



KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

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Electrical safety in the workplace

Many injuries, deaths and property damage caused by workplace electrical hazards can be avoided.

The first step in avoiding these hazards begins with safety awareness. Before undertaking any type of electrical work, plan your job and include all necessary steps to ensure your safety and the safety of those around you.

Safety tips

For those experienced in working with electricity, these points can help remind you of basic electrical safety practices:

- ◆ Complete a detailed job plan and communicate it to all co-workers.
- ◆ Know safety requirements and follow them.
- ◆ Understand the construction and operation of the electrical equipment and the hazards involved.
- ◆ Identify all possible energy sources that could pose on-the-job hazards.
- ◆ Before working on or around electrical systems or equipment, identify the load circuits and disconnect. Remember, in some cases, turning power off may cause other hazards. Such hazards and additional guidance should be addressed in your work plan.
- ◆ Select the appropriate personal protective equipment (PPE). Remember, PPE must be worn until the electrical system is in a safe condition.
- ◆ Never assume that the equipment or system is de-energized. Remember to always test before you touch.
- ◆ Use lock-out/tag-out procedures.
- ◆ Make sure your test equipment is working properly both before and after you use it.
- ◆ If at any time the job becomes more hazardous than you had anticipated, stop and revise the plans.

—*Electrical Safety Foundation International (ESFI)*

Facts and Statistics

- ◆ Electrical hazards cause more than 300 deaths and 4,000 injuries in the workplace each year.
- ◆ Electrical accidents rank sixth among all causes of work-related deaths in the United States.
- ◆ Electrical accidents on the job cause an average of 13 days away from work and nearly one fatality every day.
- ◆ The nonfatal workplace incidents that cause the highest number of days away from work include contact with an electrical current or a machine, tool, appliance or light fixture (38 percent), and contact with wiring, transformers or other electrical components (33 percent).
- ◆ Nonfatal electrical injury occurs most often to those who work with machines or tools and around electrical wiring other than power lines.
- ◆ Over the last 10 years, more than 46,000 workers were injured from on-the-job electrical hazards.
- ◆ During the work day, a worker is hurt every 30 minutes so severely from electricity that it requires time off of the job.



Have a Safe 4th of July Weekend

Heat stroke can sneak up on you

While many of us yearn for summer, outdoor workers have a good reason to dread it — heat stroke.

When sweating no longer cools the body, your body temperature rises and you are at risk of a heat stroke, according to the Texas Medical Association. Symptoms include: hot, dry, flushed skin; high body temperature; rapid heartbeat; confusion and loss of consciousness.

To decrease your chances of a heat stroke, the TMA suggests:

- ◆ Stay indoors during the hottest part of the day, if possible.
- ◆ Drink extra water all day, even if you're not thirsty. Drink fewer caffeinated drinks.
- ◆ Wear lightweight, loose-fitting, light-colored clothes.
- ◆ Schedule vigorous activities for cooler times of the day.
- ◆ Wear a wide-brimmed hat.
- ◆ Take frequent breaks.

If you see a worker suffering from heat stroke, cool the person rapidly with cold, wet sheets or a cool bath. Then take the person to a hospital.

— *Today's Supervisor*
published by *The National Safety Council*

Preparing to quit

Try these tips to increase your chance of success when you're ready to quit smoking:

- ◆ Set a date for quitting.
- ◆ If possible, have a friend quit smoking with you.
- ◆ Notice when and why you smoke. Try to identify your smoking triggers (such as drinking your morning cup of coffee or driving a car).
- ◆ Change your smoking routines: Keep your cigarettes in a different place. Smoke with your other hand.
- ◆ Don't do anything else when smoking. Think about how you feel when you smoke.
- ◆ Smoke only in certain places, such as outdoors.
- ◆ When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking; you might chew gum or drink a glass of water.
- ◆ Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don't like.

—*Everyday Health*

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2010 TEC LOSS CONTROL SCHOOLS (33 Schools)

Metering School (Merkel)	January 5 – 8
Transformer School (Gilmer)	January 12 - 15
Regulator, Recloser, Capacitor School (Gonzales)	January 26 – 29
Transformer School (Livingston)	February 2 - 5
Transformer School (Merkel)	February 23 – 26
Advanced Pole Climbing School (Gonzales)	February 23 - 26
Regulator, Recloser, Capacitor School (Tahoka)	March 9 – 12
Underground School (Quitman)	March 22 – 26
Metering School (Sulphur Springs)	April 6 – 9
Regulator, Recloser, Capacitor School (Livingston)	April 13 – 16
Basic Pole Climbing School (Gonzales)	April 20 – 23
Hotline 1 – 4 School (Henderson)	April 26 – 30
Two Day Transformer School (San Augustine)	April 28 - 29
Basic Pole Climbing School (Gilmer)	May 4 - 7
Hotline 1 – 4 School (Merkel)	May 10 - 14
Transformer School (Gonzales)	May 18 – 21
Transformer School (Tahoka)	May 25 – 28
Basic Pole Climbing School (Muenster)	June 8 – 11
Metering School (Livingston)	June 8 – 11
Underground School (Gonzales)	June 14 - 18
Basic Pole Climbing School (Tahoka)	June 22 – 25
Regulator, Recloser, Capacitor School (Merkel)	June 29 – July 2
Troubleshooting School (Gonzales)	July 20 – 23
Metering School (Fredericksburg)	August 10 – 13
Troubleshooting School (Sulphur Springs)	August 17 - 20
Troubleshooting School (Livingston)	August 24 - 27
Hotline 1 – 4 School (Gonzales)	August 30 – Sept 3
Underground School (McGregor)	September 13 - 17
Hotline 1 – 4 School (Levelland)	September 20 – 24
Underground School (Levelland)	October 4 – 8
Transformer School (McGregor)	October 12 - 15
Underground School (Merkel)	October 18 - 22
Hotline 1 – 4 School (Livinaston)	October 25 – 29