON'T:

Flush unused or expired prescription or over-the-counter medications down the toilet or drain unless the label or patient information has specific instructions to do so.

DO:

Return unused or expired medications to a drug take back program or follow the steps for safe disposal in the household trash.

Another service provided by the Alabama Municipal Insurance Corporation (AMIC) and the Municipal Workers Compensation Fund (MWCF) founded by the Alabama League of Municipalities (ALM).

A Dose of Safety -

- 3. Mix the medications (do not crush tablets or capsules) with undesirable substances such as used coffee grounds, cat litter or dirt.
- 4. Then, place the mixture into something you may close such as a secure bag or container. This makes the medication less appealing to others and pets, as well as unrecognizable to someone who may go through the trash looking for drugs.
- 5. The sealed container or bag containing the mixture and the empty containers may now be placed in your household trash.

Disposal of Inhalers: Inhaler products may be dangerous if punctured or thrown into an incinerator. It is recommended to read the handling instructions on the labeling of these products. Follow local laws and regulations and contact your trash and recycling facility prior to disposal.

Disposal of Needles and Syringes: Proper disposal of needles and syringes is important to avoid accidental needle sticks. It is important to place used needles and syringes into a sharps disposal container that meets the Occupational Safety and Health Administration (OSHA) bloodborne pathogens standard requirements immediately and keep out of reach of children and pets. If a sharps container is not immediately available, you may consider using an alternative container that meets the OSHA requirements:

- 1. Made of heavy-duty material that is puncture resistant plastic or metal such as an empty plastic laundry detergent that has been emptied and properly cleaned
- 2. Leakproof on all sides and bottom
- 3. Opening large enough to accommodate a sharp, but not large enough for a hand to enter
- 4. Tight fitting and puncture resistant lid
- 5. Remain upright and stable during handling
- 6. Clearly labeled or color-coded in accordance with OSHA standards

The days of improperly disposing of medications have expired! By taking proactive steps to safely dispose of your unused or expired medications, we can mitigate risks, preserve natural resources and promote healthier communities. Promoting awareness of take-back programs, in-home disposal methods, and an understanding of proper disposal methods offered can aid in the preservation of both human and environmental health. We prescribe you a dose of safety!

ARTICLE REFERENCES:

Where and How to Dispose of Unused Medicines



Drug Disposal Flush List



ALM Wishes Chuck Burns a Happy Retirement!



pon his retirement on March 1, 2024, the League extends its heartfelt gratitude to Chuck Burns for his tireless devotion to its organization and the improvement of Alabama's municipalities. Chuck has touched the lives of many Alabamians across the state through his leadership and devotion to keeping citizens and law enforcement officials safe.

During his tenure as FATS coordinator for the Loss Control Department, Chuck led gun safety courses for municipal law enforcement departments seeking to further train their employees and improve their confidence and decision-making skills in time sensitive situations. By leading the program's courses and taking charge of advocating for the increased training of law enforcement officials, Chuck played an influential role in the improvement of countless police programs across Alabama.

Furthermore, before joining the League, Chuck devoted 28 years of his career to the Alabama Department of Public Safety. Upon leaving the organization in 2004, he held the rank of trooper captain while he served as chief examiner for the driver license division. Chuck also spent several years working with the highway patrol division and in commercial vehicle enforcement with the motor carrier safety unit.

Loss Control Welcomes New Staff Members

Will Strength, ARM-P, CIC, ARe

Loss Control Manager

Will was named the loss control manager for the Loss Control Division of the Alabama Municipal Insurance Corporation and the Municipal Workers Compensation Fund on January 1, 2024. He is responsible for overseeing day-to-day operations for the Loss Control Division. Will has 16 years of experience in the insurance industry.

Prior to being named the loss control manager for AMIC and MWCF, Will held the position of account executive for AMIC, where he provided sales and customer service for accounts in the southern territory. Will first joined the League's Loss Control Division in early 2008 as a loss control representative, where he provided loss control services in the central and western regions of the state for 11 years. In his time with MWCF and AMIC, Will has earned an Associate in Risk Management for Public Entities (ARM-P), Certified Insurance Counselor (CIC), and Associate in Reinsurance (ARe) designations.



Will and his wife, Dawn, are members of Hunter Hills Church of Christ and live in Prattville. They have three precious children: Cody, Abby and Ben.



Deena Pregno FATS Coordinator

Deena Pregno, FATS coordinator for the Loss Control Department retired from the Alabama Law Enforcement Agency in 2019 with 23 years of service. Upon retirement, she held the rank of ALEA chief over the driver license division. She served several years in the highway patrol, executive security and service divisions. Prior to working with ALEA, she was employed with the Alabama Department of Forensic Sciences for 10 years. Deena graduated from the Alabama State Trooper Academy and received a bachelor's degree in business administration from Troy University. Deena is a member of Frazer Methodist Church.

Summer Seminars

• 2024 • •

SAVE THE DATE!

Join the Loss Control Division for our Summer Seminars, coming soon to a location near you!

August 13
Bay Minette

August 14
Montgomery

August 20 Madison

August 21
Tuscaloosa

Defining Moment

Working with your hands can pose risks, such as burns, abrasions, breaks or even amputation. Use this checklist to help keep your hands safe.

- **WEAR** proper protective gloves when recommended. Make sure gloves are undamaged and fit well. After you remove your gloves, wash your hands if you used chemicals.
- **USE** ergonomic hand tools, if possible. Hold the tools properly, making sure your grip is tight and ergonomically correct.
- **INSPECT** all tools before use. Make sure there are no loose or damaged parts.
- NEVER place your hands near or in moving or jammed machine parts.
- **DISCONNECT** power tools after use.
- **DISCONNECT** power and follow lockout/tagout procedures before maintaining or repairing equipment. Never remove machine guards.
- **USE** the right tools for the job. Never use hand tools for other than their intended purpose. For example, do not use a screwdriver as a hammer.

2023 Risk Management Awards

In recognition of the efforts and successes of our members, the AMIC and MWCF Board of Directors established the Risk Management Awards system in 2002. Awards are determined based on the loss ratios for each member's prior year. For members of both the AMIC and MWCF programs, the loss ratios are combined and divided by two to reflect the overall loss ratio. Members are eligible to receive the Presidents Award once every five years and the Gold, Silver and Bronze annually. See Award Designation Key, next page.

ALM President's Award

Alabama League of Municipalities Aliceville Governmental Utilities Svcs. Corp. Anniston Public Library

Ashland Water Works & Sewer Board Atmore Housing Authority

Bayou La Batre Water & Sewer Black Warrior Solid Waste Authority

Blountsville Housing Authority **Brewton Housing Authority**

Calera Waterworks Calhoun County 911

Dadeville Housing Authority

Dauphin Island

Elkmont Epes

Fairfield

Fulton

Fulton Utilities

Fyffe Glenwood

Hackleburg

Haleyville

Haleyville Water & Sewer Board

Hamilton

Hanceville Water Works

Hobson City Housing Authority Jacksonville Water Works, Gas/Sewer

Leeds Water & Sewer Linden Utilities

NE Alabama Gas Cooperative District

NW Alabama Council of Local Governments

Ozark Board of Education

Paint Rock

Pickens County Gas

Pinson

Rainbow City Utilities Board

Riverside

Scottsboro Public Library

Sulligent Housing Authority

Susan Moore

Sylacauga Parks & Recreation

The Tuskegee - UBT Cooperative District

Thomaston

Union Springs Utility Board

Waterloo

Wave Transit System

Gold Award

Abbeville Fire & Rescue Abbeville Water & Sewer Addison Alabama League of Municipalities

Alabama Municipal Electric Authority Alabama-Tombigbee Reg. Commission

Albertville and Boaz Recycling

& Solid Waste Disposal

Aliceville

Aliceville Governmental Utilities Svcs. Corp. Aliceville Housing Authority

Aliceville Industrial Development Board Aliceville Water Works & Sewer Board

Andalusia Board of Education Anniston Public Library Arab Sewei

Arab Water Works Board Ardmore Water & Sewer

Argo

Ariton

Ariton Sewer Board

Ariton Waterworks and Sewer Board

Asbury Water Authority

Ashford

Ashland

Ashland Water Works & Sewer Board Ashland, Goodwater-Lineville Solid

Waste Disposal Authority Atmore Housing Authority Auburn Housing Authority Auburn Water Board

B.B. Comer Memorial Library

Babbie Baileyton Banks

Bay Minette Housing Authority Bayou La Batre Water & Sewer

Beatrice Beaverton Relk

Benton

Bessemer Airport Authority Bessemer Public Library **Beulah Utilities District**

Birmingham-Jefferson Civic Center

Black Warrior Solid Waste Authority Blountsville Housing Authority

Blountsville Utilities Blue Springs

Boaz Water & Sewer Board Boligee

Brantley Housing Authority

Brent Housing Authority Brent Utilities

Brewton Housing Authority

Bridgeport Housing Authority Bridgeport Utility Board Brighton

Brookwood Brundidge **Butler Utilities**

Calera Housing Authority Calera Waterworks Calhoun County 911

Camp Hill Utilities

Carbon Hill

Carbon Hill Housing Authority Carbon Hill Utility Board

Carolina

Carroll's Creek Fire Protection

Central AL Regional Planning Commission Centreville Water Works & Sewer Board Cherokee County Water Authority

Cherokee Ridge

Clanton Housing Authority

Childersburg Waterworks, Sewer & Gas Chilton County Solid Waste Disposal Citronelle Historical Preservation

Clay County Emergency Rescue Squad Clayhatchee Volunteer Fire Department Clayton Housing Authority

Cleveland

Coffee County Water Authority

Coffee Springs Coffeeville

Coker

Coker Water Authority Colbert County Animal

Collinsville

Collinsville Water & Sewer Board Colony

Coosa Valley Water Supply

Coosada Cordova Economic & Industrial **Development Authority**

Cottonwood

Cottonwood Housing Authority

County Line Courtland

Covington County Economy

Cowarts

Craig Field Airport Authority Crossville Water Works Board Cuba Water and Sewer Board

Cusseta

Dadeville Gas Board Dadeville Housing Authority **Daleville Housing Authority** Dallas County Water & Sewer

Dauphin Island Dauphin Island Water & Sewer

Deatsville Deatsville VFD, Inc.

Dekalb-Cherokee Counties Gas District

Demopolis Water & Sewer Board Detroit

Dodge City

Dora Water & Gas Board

Double Springs Waterworks Board Douglas

Dozier Dutton

East Brewton Waterworks & Sewer East Central Alabama Gas District

E. Geneva Co. Senior Citizens Committee Flberta

Electric Cities of Alabama

Elkmont Flmore

Elmore County Economic **Development Authority** Elmore County Industrial

Epes

Eufaula Housing Authority Eufaula Parks & Recreation Board

Eutaw Housing Authority Evergreen

Evergreen Housing Authority

Excel Fairfield

Fairhope Public Library

Fairview Faunsdale Fayette Gas Board Favette Water Works Board Five Point Sewer District, Inc. Five Stars Water District

Florala Housing Authority

Florala Water & Sewer Board

Florence Water and Wastewater Dept. Foley Public Athletic & Sports Facilities Foley Public Facilities

Forkland Fort Deposit

Fort Deposit Water Works & Sewer Bd. Fort Payne Improvement Authority

Franklin Frisco City

Fruithurst Fruithurst Fire Department

Fulton **Fulton Utilities**

Fultondale Gas Board Fyffe Gadsden Airport

Gainesville Gainesville VFD Gantt Garden City Gaylesville

Geiger Geneva County Gas District

Georgiana

Georgiana Housing Authority Georgiana Water & Sewer

Glen Allen Glencoe Water & Sewer

Glenwood

Good Hope Goodwater Waterworks & Sewer Board Gordo Water Board

Gordon Gordonville

Goshen & Goshen Water Works Government Utility Services Grand Bay Water System Graysville Public Library Graysville Water Board Greensboro Utility Board

Greenville Housing Authority Greenville YMCA

Guin Water Works & Sewer Board Gulf Shores Utility Board Guntersville Electric Board

Guntersville Housing Authority

Hackleburg Water Board Haleyville Water & Sewer Board

Hammondville Hanceville Housing Authority

Hartselle Housing Authority Hayden Hayneville Heath

Heflin Heflin Water & Sewer

Henagar Highland Lake

Hobson City Housing Authority

Hokes Bluff

Huntsville Tennis Center Board of Control Hurtsboro Water Works

НуТор

Indian Springs Jackson Golf Association Jackson's Gap

Jackson's Gap Water Authority Jasper Water & Sewer Jefferson County EMA

Kansas Keep Troy Beautiful Kellyton

Kennedy Kinston Lake View

Lakeview Fire Protection District

Langston

Leeds Water & Sewer Leighton Water and Sewer Board

Linden Housing Authority Linden Utilities

Lineville Water & Sewer

Lipscomb Lisman Littleville

Loachapoka

Lockhart Lockhart-Florala Wastewater

Treatment Plant Locust Fork

Lowndesboro Luverne Housing Authority

Lyeffion Water Authority, Inc. Madrid

Magnolia Springs Malvern

Maplesville Utilities Margaret Marion

Marshall County Gas

Maytown

Midway

McAdory Area Fire District McIntosh McKenzie

Millport Mobile Airport Authority Mobile County Emergency Management Agency

Mobile County Personnel Board Mobile Improvement District Monroeville Montevallo Water & Sewer

Moody Utilities Mooresville Morris

Munford

Moulton Housing Authority Mulga Mulga Water & Gas

Muscle Shoals Electric Board Muscle Shoals Utilities Myrtlewood Napier Field

Natural Bridge Nauvoo

Nauvoo Waterworks Needham

New Brockton New Brockton Water & Sewer Board New London Water, Sewer & FPA

Newton Housing Authority Newton Water & Sewer

Newville North Alabama Gas District

NE Alabama AgriBusiness Center NE Alabama Gas Cooperative District Northport Housing Authority

Northwest St. Clair County Water Notasulga Oak Hill Ohatchee Oneonta Utilities **Opp Housing Authority** Orange Beach Public Library

Orange Beach Water & Sewer Board

Orrville Oxford Health Care Authority Ozark Board of Education Ozark Dale Co., E-911

Ozark Dale County Economic **Development Corporation** Paint Rock

Parrish Parrish Water & Sewer Board

Pennington Utilities Perdido Beach Phil Campbell

Pell City Housing Authority Pennington

Phil Campbell Housing Authority Phil Campbell Water & Sewer Board Pickens County Gas Pickensville Pike Road Pinckard Pine Apple Pine Hill Pine Ridge Pinson Pisgah Pleasant Groves Pollard Powell

Prattville Historic Redevelopment Auth. Prattville Solid Waste Authority

Prattville Waterworks Providence

Public Cultural & Entertainment

Facilities Coop Quint Mar Water

Ragland Water Works Board Rainbow City Utilities Board

Ranburne Water & Sewer Red Bay Sewage Disposal Board

Red Level Reece City

Reform Housing Authority Reform Water & Sewer Board

Renaissance Cooperative District

Renaissance Improvement District Repton Ridgeville Riverview Water Rockford

Rockford Utilities Board Rockford Volunteer Fire Department

Rocky Ridge Fire District

Russellville

Russellville Electric Board Russellville Gas Board

Rutledae Sand Rock Sanford

Satsuma Water Works & Sewer Board Scottsboro Public Library

Scottsboro Waterworks, Sewer & Gas Bd.

Shiloh Shorter Silas Silverhill Slocomb Housing Authority

Smiths Station

South Alabama Regional Airport Authority

South Central Alabama **Development Commission**

South Central Alabama Development Commission/ Senior Aides Division

South Vinemont

SE Gas Acquisition and Supply Assoc.

Southside Waterworks Board

Steele

Steele Waterworks Board Stevenson Utilities

Storm Water Management Authority Sulligent Housing Authority

Sumiton Gas Board Sumiton Water Board

Susan Moore

Sweet Water Waterworks Sylacauga Parks & Recreation

Sylacauga Utilities Talladega Springs

Tallassee Industrial Development Board Tallassee Redevelopment Authority

Tarrant Electric Board

The Tuskegee - UBT Cooperative District

Thomaston

Thomaston Water & Gas

Thomasville Waterworks & Sewer

Top Trails Toxey Trafford Triana

Troy Board of Education Troy Industrial Development Board Tuscumbia Housing Authority Tuscumbia Utilities Department

Tuskegee Housing Authority Twin Union Grove Union Grove Utilities Union Springs Union Springs Utility Board

Upper Bear Creek Water, Sewer & FPA

Uriah Water System

USS Alabama Battleship Commission Vance Fire Protection District

Vinemont Providence Fire Department

Vredenburgh Wadley Walnut Grove

Warrior River Water Authority

Washington County Health Care Authority Washington County Library Board

Waterloo

Wave Transit System

Waverly Weaver Webb Wedowee

Wedowee Water, Sewer & Gas Board

West Blocton West Escambia Utilities West Lawrence Water Cooperative

West Pace Village Improvement District West Point Westover White Hall

Wilcox County Gas Wilsonville Wilton

Winston Cooperative District Winston County Industrial **Development Authority**

Wolf Creek Water, Sewer & FPA Woodville

Yellow Bluff

Silver Award

Abbeville

Albertville Utilities Altoona

Anniston Housing Authority

Athens Utilities

Atmore

Birmingham-Jefferson County Transit Authority

Boaz Boaz Gas Board Butler Camden Carrollton

Centre Centreville Chelsea

Chickasaw Housing Authority Chickasaw Utilities Childersburg

Citronelle

Clarke-Mobile County Gas District

Clay Clio

Clayton Water & Sewer

Coaling

Cullman-Jefferson County Gas District

Dadeville Daleville City Board of Education

Daphne Utilities

Decatur Municipal Utility Board

East Alabama Regional Planning & Development Commission

Eclectic

Elba Water & Electric Board

Five Points Flomaton

Gadsden

Forestdale Fire District

Geneva Geraldine Gilbertown Goodwater Greensboro Hamilton

Hanceville Water Works

Hartford Hartselle Headland Hobson City

Huntsville - Huntsville Transit Jackson Water & Sewer Board Jacksonville Water Works, Gas/Sewer

LaFavette

Lee Russell Council of Governments

Level Plains Lexington Linden Lineville Lvnn Maplesville Mentone

Millerville Water Authority

Mobile Housing Board

Moundville Newton

Northwest Alabama Council of Local Governments

Northwest Alabama Gas District

Oneonta

Opelika Waterworks Board

Orange Beach Ozark Phenix City Utilities

Piedmont Pike Road Volunteer Fire Protection Authority

Red Bay Water & Gas Reform Roanoke

Roanoke Utility Board Saint Florian

Samson Sardis City Satsuma

Scottsboro Electric Power

Section

Section Dutton Waterworks

Skyline

Slocomb Water & Sewer

S. Alabama Reg. Planning Commission Southside

Springville Sulligent Sylvania Thorsby

Trussville

Tuscaloosa Parking & Transit Authority Tuskegee-Macon County Head Start

Valley Vance

Vernon Water & Sewer Board

Warrior Winfield

Winfield Water Works & Sewer Board Woodstock

Bronze Award

Alabaster Albertville Athens Attalla **Bay Minette** Bayou La Batre Bear Creek

Bessemer Electric and Water

Center Point Centre Water Works & Sewer

Clanton

Clanton Water Works Creola Cuba

Cullman **Cullman Utilities**

Dora East Brewton Eldridge Fairhope Fayette

Geneva Water Works and Sewer Board

Fort Payne Gordo Graysville Guin **Gulf Shores** Guntersville Halevville Helena Helena Utilities Hokes Bluff Water Board

Hollywood

Huntsville-Madison County Airport

Jacksonville Kimberly

Lamar Ambulance Service

Luverne Madison

Midland City Minor Heights Fire District Monroeville Water Works Board

Moody Mosses Nectar Northport Oakman Opelika Opp Utilities Ozark Utilities Phenix City

Red Bay

Riverside Rogersville Waterworks & Sewer

Scottsboro Slocomb Somerville South Alabama Gas Spanish Fort Sylacauga Sylvan Springs **Tarrant City** Taylor

Thomasville Troy Troy Housing Services Tuscaloosa

Tuscaloosa Co. Parks & Recreation Authority

Tuskegee Woodland York

Award Designation Key

 \bigstar (Top 5% for 5 years)

(Loss ratio below 5%)

(Loss ratio of 5% - 20%)

(Loss ratio of 20% - 40%)

Congratulations

to all of our award winners!

Thank you for your hard work and attention to safety over the past year and into the future!

2024 SKIDCAR Schedule

Through an advanced, computer-controlled driver training vehicle known as the SKIDCAR System, trainees learn how to react quickly and safely to a range of hazardous driving conditions. Training is conducted throughout the state at a minimal cost. If you would like to schedule or host a SKIDCAR session in your area, please contact **Donna Wagner at** (334) 386-8125.

April 9 - 19 Muscle Shoals September 9 - 18

May 14 - 24 Wetumpka

June 18 - 28 Dothan

August 13 - 23 Decatur

September 9 - 18

October 15 - 25

November 12 - 22



Register and pay online at www.losscontrol.org!





Loss Control Division

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