



## KEEP SAFE

A Monthly Publication for Texas Electric Cooperatives

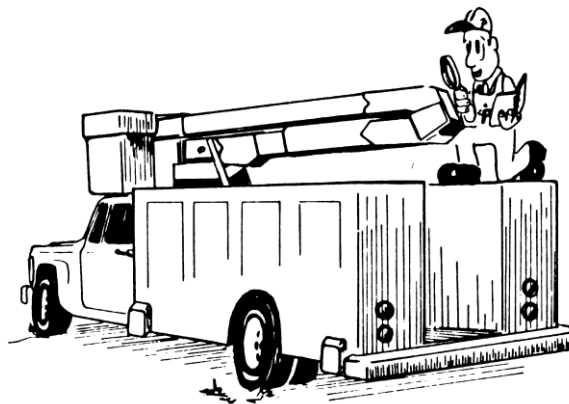
September 2010

### Bucket truck safety

Using bucket trucks and aerial lifts can make your task easier, but you need to ensure your safety and the safety of those around you. The most common bucket truck and aerial lift accidents include falls, electrocution and rollovers.

When using bucket trucks and aerial lifts, please remember:

- Anyone operating an aerial lift must read and fully understand the operator's manual. If a person is unable to read and comprehend the manual, another person must explain it.
- Review manufacturer's limitations or recommendations for equipment selections.
- All operators must be trained on safety precautions. Training must include operating specifics and the operator must be proficient in operating the equipment.
- Clean the bucket regularly. A buildup of oil and grease increases the risk of fires and falls. Dirt can also affect the dielectric strength of the bucket.
- All workers assigned to ground work should be trained in rescue procedures. Regularly practice rescue scenario drills to increase proficiency.
- Keep both feet on the bucket floor at all items.
- Pay attention and look in the direction you are moving.



- Stay within the weight range designated for the equipment. The bucket liner, tools, and personnel need to be included when calculating the weight. Never exceed the permissible capacity.
- If your bucket truck has an auxiliary hoist, be sure to stay within the load limits and check its condition before each use.
- Assess your environment and the ground. If you can dig your heel into the ground, it is likely to give out and will not provide a stable base for the equipment. This step is especially important with frozen ground.
- Conduct an inspection before each use of the machine, including ground-operated controls. This could be in the form of following a written checklist or conducting a visual inspection. The operator's manual should provide you with a list of important items to check. Never work with damaged equipment.
- If your equipment has bucket tilt, test it before you begin.
- Have a load chart easily accessible. Be sure all operators know how to read and understand the load chart.
- If you are a high voltage worker, the bucket must either be grounded or barricaded.
- Ground workers should **not** touch the vehicle when the boom is elevated.
- Always keep your distance when working around power lines. Remain 10 feet or more away from power lines at all times.
- Working in an insulated bucket does not keep you safe from all electrical hazards. Proper electrical PPE should be worn.
- Always extend the outriggers and use outrigger pads.
- Avoid placing or storing tools within or on the control panel.

# 2011 TEC Loss Control Scholarship

Texas Electric Cooperatives Loss Control Program is proud to support promising students in our cooperative family. Personnel who labor in potentially dangerous occupations deserve our heartfelt thanks. The scholarship program is one way of recognizing employees' value to the organization.

Scholarship winners are the sons and daughters of electric cooperative, municipal and contractor employees participating in TEC's Loss Control services. The Loss Control Program provides safety training for employees on topics including hotlines, transformers, pole climbing and underground wiring.

The 2011 TEC Loss Control Scholarship application is now available on the Loss Control page of TEC's website at [www.texas-ec.org](http://www.texas-ec.org).

The scholarship application must be postmarked no later than January 14, 2011.

---

*(Bucket truck continued from page 1)*

■ Make sure all of your controls are properly marked and labeled. While you may be familiar with the controls of your equipment, you may be required to use another piece of equipment. The layout of controls from one device to another often varies.

■ If self-rescue devices or techniques are required, know what they are and how to properly implement them.

■ Vehicles must not be placed in motion when the bucket or lift device is extended or raised unless the vehicle is rated for towering operations. A manufacturer's plate on the back of the vehicle will indicate if the unit is rated for towering operation.

■ Where OSHA rules apply, aerial lift operators are required to wear fall protection. Typically, PPE will consist of a five-point harness with a decelerating lanyard.

— 5 minute safety talk  
National Safety Council

---

## Loss Control Schools

September - October

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 (Livingston) October 25 - 29

Advanced Pole Climbing School October 26 - 29

## Tips for medication management

- Always read the package inserts on new medications to mitigate potential drug interactions.
- Save the inserts or know where you can look up the possible effects and side effects of the medication.
- When beginning a new drug or receiving a dosage change, watch for adverse reactions for a few days to a week.
- Consider keeping a medical journal to record prescriptions and dosages.
- Consider making a daily check-off list of medications as they are taken.
- Purchase a pillbox that has compartments for days and/or time of day.
- Choose a day of the week or a time of day to put the proper pills in the proper compartments of the pill case.
- Set alarms to alert when it is time to take the next pill.
- If taking certain medications with meals, put them in a bowl by your place setting before the meal starts.
- Consult a doctor before mixing prescriptions with over-the-counter drugs or herbal supplements.

*Source: Cancer Treatment Centers of America*

---

KeepSafe is originally published monthly by the Safety and Loss Control Department of Ohio Rural Electric Cooperatives, Inc., 6677 Busch Boulevard, Columbus, OH 43229 and reprinted by permission for Texas Electric Cooperatives, 1122 Colorado Street, 24<sup>th</sup> Floor, Austin, Texas 78701.

Telephone: (512) 454-0311 Fax: (512) 763-3390

[www.texas-ec.org](http://www.texas-ec.org)