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DEPARTMENT OF
PERSONNEL

DONNA L. GILES
DIRECTOR

CITY OF SACRAMENTO
CALIFORNIA

March 20, 1990

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ROOM 301
SACRAMENTO, CA
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916-449-5270

DIVISION:
ADMINISTRATION
PERSONNEL SERVICES
OCCUPATIONAL HEALTH
SAFETY & RETIREMENT

Budget and Finance Committee
Sacramento, California

Honorable Members in Session:

SUBJECT: REQUEST FOR FUNDING OF EQUIPMENT REQUIRED FOR A
 PHYSICAL FITNESS/INJURY REDUCTION PROGRAM IN THE
 FIRE DEPARTMENT

SUMMARY

This report recommends funding for equipment required to complete the outfitting of the twenty-one fire stations and the recruit academy with aerobic machines, Nova Safer-Gym II units and free weights. Six of the existing stations have been partially equipped with the exercise units. Professional instruction and program development will be provided by American River College staff at no cost to the City.

BACKGROUND

The Fire Chief, his Safety Review Board, and the Risk Management Committee have reviewed the detailed analysis of the loss runs for Fire Department injuries resulting from strains and sprains. It has been agreed that a physical fitness program would have a significant impact on reducing the risk of firefighters incurring work related sprains and strains.

The recommended physical fitness program will train firefighters to attain and maintain a high level of physical fitness and includes instruction from American River College on the skills necessary to improve cardiovascular fitness, maximal muscle strength and body flexibility. This program is modeled after a similar physical fitness program designed specifically for City of Phoenix firefighters, which demonstrated a thirty-one percent reduction in workers' compensation losses over a five year period.

FINANCIAL

During the past five years, a total of 496 strains and sprains type injuries have been reported by the City of Sacramento Fire Department. These injuries have resulted in the following direct costs to the City:

Salary Continuation for Lost Time.....	\$ 682,481
Workers' Compensation Incurred Costs....	2,267,015
Over Time Salaries.....	<u>350,900</u>
TOTAL.....	\$3,300,396

The total equipment cost for this program is \$80,000. All training and educational expenses will be provided by the staff at American River College, with ADA funding from the State of California.

Should the Fire Department realize only a three percent reduction in their injury frequency rate for strains and sprains during the next five years, we will recover the cost of this investment. With aggressive program promotion and sincere management support, it is anticipated that we will match the City of Phoenix's outstanding record of thirty-one percent reduction in workers' compensation costs.

POLICY CONSIDERATIONS

This physical fitness program reflects the City's continued pro-active policy efforts to improve the health and well being of our public safety workforce. This injury reduction program serves as a compliment to and a continuation of the highly successful cholesterol program designed to reduce the incidences of heart disease.

MBE/WBE EFFORTS

No impact.

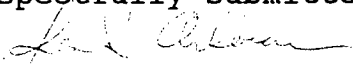
RECOMMENDATION

It is recommended that the Budget and Finance Committee forward with a recommendation for approval to the City Council the attached resolution to transfer \$80,000 from the Risk Management


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Fund Contingency to the budget of the Fire Department for the funding required to purchase the equipment for the physical fitness/injury reduction program.

Respectfully submitted,


J.L. (Jack) Anderson
Safety Officer

Recommendation Approved:


Jack R. Crist
Deputy City Manager

Approved:


Donna L. Giles
Director of Personnel

Contact Person:
Jack Anderson
449-5278

All Districts

RESOLUTION NO.

ADOPTED BY THE SACRAMENTO CITY COUNCIL

ON DATE OF _____

RESOLUTION AUTHORIZING THE FUNDING OF EQUIPMENT REQUIRED FOR A PHYSICAL FITNESS/INJURY REDUCTION PROGRAM IN THE FIRE DEPARTMENT AND TRANSFERRING FUNDS

BE IT RESOLVED BY THE COUNCIL OF THE CITY OF SACRAMENTO THAT:

Funds in the amount of \$80,000 are transferred from the Risk Management Fund Contingency to the Fire Department operating budget as follows:

421-710-7012-4999	(\$80,000)
101-710-7012-4999	80,000
101-710-7012-4999	(80,000)
101-250-2530-4630	80,000

MAYOR

ATTEST:

CITY CLERK

FOR CITY CLERK USE ONLY

RESOLUTION NO.: _____

DATE ADOPTED: _____