



## KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

*June 2010*

### Don't get bitten: Preventing Lyme disease

**W**orking outdoors can expose workers to a host of hazards not normally encountered during cooler months. Among these hazards are insects that live outdoors and thrive in warmer climates.

One serious risk of outdoor work is Lyme disease, which is spread when individuals are bitten by infected ticks. Initial symptoms of the disease include fever, headache, fatigue and skin rash. If left untreated, these symptoms worsen and the infection can spread to a victim's joints, nervous system and heart.

According to the Centers for Disease Control and Prevention, May, June and July are the most active months for ticks that transmit Lyme disease. The agency offers the following precautions to protect against tick bites.

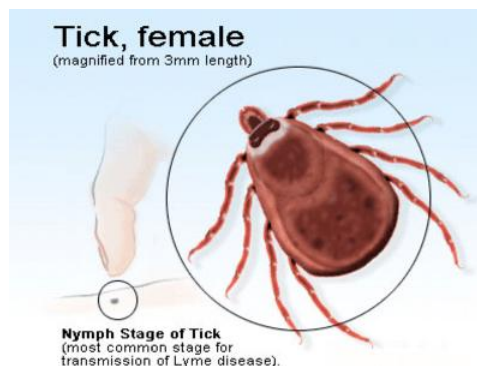
#### Avoid tick-prone areas

Ticks prefer wooded areas with high grass, bushes and leaf litter. Whenever possible, avoid working in such areas. When this is not possible, clear heavy brush in work areas to reduce the likelihood of encountering ticks. Stand as close to the center of trails or open spaces as possible to avoid direct contact with the bushes and overgrown grass. Your local health department may be able to inform you of areas with particularly high levels of tick infestation.

#### Protect your skin

When working in areas where ticks may be present, it is important to take measures to keep the insects away from your skin. Wear long pants, shirts and socks to cover as much skin as possible. Tucking your pant legs into your boots can help ensure ticks stay outside of your clothing. If you are going to be working outside for an extended period of time, consider taping the areas where your pants and socks meet to further prevent the insects from crawling under clothing.

CDC also recommends workers consider treating work clothes with Permethrin, a repellent that can be applied to clothing to kill ticks. However, never use Permethrin directly on your skin. Treat any exposed skin with insect repellent containing 20-30 percent DEET.



#### Keep a lookout

Check clothes for ticks every day after work before returning indoors. Wash work clothes in hot water and dry them using high heat for a least one hour to kill any ticks you may have overlooked.

Also, perform daily tick checks on your skin. Do not only look at exposed

*(Lyme disease continued on page 2)*

skin — carefully inspect all areas of the body, including armpits, scalp and groin. If you find a tick, remove it immediately with fine-tipped tweezers. If the tick has been attached to your body for less than 24 hours, the risk of Lyme disease is relatively small, but be sure to carefully monitor yourself for any symptoms.

— *Safety+Health*

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## Canoe safety

Nothing is as serene as paddling down a glassy river or stream on a cool spring day in a canoe. And nothing is as exhilarating as whitewater wilderness paddling.

Whether you're a paddling enthusiast or a novice, the National Safety Council offers the following:

- ◆ The American Canoe Association recommends that you canoe with a minimum of three people or two crafts. Recreational canoeists frequently enjoy canoeing in a single canoe with a partner or solo.

- ◆ Calm waters can conceal rocky crevices, deep pools or lurking dangers. Use good judgment, common sense and preventative measures to ensure a safe trip. Become knowledgeable about the sport before you plunge into it. Classes are offered across the country at various skill levels. Experts teach basic safety skills—how to handle a boat properly, select the right gear, and recognize common river dangers. And/or join a local canoe club. Knowledgeable groups can introduce you to the sport and show you how to minimize risk.

- ◆ Each stream or river presents different challenges and dangers. Even if you're a well-seasoned veteran, be sure you become familiar with the body of water before you embark on a journey.

- ◆ Be ready for an occasional dunking when you canoe. Don't panic. Stay upstream of the boat to avoid being pinned between the boat and a rock. In calm waters, angle your way up to shore instead of paddling straight. Stay behind the boat, and hold onto it for flotation. Always wear your life jacket.

- ◆ Don't attempt rivers or rapids beyond your ability. You can progress gradually from one skill level to the next. Unfamiliar waters are certainly no place to "test the waters" or to impress your friends. Whether gliding across calm waters in a local stream or whitewater paddling in remote areas, you can set the pace of the action.

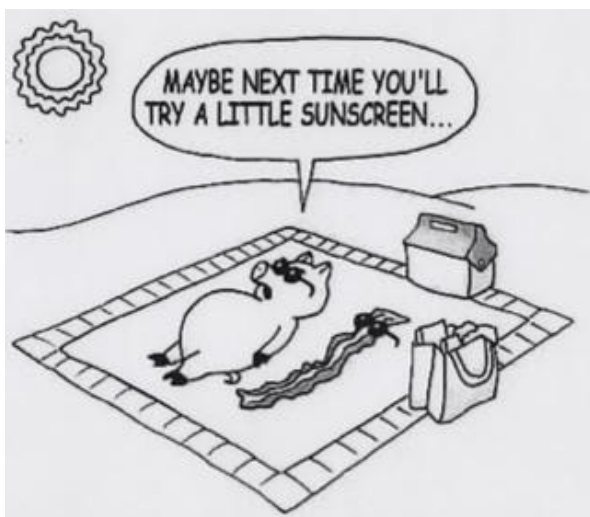
— *National Safety Council*

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## National Sun Safety Week

June 1 - 7, 2010

This summer and year-round, practice sun safety and take steps to protect your skin from the harmful effects of the sun and ultraviolet (UV) radiation.



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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