



KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

December 2011

The ten commandments of good safety habits

In almost everything we do, we find a “trick” to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury free through the year. Here are 10 safety habits to live by:

1. Set your own standards. Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with.

2. Operate equipment only if qualified. Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.

3. Respect machinery. If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power first before placing your hands in a point of operation.

4. Use your own initiative for safety protection. You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need.

5. Ask questions. If you are uncertain, ask. Do not accept

answers that contain, “I think, I assume, I guess.” Be sure.

6. Use care and caution when lifting. Most muscle and spinal injuries are from overstrain. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.

7. Practice good housekeeping. Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.

8. Wear proper and sensible work clothes. Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry, and be sure that long hair is tied back and cannot become entangled in the machinery.

9. Practice good personal cleanliness. Avoid touching eyes, face and mouth with gloves or hands that are dirty. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.

10. Be a positive part of the safety team. Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.

*Source: Kathy Kauahi,
Eagle Insurance Group*

December — Keep Mom and Dad safe

Do you have a plan to alert a loved one if you were injured at home and needed help? Only one-third of adults age 65 and older have such a plan, according to a Home Safety Council poll. One of the greatest gifts you can give this holiday season is to help keep older relatives safe at home.

Preventing falls

- Install grab bars by the bathtub, shower and toilet.
- Put non-slip strips in the tub or shower.
- Use nightlights in hallways and bathrooms, and keep stairways well lit.
- Put in handrails on both sides of stairs, and repair any damage to the steps.

Prescription safety

- Keep all medicines in their original containers.
- Use pill organizers to keep track of daily doses.
- Check the expiration dates and throw away medicines that have expired or are no longer required. Crush pills, mix them with coffee grounds or kitty litter and throw away.
- Make sure a doctor's number and the **Poison Control Hotline (1-800-222-1222)** are programmed into the phones of older relatives and posted near the phone in case of emergency.
- Keep an up-to-date list of medication dosage and frequency for each member of the family and review once a year with the doctor.

Preventing hot water burns

- Set the water heater at 120 degrees F.
- Consider installing special tub spouts and showerheads that shut off the flow if the device senses that the water is hot enough to cause a burn.

Fire safety

- Help older relatives create a fire-escape plan that affords the easiest access to outside of the home.
- Lead them in fire drills at least twice a year.
- If they have trouble hearing, install special smoke alarms that feature bright flashing lights and a bed-shaking device in addition to alarm sounds.

— Home Safety Council

For more home safety tips, visit MySafeHome.org



*Wishing You and
Your Family
a Very
Merry Christmas*

All 2012 Loss Control Schools Are Available Online for Registration

2012 Loss Control Conference is Just Around the Corner

Golf Tournament - March 13
Conference - March 14 – 16

Renaissance Austin Hotel

The Deadline is Near... 2012 TEC Loss Control Scholarship

The 2012 TEC Loss Control Scholarship is available to the sons and daughters of electric cooperative, municipal and contractor employees participating in TEC's Loss Control services.

Applicants must be a 2012 graduate of a Texas high school or receiving a GED equivalent the same academic year a scholarship is awarded.


Please visit the Loss Control page on the TEC website to download the scholarship application - www.texas-ec.org.

Application postmark deadline is January 13, 2012.

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Texas Electric Cooperatives

Your Touchstone Energy® Partner 

2012 TEC Loss Control Schools (34 Schools)

Transformer School (McGregor)	January 10-13
Basic Pole Climbing School (Hondo)	January 10-13
Metering School (Gonzales)	January 17-20
Regulator Recloser Capacitor School (Merkel)	January 24-27
Transformer School (Livingston)	February 7-10
Regulator Recloser Capacitor School (Tahoka)	February 14-17
Troubleshooting School (Gonzales)	February 21-24
Metering School (McGregor)	March 6-9
Advanced Pole Climbing School (Gonzales)	March 6-9
Transformer School (Gonzales)	March 27-30
Metering School (Livingston)	April 10-13
Troubleshooting School (Tahoka)	April 17-20
Basic Pole Climbing School (Gonzales)	April 17-20
Hotline 1-4 School (Henderson)	April 23-27
Underground School (Quitman)	April 30-May 4
Transformer School (Tahoka)	May 8-11
Hotline 1-4 School (Merkel)	May 21-25
Digger Operator Training School (Merkel)	May 21-25
Underground School (Gonzales)	June 4-8
Troubleshooting School (Livingston)	June 12-15
Basic Pole Climbing School (Tahoka)	June 19-22
Regulator Recloser Capacitor School (McGregor)	June 26-29
Metering School (Tahoka)	July 10-13
Regulator Recloser Capacitor School (Livingston)	July 24-27
Regulator Recloser Capacitor School (Gonzales)	August 7-10
Metering School (Merkel)	August 21-24
Underground School (Levelland)	August 28-31
Hotline 1-4 School (Gonzales)	September 10-14
Digger Operator Training School (Gonzales)	September 10-14
Underground School (McGregor)	September 17-21
Hotline 1-4 School (Levelland)	October 8-12
Basic Pole Climbing School (San Augustine)	October 9-12
Underground School (Merkel)	October 15-19
Hotline 1-4 School (Livingston)	October 22-26