

CMS ELECTRIC COOPERATIVE

The Enlightener

CMS ELECTRIC COOPERATIVE, INC.

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LIGHTBULB WINNERS

Congratulations to this month's lightbulb winners:

- ▶ Sharon Farris
- ▶ Denise Gameros
- ▶ Valerie Gates
- ▶ Monica Gonzalez
- ▶ Heather Grigsby
- ▶ Bernadine Harris

Contact us today for your free lightbulbs!

NONDISCRIMINATION

This institution is an equal opportunity provider and employer.

Do Not Overlook Overhead Power Lines

It can be easy to overlook things that we see every day, including overhead power lines. However, failure to notice overhead lines can be deadly. If you or an object you are touching contacts or gets too close to a power line, you could be seriously injured or killed.

Overhead power lines require 20 feet of clearance in all directions. This distance rule applies to the power lines draped from pole to pole that line roads (distribution lines), as well as the drop-down lines that service homes or other structures.

If your job requires you to operate equipment in the vicinity of large transmission lines and towers, they require even more clearance than distribution and drop-down lines. That clearance is determined by the Occupational Safety and Health Administration (OSHA). OSHA mandates line clearance distances for all types of power lines.

Overhead power lines require 20 feet of clearance in all directions.

Be mindful of overhead power lines when completing the following tasks:

HOME MAINTENANCE

Always be aware of the location of power lines, particularly when using long tools, such as ladders, pool skimmers and pruning poles. Lower long tools and equipment before moving or transporting them. Other safety tips include:

- ▶ Carry ladders and other long items horizontally whenever possible.
- ▶ Be careful when working on or around your roof.
- ▶ Never go on a roof in windy or bad weather.

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DON'T LET POWER LINES Fade into the Landscape

3 Types of Overhead Lines



TRANSMISSION



DISTRIBUTION



SERVICE DROP

Regardless of the type or voltage, any power line can kill if the path of the electrical current is disrupted.



Always look up and look out for power lines when working outdoors.

Be careful any time you go up, whether it be on a ladder, scissor lift or in a cherry picker.



Look for Power Lines When:



Operating a crane, concrete or pump truck.



Raising a truck bed.



Using any long tool or equipment that extends.

SOURCE: WWW.SAFEELECTRICITY.COM

Do Not Overlook Overhead Power Lines

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YARDWORK

When trimming trees, do not allow yourself or trimmers to come within 20 feet of overhead power lines, including service lines to your home or outbuilding. Also:

- ▶ Do not trim trees near power lines; instead, leave this to certified line clearance tree trimmers.
- ▶ Do not use water or blower extensions to clean gutters near electric lines.

FARMING

Review power line locations and other potential electrical hazards with all workers at morning safety meetings. Equipment that could get too close or contact a power pole or line includes sprayer tips, tall equipment, dump trucks, augers and other extensions.

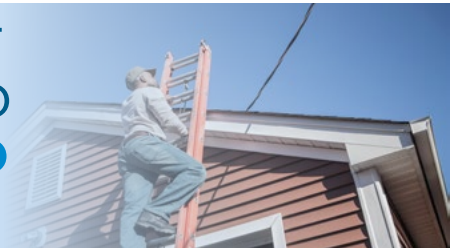
AT WORK

Follow all OSHA distance requirements when operating dump trucks, cranes, concrete pump truck extensions and when working on a roof or in a bucket.

OTHER REMINDERS

- ▶ Do not come within 50 feet of a downed or damaged power line. Warn others to stay away. Call 911 to report it.
- ▶ Never climb trees near power lines. Even if the power lines are not touching the tree, they could come in contact when weight is added to the branch. Look up and look out for overhead power lines. Contact can happen in an instant. For additional electrical safety tips, go to www.SafeElectricity.org.

STEER CLEAR OF OVERHEAD AND UNDERGROUND POWER LINES



- ▶ Look up and look out for overhead power lines.
- ▶ Keep a 20-foot minimum clearance between you or an object you are holding and a power line.
- ▶ Remember, power lines can be buried too. Call 811 or visit www.call811.com before digging to get underground public utilities marked.

BE MINDFUL OF POWER LINES WHEN COMPLETING THESE TASKS:

▶ HOME MAINTENANCE

Cleaning gutters, being on the roof or using extended tools to wash windows or skim a pool.

▶ TRANSPORTING TALL OBJECTS

Ladders are not the only extended objects people use outdoors. Be careful anytime you are moving a tall object or tool.

▶ YARD WORK

Trimming trees, carrying ladders and digging.

▶ CONTRACTED AND DIY PROJECTS

If you are planning any project that requires digging, ensure underground utilities are marked.

Look up and out for overhead power lines. **CONTACT CAN HAPPEN IN AN INSTANT.** If there is a damaged/downed power line or pad-mounted transformer (green box), do not go within 50 feet.

SOURCE: WWW.SAFEELECTRICITY.ORG

Stay Safe at Work

Employers usually offer orientation and training for new employees, but sometimes electrical safety is overlooked. Beyond burning popcorn in the microwave and annoying all your coworkers with the stench, CMS Electric and Safe Electricity remind you of the following on-the-job electrical safety tips, which can also apply at home:

IN GENERAL

DO NOT COMPLETE ELECTRICAL WORK IF YOU ARE NOT QUALIFIED. Employees asked to change light fixtures, repair wiring, install outlets or complete other types of electrical work have been injured and killed on the job. It is best to leave electrical work to a professional electrician.

INDOORS

- ▶ **MANY OFFICES HAVE LANDLINES.** Do not talk on a landline phone during a thunderstorm. A bolt of lightning that strikes a telephone line can come through the wires and enter a headset. That jolt can burst your eardrum or even cause cardiac arrest.
- ▶ **USE HIGH-QUALITY EXTENSION CORDS** with appropriate gauge and length endorsed by a reputable laboratory.
- ▶ **DO NOT RUN EXTENSION CORDS UNDER CARPET.** Cords could get damaged under the carpet or overheat, causing a fire.
- ▶ **EXTENSION CORDS SHOULD ONLY BE USED AS A TEMPORARY SOLUTION.** If your workplace needs more outlets, your employer should have a professional electrician install them.
- ▶ **ELECTRICAL CORDS CAN BE A TRIPPING HAZARD;** your employer should supply heavy duty cord covers.
- ▶ **DO NOT OVERLOAD THE ELECTRICAL SYSTEM** at your work by plugging in too many items or plugging in items that draw too much power.

- ▶ **DO NOT USE DAMAGED CORDS, PLUGS, OUTLETS** or outdated electrical equipment.
- ▶ **DO NOT YANK ON AN ELECTRICAL CORD TO UNPLUG SOMETHING;** grasp the plug instead.

OUTDOORS

- ▶ **BE VIGILANT ABOUT POWER LINE LOCATIONS.** Window washers, roofers, painters and other workers have been injured and killed after making contact with power lines either with a tool or object they were holding or by direct contact.
- ▶ **IF YOUR EMPLOYER ASKS YOU TO TRIM TREES, DO NOT TRIM ANY FOLIAGE OR LIMBS WITHIN 20 FEET OF A POWER LINE IN ANY DIRECTION.** Trimming near power lines should be left to OSHA-certified line clearance workers.
- ▶ **IF YOU OPERATE FARM MACHINERY OR DRIVE A TRUCK THAT HAS HYDRAULIC BEDS OR LIFTS** (dump truck, for example), bins (grain truck) or arms/extensions (garbage or concrete truck), always be aware of power line locations and use a spotter. If your truck or equipment does come in contact with a line, **DO NOT** get out. Call 911 and wait for the electric provider to de-energize the power so you can safely exit.
- ▶ **IF YOU RENT/USE SCAFFOLDING OR A BOOM LIFT** to raise you up, always be aware of power line locations.

AROUND WATER


- ▶ **BE CAREFUL WHEN WORKING AROUND WATER.** Water and electricity should not mix. Keep all electrical equipment away from standing water or damp conditions (indoors or outdoors) and do not operate equipment with wet hands.
- ▶ **MAKE SURE ANY OUTLET NEAR A WATER SOURCE (AND ALL OUTDOOR OUTLETS) ARE GROUND-FAULT CIRCUIT INTERRUPTER (GFCI) PROTECTED.**

7 causes of Slips, Trips and Falls



27.5% of workplace accidents involve slips, trips and falls (STFs).

Typical number of days lost **13**
Most frequent injuries **sprains strains tears**



STFs are the second leading cause of occupational injuries involving days away from work.

If you see these common causes of slips, trips and falls in the workplace, report or address them to prevent injury.



Poor lighting



Spills and debris



Wet floors



Clutter on the floor or stairs



Uneven surfaces



Loose mats or rugs



Cables that cross walkways

SOURCES: SAFELECTRICITY.ORG, NATIONAL SAFETY COUNCIL, NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

Safety Ambassador Checklist



Practicing safety near electricity can save lives, and we want you to spread the important message of safety.

With the help of an adult, complete the checklist below then cut out the badge to show you care about electrical safety.

TASK	COMPLETED
Electrical outlets are not overloaded with multiple power strips and devices.	<input type="checkbox"/>
Electrical cords are not causing a trip hazard or placed under rugs or carpet.	<input type="checkbox"/>
Smoke alarms are working.	<input type="checkbox"/>
Smoke alarms are installed in every bedroom, outside each sleeping area and on every level of the house.	<input type="checkbox"/>
All light switches are working properly.	<input type="checkbox"/>
SIGNATURE _____	

