

SAFETY WATCH

JUNE/JULY 2017

PAGE 2

Introducing Aaron Royal
Texas Storms
Scholarships
Think About It

SAVE THE DATE

- June
National Safety Month
- June 20–23
Basic Pole Climbing School
Tahoka, Lyntegar EC
- June 27–29
Supervisor/Foreman Training School
Itasca, HILCO EC
- June 28–29
OSHA 10-Hour School
Dilley, Medina EC
- July 25–26
Basic Electricity School
Merkel, Taylor EC
- July 25–27
Supervisor/Foreman Training School
Dilley, Medina EC
- August 1–4
Transformer School
Livingston, Sam Houston EC
- September 17–20
NUTSEA Conference
New Orleans

ALWAYS THINK SAFETY
Gloves | Grounds | Cover Up

JOIN THE CONVERSATION

Use the [TEC Safety and Loss Control discussion list](#) on the TEC member website to share and gather information.



A BIMONTHLY PUBLICATION FROM TEC LOSS CONTROL

Warning Signs of Heat Illness

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to *Injury Facts 2017*, a statistical report produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and death.

There are several **heat-related illnesses**, including heatstroke, heat exhaustion and heat cramps. Among those most at risk are people who work outdoors—Texas linemen, for example.

Heatstroke

Heatstroke occurs when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively “cooked” as body temperature climbs to a dangerous level in a matter of minutes.



Linemen working outdoors on hot days are advised to drink more liquid than they think they need.

Heatstroke is often fatal; survivors might have permanent organ damage.

Victims have extremely hot skin and an altered mental state, ranging from slight confusion to coma.

Continued on next page



ABOVE: Victoria EC displays banners from the toolkit.

RIGHT: From the brochure available in the toolkit



Lineman Recruitment Toolkit

TEC reminds co-ops of a valuable resource created to help recruit lineworkers.

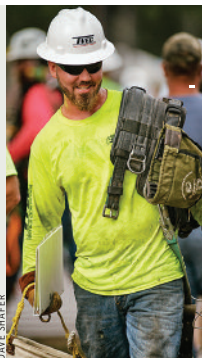
The **Lineman Recruitment Toolkit** was developed in response to members’ requests for help meeting the ongoing demand for new lineworkers. The turnkey toolkit can be customized with your co-op’s information and includes an array of digital materials, such as: brochures, posters, ads and a **lineman recruitment video**. Share this information with personnel involved in lineman recruitment at your co-op.

For a small fee, co-ops can purchase customized pull-up banners to use in conjunction with the other toolkit materials or by themselves in lobbies, annual meetings, job fairs or career days at area schools.

[Click here](#) for ordering information and contacts.

IT’S RODEO TIME

Electrical linemen from around the state converge at Nolte Island Recreation Area in Seguin every year for the **Texas Lineman’s Rodeo**, a test of skills that includes pole climbing and pole-top rescues. Rodeo events are July 13–15. The competition is spirited, and so is the camaraderie. Fifteen Texas co-ops sent participants in 2016.



APPA SAFETY MANUAL

TEC has the 16th edition of the American Public Power Association’s *Safety Manual* available to order for \$30 each. The APPA’s *Safety Manual* is updated about every five years to reflect important changes in the industry, including National Electric Safety Code and Occupational Safety and Health Administration standards.

To order, email [Tami Knipstein](mailto:Tami.Knipstein@tec.org), indicating the quantity; whether you prefer spiral-bound or hole-punched manuals; and the shipping address. TEC will invoice your organization.



The April 29 tornado damage in Trinity Valley EC's service territory near Canton

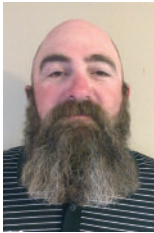
Spring Storms Rip Through Co-ops

Spring storms walloped Co-op Country with strong winds, tornadoes and flooding that caused power outages. Farmers, Houston County, Jasper-Newton, Rita Blanca, Rusk County and Trinity Valley ECs experienced damage. Co-ops including Bailey County, Greenbelt and Grayson-Collin ECs aided in the recovery.

An April 29 three-tornado system raced over Canton in areas served by Trinity Valley EC, causing extensive damage to electrical infrastructure. The system affected five TVEC substations and left nearly 24,000 meters in the dark. With the help of 200 additional workers, the co-op restored power May 3.

NEW LOSS CONTROL SPECIALIST

TEC hired Aaron Royal of Winnsboro as a Loss Control specialist. Royal worked at Wood County EC for 14 years, doing underground and overhead installation. He was on the co-op's safety committee for seven years.



2017 HURRICANE SEASON

Early predictions by hurricane researchers at Colorado State University's Tropical Meteorology Project forecast 2017 to be a slightly below-average Atlantic hurricane season, which runs June 1–Nov. 30.

The scientists project 11 named storms, four of which are expected to become hurricanes and two of which are likely to reach major hurricane strength, with sustained winds of at least 111 mph.

[Click here](#) to learn about hurricane preparedness and hurricane recovery.

SCHNEIDER CONTRIBUTES TO SCHOLARSHIPS

The Hill Country Classic Golf Tournament, sponsored by Schneider Engineering and held in May in Comfort, raised **\$7,865** for the TEC Loss Control Scholarship fund. Since 2010, Schneider Engineering has contributed **\$27,410** to the scholarship fund. TEC Loss Control awards scholarships to children of employees of electric cooperatives, municipal electric utilities and contractors participating in the program's organizational safety meetings and schools.

Registration opens Sept. 1 for 2018 TEC Loss Control schools. The 2018 school calendar will be available Aug. 1 on the [Event Calendar](#) page of the TEC website.

Warning Signs of Heat Illness continued from Page 1

Seizures also can result. Ridding the body of excess heat is crucial for survival.

- ▶ Move the person into a half-sitting position in the shade.
- ▶ Call for emergency medical help immediately.
- ▶ If humidity is below 75 percent, spray the victim with water and fan them vigorously; if humidity is above 75 percent, apply ice to neck, armpits or groin.
- ▶ Do not give aspirin or acetaminophen.
- ▶ Do not give the victim anything to drink.

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. Symptoms can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea.

- ▶ Give the victim water or other cool, nonalcoholic beverages.
- ▶ Apply wet towels or have them take a cool shower.

Heat Cramps

Cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Workers with heat cramps should not return to work for a few hours. Instead, victims should:

- ▶ Drink cool water or a sports drink.
- ▶ Stretch affected muscles.
- ▶ Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

The Centers for Disease Control and Prevention also remind workers exposed to extreme heat to:

- ▶ Drink more liquid than you think you need and avoid alcohol.
- ▶ Wear loose, lightweight clothing and a hat.
- ▶ Replace electrolytes lost from sweating by drinking fruit juice or sports drinks.
- ▶ Wear sunscreen; sunburn affects the body's ability to cool itself.

THINK ABOUT IT

"I will say that I cannot imagine any condition which could cause a ship to founder. I cannot conceive of any vital disaster happening to this vessel. Modern shipbuilding has gone beyond that."

—Edward J. Smith, 5 years before he became captain of the Titanic

STAFF

Martin Bevins, VP, Comm. & Member Services (512) 486-6249, mbevins@texas-ec.org

Danny Williams, Loss Control Manager (512) 413-0509, dwilliams@texas-ec.org

Curtis Whitt, CLCP, LC Regional Supervisor (512) 694-0232, cwhitt@texas-ec.org

Tami Knipstein, LC Program Coordinator (512) 486-6271, tknipstein@texas-ec.org

Tom Widlowski, Editor (512) 486-6246, twidlowski@texas-ec.org

James Busby, Loss Control Specialist (325) 451-7238, jbusby@texas-ec.org

Scott Corley, Loss Control Specialist (512) 713-4606, scorley@texas-ec.org

Phillip Henricks, CLCP, Loss Control Specialist (806) 438-0067, phenricks@texas-ec.org

David Nance, CLCP, Loss Control Specialist (512) 804-6748, dnance@texas-ec.org

Aaron Royal, Loss Control Specialist (512) 942-9351, aroyal@texas-ec.org

B.J. Varnadore, Loss Control Specialist (512) 573-9333, bvarnadore@texas-ec.org

Ronnie Wiggins, CLCP, Loss Control Specialist (512) 709-1177, rwiggins@texas-ec.org