



# KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

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## Mayday! Mayday!

**H**ave you ever had to make a mayday call? If you're lucky, the answer is NO. However, this means that most likely you don't know what will happen if/when that dreaded day comes when you receive a mayday call from the field and have to call 9-1-1. Understandably everyone involved within your cooperative will be a bit rattled by the event, so preparation is extremely important.

The quality of assistance that the 9-1-1 operator can provide is directly related to the amount and accuracy of the information that the dispatcher is able to provide. In turn, the dispatcher is only able to provide the information as completely and accurately as the person in the field relays it to them. This involves some basic elements of your daily operations that may be taken for granted. For instance, how accurately do crews report their location?

# HELP!

How quickly can the lineman/dispatcher determine an identifiable address that can be relayed to the 9-1-1 operator?

When a call is made to the 9-1-1 center, they use a rolodex or series of cards with a list of questions on them that the operator is required to ask.

These national protocol questions are there to protect them and provide you with the best service possible. It is important that your dispatchers and linemen

are familiar with these questions so that they can be prepared to provide

the answers that the 9-1-1 operator needs to provide the most efficient response possible. If your cooperative personnel are struggling to gather this data, it will delay the response time for emergency services.

The 9-1-1 operator asks the first series of questions to anyone who calls in an emergency, and they are as follows:

- What is the address of the emergency?
- What is the phone number you are calling from? What is caller's name?
- What is the problem, tell me exactly what happened?
- Ideal dispatch point, depending on speed of data entry by 9-1-1 operator. Dispatch within 1.5 minutes is goal.
- Are you with the patient now?
- How many people are hurt/sick? (Would not be asked in electrical contact situation.)
- Traffic/Transportation accident? (Would not be asked in electrical contact situation.)
- Multiple victims? (Would not be asked in electrical contact situation.)
- (Choking) Is she/he still choking now? (Would not be asked in electrical contact situation.)
- How old is she/he? Approximate if necessary.
- Is she/he awake? If answer is no, they would definitely dispatch at this point.
- Is she/he breathing? If awake and breathing then they will ask the last two questions of the next section.

Once they ask those questions and know it is an electrical contact, they will then ask the following:

- Where is she/he now?
- Is she/he disconnected from the power?
- Has the power been turned off?
- Is anything still on fire?
- Did she/he fall off of something when this happened? If so, how far?

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- Unconscious or arrested? (Would not be asked if it has already been determined above.)
- Is she/he completely awake/alert? Only if awake and breathing.
- Is she/he breathing normally? (Only if awake and breathing.)

When one Cooperative ran a mock drill where neither the dispatch personnel nor the 9-1-1 operator knew it was a drill, they found that it took about four and a half minutes before someone would have been dispatched and over six minutes to go through all of the questions.

According to the American Heart Association, early bystander CPR has little chance of saving your life unless EMS arrives within 8-12 minutes. Other studies show that the chance of survival after arrest drops by approximately 10% every minute that advance care is delayed. The less time between the incident and the time EMS arrives, the greater the chance of survival our employee has.

Regular training can increase the odds of survival of a heart attack. Do your part to be prepared.

— Steve Savon, CSP  
OREC, Safety & Regulatory Consultant

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## How to have a safe workout

Many studies show that a good workout at the gym produces rewards, both in physical appearance and general health. But many spandexed gym bodies get into bad habits that can lessen the benefit of their workout and may even prove unsafe for the body.

*American Health* magazine offers these tips to ensure that your workout is safe and productive. When in doubt, of course, talk with a gym instructor or trainer.

- Warm up before every workout. A warm-up gives your cardiovascular system time to pump adequate oxygen to your muscles so that you won't tire so easily. And it loosens up your muscles, tendons and ligaments for greater flexibility during the workout.
- Cool down at the end of a workout. Otherwise blood can pool in your legs and put extra stress on your heart. A good cool down also prevents muscle spasms.
- Don't bounce when your stretch. Maintain your stretched position until you feel tension or discomfort, but not pain.
- Remember to breathe regularly throughout your routine. When you hold your breath, you raise your blood pressure.
- Use slow, controlled motions when you work with either free weights or exercise machines. Exercise each muscle through its full range of motion, from completely flexed to fully extended for maximum results. And don't be tempted to use heavier weights than you are ready for. You'll get more benefit from a routine that you pursue regularly than you will from adding heavier and heavier weights during sporadic visits to the gym.
- Adjust the seat of your gym cycle to fit your own height. A seat that's too high can cause hip damage. One that's too low can cause knee problems.
- Don't overdo it. Ask a trainer to recommend a weekly workout routine that will neither hurt you nor discourage you. Make your exercise program a positive and healthy experience.

— Safety+Health

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## 2009 LOSS CONTROL SCHOOLS

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

# TEC Loss Control Underground School

## Underground Cable / Equipment Installation - 32 Hours

This course is designed for employees in the electric utility industry that install underground electric utilities. The students will get extensive hands-on experience during the training exercises with experienced craftsmen providing one-on-one training. Proper cable installation and preparation will be taught. Single-phase/three-phase transformers, risers, secondary pedestals, elbows and splices will all be installed during the course. After completing this course the students should be able to properly install an underground system from the riser to the secondary installation.



## Underground Troubleshooting and Fault Locating - 32 Hours

This course is designed for students that are involved in the operation of an underground system. Hands-on real world situations will be used during the training exercises. Students will learn the safest ways to troubleshoot, isolate, and ground an underground electric installation. Experienced craftsmen will teach proper switching, grounding and fault locating procedures. Cable route location will also be a topic in this course. After completing this course the students should be able to perform proper switching, grounding, and fault locating procedures and locate cable routes in a safe manner.

