

Freeze Precautions

During the winter months our public buildings are in danger of becoming the next victim of the FREEZE. Water has a unique property in which it expands as it freezes. This type of expansion puts tremendous pressure on whatever is containing the water, including metal or plastic pipes. No matter the "strength" of the pipe or the container, expanding water can cause pipes to break. It is important that we remember to routinely inspect all buildings over winter months and especially during vacation and holiday breaks to ensure that the buildings are properly heated and that all water distribution systems, including sprinkler systems, are not frozen. Such inspections are critical after a deep freeze or power outage.



We recommend that you:

- Insulate buildings and water lines
- Develop an inspection schedule to inspect buildings during cold periods of time, especially when the building is vacant.
- Schedule and document maintenance of heating systems to ensure functionality and efficiency.
- Ensure that air vents are clear of snow and ice and that they are opening and closing properly.
- Maintain a clear perimeter around your buildings.
- Repair and replace broken windows.
- Eliminate drafts in foundations and framing.
- Drain unused systems.
- Plan ahead and winterize all locations.



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MAINE MUNICIPAL ASSOCIATION
RISK MANAGEMENT SERVICES

In Your Inbox

Please note that the MMA Workers' Compensation Payroll Audits were requested to be returned by February 17th, 2025, and we would like to take this time to thank those members who have submitted their reports. If you have not returned your audit and are in need of assistance, please know that we are here for you. For assistance please call (800) 590-5583 and ask to speak to a member of your Underwriting Team or email rmsunderwriting@memun.org.

For more tools and information on WC Payroll Audits, please select [Tools](#) or contact us at: rmsunderwriting@memun.org

MMA Property & Casualty Pool Boiler Inspection Program

To ensure public safety, the State of Maine requires periodic inspections of certain boilers and pressure vessels that are located in municipal buildings, schools and governmental facilities. MMA Risk Management Services partners with **Travelers BoilerRe** to perform these inspection services as an added service for our member's.

To request a jurisdictional inspection call 1(800) 425-4119 or email boilinsp@travelers.com.

Please be prepared to provide the following information:

Account Name: Maine Municipal Association

Location: Where the equipment is located, including zip code

Contact Information: Person inspector should contact to arrange inspection including phone number and email address.

Equipment: Type of equipment requiring inspection

Certificate Data: Inspection date and certificate number (i.e. H1234 or PV1234)

Please note that the Certificate costs billed by the State of Maine are the responsibility of the boiler/pressure vessel owner.

Be Fit for Duty

The **Be Fit for Duty, Stay Fit for Life** program is now available as an on-demand series for all first responders! This seven-part series sponsored through the Maine Municipal Employees Health Trust, exclusively to its members, will address a variety of topics that can prepare first responders to be both physically and mentally able to respond while on duty but also stay resilient off duty.



Introduction- We set the stage by discussing the most current data on the risks to first responders' health and why being fit for duty is really about staying fit for life.

Functional Fitness- Are you ready to respond? In this session we will take a closer look at why being fit for duty is so important for first responders in both the short- and long-term.

Tactical Training for Your Brain- This is not your traditional stress management program. We will discuss ways to recognize warnings signs that someone needs help and identify proactive steps to reduce your risk of burning out.

Know Your Numbers- The focus of this session is cardiovascular disease- something that affects first responders at significantly higher rates.

Nutrition- Fueling your body with good nutrition is critical to ensuring you are ready and able to respond.

Sleep- The science of sleep and the importance to your overall health are discussed in this session.

Squared Away- In this session, we will discuss the eleven things you need to have squared away and discuss some of the resources and steps you can take now to prepare for later.

These topics are available as on-demand webinars and can be viewed at any time and in any order. Contact Abby DiPasquale at adipasquale@memun.org to request more information or to access the webinar links. Feel free to download the training flyer and pass it along too! Fit for Duty is a program of the Maine Municipal Employees Health Trust Wellness Works program and is available to MMEHT participating employers.