



KEEP SAFE

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Tips to help you cope with job stress

Are you prone to stress on the job? Certain people or certain job situations are more prone to increased stress on the job. People who are competitive by nature, impatient and ambitious are especially prone to the effects of stress. Some types of jobs and work fighters have long periods of quiet time between fires/disasters. Being able to switch gears at a moments' notice and anticipating what will happen plays a part in increasing their stress. Also, any life event, happy or sad, that brings a change to your life can make you feel more stressed at work and at home - divorce, a death in the family, legal problems, marriage, promotions, the birth of a child are just a few. Other factors are also at work such as age, health, financial status and satisfaction with life in general. All affect your reaction to stress.

Ten tips to help you cope with job stress

1 Take charge of your situation. To the extent possible, set and re-set priorities. Take care of important (and difficult) things first. Organize your time.

2 Be realistic about what you CAN change. Don't doom yourself to frustration and failure. Do what's possible. Accept the rest.

3 Take one step at a time. Divide each project into manageable steps. Decide on a first step. Do it. Feel better?

4 Be honest with colleagues. This includes the boss. Make it plain you feel in a bind. Chances are others are feeling the same. Don't just complain. Be constructive and make practical suggestions for improvement.

5 Let your employer help. Many companies help their employees deal with the effects of stress through diet, smoking and alcohol clinics, corporate fitness programs and personal counseling and employee assistance programs. Find out what's available to you.

6 Slow down. Learn to say no. Drop activities that are not crucial.

7 Recognize danger signals. Learn the symptoms of job stress and take action as soon as they appear to be getting out of hand.

8 Take care of your physical health. It increases your stress tolerance and stamina. Eat and sleep sensibly. Cut down on alcohol, tobacco and drugs. Get plenty of exercise.

9 Learn to relax. Find a safety valve, whether it is a sport, hobby, music, reading or just walking. Use it to create a bridge between work and home life.

10 Don't neglect your private life. Work out a schedule which allows you to do justice to both work and personal life. Stick to it.

For more information on helping cope with stress, contact the National Mental Health Association.

National Mental Health Association



2009 Loss Control Conference Highlights

The 2009 TEC Loss Control Conference, held March 25-27 in San Antonio, drew over 300 participants to the event. The conference included a review of Loss Control in 2008, along with various speakers, informative safety topics and an exhibitor trade show.

The awards presentation ceremony honored co-ops and individuals for achievements in safety accreditation, no lost time, and special recognition for safety achievement and life-saving acts.

The Ray Pantel Meritorious Service Award for an individual who exemplifies dedicated and capable service to the Loss Control Program in Texas was presented to John Green, Electric Division Superintendent at New Braunfels Utilities.

The Unsung Hero Award was presented to Ronnie Hindsman of Sam Houston EC for his many years of contributing to the success of Loss Control lineman schools.

Co-op recipients of the 2008 Lifesaving Awards were: Juan A. Rubio, Wharton County EC; Shirlene Harper, San Bernard EC; Clint Hale, South Plains EC; Charles (Clayton) Bennefield, Jeremy Sowell, Casey Sowell and Alton Craig, Deep East Texas EC; Joe Collins and Justin Pierce, Rusk County EC; Sam Miller, TEC; and Emily Wilkins and Dwayne Mitschke, Bluebonnet EC.

Taylor EC, for the third year in a row, received the prestigious GE Safety Achievement Award for the highest ratings in a number of categories including driving record and vehicle safety, number of times accredited and local training and job training and safety support.

Cooperatives receiving Safety Accreditation in 2008 were Bluebonnet EC, Concho Valley EC, HILCO EC, Rusk County EC, San Bernard EC, South Plains EC and Trinity Valley EC.

Two cooperatives were honored for working over one million man hours without a lost time injury in 2008. Grayson-Collin EC was recognized for achieving 1,164,278.50 work-hours without a lost time injury and Lighthouse EC for accomplishing 1,000,548 work-hours without a lost time injury.

Organizations with five or more years of no lost time accidents included:

Five Years: Cooke County EC.

Seven Years: Navasota Valley EC and North Plains EC.

Nine Years: Heart of Texas EC.

Twenty Years: Brownfield Power and Light and J-A-C EC.

Six Years: Grayson-Collin EC and Greenbelt EC

Eight Years: Taylor EC.

Eleven Years: Coleman County EC and Lighthouse EC.

Twenty-Three Years: City of Fredericksburg

Congratulations to William Watson with HILCO EC and Jack Vickers with Houston County EC for their success of 45 years of service with no lost time.

The Loss Control Scholarship Golf Tournament, held at that the beautiful Silverhorn Golf Club in San Antonio, proved to be a huge success this year with 69 participants enjoying a great game of golf and fellowship. The proceeds raised through mulligans sold will be used for college scholarships through the Loss Control Scholarship program.

The live auction and evening dinner were also enjoyed by all who attended. Forty greatly appreciated auction items were donated to the live auction where proceeds from the auction will go to the Loss Control Scholarship Fund. Thank you to all who donated and purchased items. It's because of you that TEC Loss Control is able to award the well deserving youth of our cooperatives, municipals and contractors participating in Loss Control Services.

The Women's Program continues to grown yearly. There were approximately 30 attendees this year to enjoy a delicious breakfast and an informative program given by Esther Dominguez.

TEC Loss Control believes there is no greater mission than that of a safe and productive workforce and look forward to working with you and your organization in 2009.

[Click Here for Photos](#)

2009 LOSS CONTROL SCHOOLS

Basic Pole Climbing School (<i>San Augustine</i>)	April 7 – 10	Metering School (<i>Tahoka</i>)	August 4 - 7
Basic Pole Climbing School (<i>Gonzales</i>)	April 21 – 24	Hotline 1 – 4 School (<i>Merkel</i>)	August 10 – 14
Hotline 1 – 4 School (<i>Henderson</i>)	April 27 - May 1	Troubleshooting School (<i>Tahoka</i>)	August 25 - 28
Metering School (<i>Merkel</i>)	May 5 – 8	Hotline 1 – 4 School (<i>Gonzales</i>)	August 31 - Sept 4
Basic Pole Climbing School (<i>Tahoka</i>)	May 5 – 8	Hotline 1 – 4 School (<i>Levelland</i>)	September 14 - 18
Troubleshooting School (<i>Gonzales</i>)	May 12 – 15	Transformer School (<i>Sulphur Springs</i>)	September 15 - 18
Metering School (McGregor)	May 12 – 15	Underground School (<i>McGregor</i>)	September 21 - 25
Regulator, Recloser, Capacitor School (<i>Lubbock</i>)	May 19 – 22	Hotline 1 – 4 School (<i>Livingston</i>)	October 5 – 9
Metering School (<i>Livingston</i>)	June 2 – 5	Underground School (<i>Levelland</i>)	October 12 - 16
Underground School (<i>Gonzales</i>)	June 15 - 19	Basic Pole Climbing (<i>Quitman</i>)	October 13 - 16
Metering School (<i>Bandera</i>)	June 23 – 26	Underground School (<i>Merkel</i>)	October 19 – 23
Transformer School (<i>Gonzales</i>)	July 7 – 10	Basic Pole Climbing (<i>Hondo</i>)	October 27 - 30
Basic Pole Climbing (<i>Robstown</i>)	July 21 – 24		
Regulator, Recloser, Capacitor School (<i>Gilmer</i>)	July 21 - 24		

Future Schools – (dates and locations to be determined)

Two Day Transformer School

Two Day Regulator, Recloser, Capacitor Control Panel School

Are your kids home alone?

There are approximately five million latchkey children in the United States today, according to the National Safe Kids Campaign in Washington, D.C.

“Naturally parents and caregivers want to give children opportunities to practice independence,” says Heather Paul, Ph.D. executive director of NSKC. “Allowing a child to stay home alone is a big step that should not be taken without first seriously considering the child’s capabilities and levels of development and maturity.”

The NSKC offers these tips:

- ◆ Determine if your state has an age restriction for unattended children.
- ◆ Point out potential hazards in your home.
- ◆ Show your child the smoke and carbon monoxide alarms and make them comfortable with your fire escape plan.
- ◆ Show your child the first aid kit and how to use it.
- ◆ Tell your child where you are, how you can be reached and when you’ll be home.
- ◆ Place emergency numbers and a neighbor/ friend’s number near the phone.

— *Today’s Supervisor*

Rainy and foggy conditions require added precautions

For even the most experienced truck drivers, rain and fog can create extra driving challenges. In addition to the drivers’ required walk-around conducted before the journey begins, extra steps should be taken during rainy and foggy weather.

Here are some tips to keep in mind:

- ◆ Confirm that the windshield is free from oil or dirt, which can prevent the wipers from working properly.
- ◆ Keep tire chains, a de-icer and a dry cloth available at all times.
- ◆ Increase your visual awareness and double the distance away from other vehicles when driving.
- ◆ Use common sense and reduce traveling speed.
- ◆ A loss of traction can occur more easily on wet roads, especially when driving an empty vehicle. In the event of locking, do not use the brakes.
- ◆ Counter steer and do not apply brake power if the tractor’s rear wheels lose traction.
- ◆ Tap on the brake pedal to dry brakes.
- ◆ Pull into an exit or rest area away from traffic and turn off the vehicle until fog clears, if possible.

— *Safety+Health*