

The Current flow

JANUARY 2016



A SAFETY NEWS AND SAFETY INFORMATION PUBLICATION OF THE CREA LOSS CONTROL DEPARTMENT

SAVE THE DATE

**53rd Annual Colorado Rural Electric
Operations and Engineering Conference**

April 4-April 7, 2016

**Holiday Inn Express & Suites, Montrose, CO
Hosted by Delta-Montrose Electric Association**

The Operations and Engineering group was formed in the 1950s to provide a forum for cooperative personnel to discuss new technology, new products, and exchange information and experiences. The group, represented by Colorado's 22 rural electric cooperatives, meets annually with the meeting location rotated throughout the state. The meeting includes formal presentations by equipment suppliers, service organizations, engineering and operating consulting firms, the Rural Utilities Service, and the Colorado Rural Electric Association. Equipment suppliers are provided the opportunity to display their products and services during the meeting.

[Click Here
to REGISTER](#)

Congratulations to Y-W for Safety Award

Y-W Electric's focus on safety was recently rewarded when the co-op was among an elite group of 39 Pinnacle Assurance policyholders honored for their exemplary safety, loss control and financial and claims management.

For eight years, Pinnacle's Circle of Safety Award has recognized that exceptional risk management is the result of a circle of many people

throughout the company working together. From top management to lineman to office workers, everyone plays a role in making every electric co-op a safe place to work. A Circle of Safety winner takes risk management seriously and gets employees home safe every day.

This is the third year that Y-W Electric has earned this prestigious award. Learn more about how Y-W Electric makes safety a part of its culture in the video at <http://bit.ly/1Q5BbOi>.



Greetings,

I would like to thank CREA for giving me the opportunity to represent and work for the 22 co-ops that make up the great state of Colorado.

In 1980 I attended Huron College and received my associate's degree in business management. In 1982 I received a diploma from Mitchell Technical Institutes Power line Technology course.

As a lineman I've had the opportunity to be involved with the instillation of load management for the City of Miller and worked with SCADA system installed on our water wells in Kansas. Throughout my career I've received special training in transformer connections, metering, OCRs, regulators and also hotline bucket schools.

I started my career as an Instructor in South Dakota for MTI. Over my 15 years as an instructor I served as department head, division head of energy, which included wind technology, power line technology, and propane/NG.

In the past four years, working for CREA and Pine Valley Power/Klondyke Construction, I have earned my Certified Loss Control Professional degree from the University of Wisconsin and my Certified Utility Safety Professional certificate from the Utility Safety and Operations Leadership Network.

For me, safety is a way of life and I wouldn't have it any other way. I look forward to working with a well-trained CREA staff.

Randy Westberg



Randy Westberg

It's Bitterly Cold—the basics of hypothermia

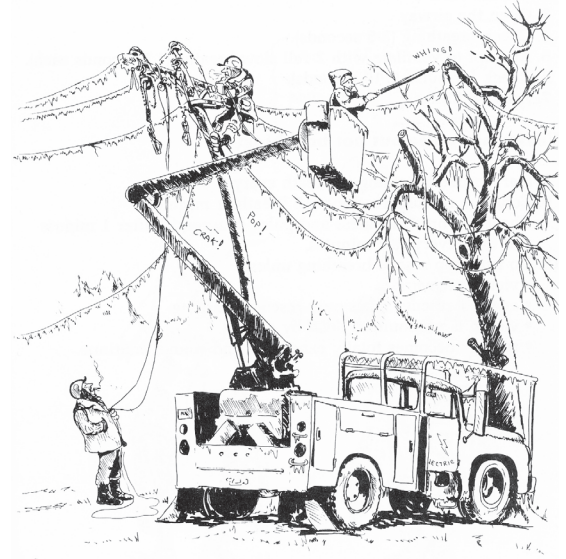
Here in Colorado, temperatures have had negative signs in front of them. Add wind chill to the mix and that drops the numbers even lower to create dangerously cold temperatures outside. When temps fall this low, the onset of hypothermia can occur quickly. Watch for the following symptoms and get in out of the cold when they are detected.

Symptoms:

Pain in the extremities
 Uncomfortable shivering and the sensation of cold
 Reduction of body core temperature
 Cool skin
 Rigid muscles
 Slowing of heart rate
 Weakening of pulse
 Low blood pressure
 Irritability of heart muscle
 Sometimes heart beating abnormally in respect to strength and rhythm
 Slow irregular breathing
 Memory lapses
 Vague slow slurred speech
 Drowsiness
 Incoherence
 Diminished reaction time
 Diminished coordination
 Diminished judgment
 Diminished dexterity

Possible Underlying Causes:

Exposure to low air temperatures, high wind, inadequate clothing or water immersion
 Underlying disease, as heart or blood vessel disease
 Old age
 Allergies
 Alcoholism
 Recent alcohol consumption
 Smoking
 Medications that affect the temperature-regulating mechanism
 Exhaustion
 Sedative drugs
 Dehydration



I ENVY YOU GUYS, YOU GET TO WORK UP CLOSE TO THA' NICE WARM SUN!

Information from the book "A Guide to Linework Plus Clumsums Illustrated" by Electric Power Utilities Training Division, Texas Engineering Extension Service and The Texas A&M University System
 Illustration by Dale Hammond

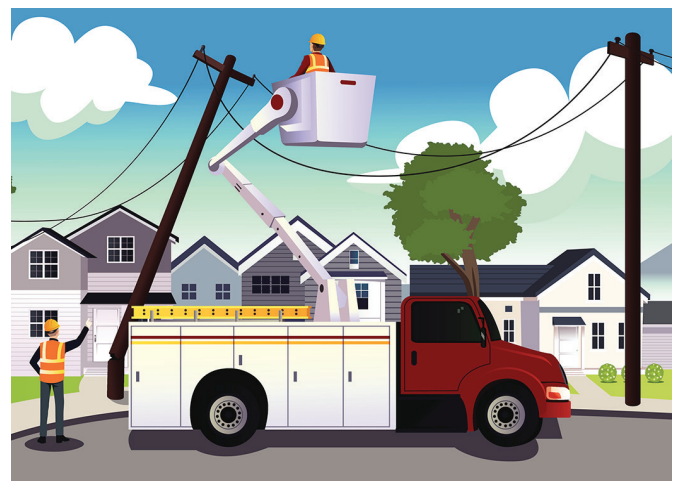
CHECK 'NO' FOR INTRASTATE ONLY

CREA would like to remind everyone that when you are completing the combined Motor Carrier Identification Report and Hm Permit application (MCS-150B), you will want to check "No" where it states "Intrastate Only."

There has been some discussion around the state on which box to check. You will need Interstate capability if your service territory stretches across the state line, and you need Interstate capability if your co-op volunteers any crews/trucks/equipment as mutual aid assistance to other states for storm outage repairs.

Therefore, you want to mark the DOT cards "No" where it states "Intrastate Only."

Also, if you list your co-op as "DOT Interstate," you will be contacted by DOT/FMCSA to comply with MCS-150B regulations. These basically require that a federal interstate commerce tax be levied whenever one of your trucks/trailers (CMVs) crosses a state line. MCS-150 filing is usually filed in March every other year. Visit the following URL for complete step-by-step instructions on filing, and where you can go to get additional help and information: <http://1.usa.gov/20pkyQL>



For more information on electrical safety, visit SafeElectricity.org

2016 Education Courses at a Glance

COURSE	DATE	LOCATION	INSTRUCTOR
February			
<i>Webinar: Electric Distribution Grid Resiliency</i>	February 9, 2016	Webinar	Hi-Line Engineering
Leadership Development #B session #1	February 9-11, 2016	CREA/Denver	Peak Solutions
Voltage Regulator	February 10-11, 2016	LPEA/Durango	Mike Dean
Line Design & Staking 1	February 22-25, 2016	CREA/Denver	Hi-Line Engineering
March			
<i>Line Design & Staking #2 & Optional 2-Day</i>			
NESC Update	March 7-10, 2016	CREA/Denver	Hi-Line Engineering
<i>Webinar: Do's & Don'ts of Easement Acquisition</i>	March 8, 2016	Webinar	Hi-Line Engineering
Line Design & Staking #3	March 14-17, 2016	CREA/Denver	Hi-Line Engineering
April			
<i>Webinar: Maintaining Aging Infrastructure</i>	April 12, 2016	Webinar	Hi-Line Engineering
OSHA 10/20 T&D	April 11-14, 2016	CREA/Denver	S3 Stay Safe Solutions
Touchstone Service Excellence #1	April 27, 2016	Grand Valley Power	Lynn Moore
Touchstone Service Excellence #1	April 28, 2016	La Plata Electric	Lynn Moore
Touchstone Service Excellence #2	April 29, 2016	Empire/Cortez	Lynn Moore
May			
Leadership Development #B session 2	May 10-12, 2016	Holy Cross/Glenwood	Peak Solutions
<i>Webinar: Self-Healing Systems</i>	May 17, 2016	Webinar	Hi-Line Engineering
Mechanics Conference	May 24-25, 2016	Holy Cross/Glenwood	Multiple
Touchstone Service Excellence-part 1	May 31, 2016	United/Brighton	Lynn Moore
June			
Touchstone Service Excellence-part 2	June 1, 2016	United/Brighton	Lynn Moore
Touchstone Service Excellence-part 1	June 2, 2016	United/Brighton	Lynn Moore
Touchstone Service Excellence-part 2	June 3, 2016	United/Brighton	Lynn Moore
July			
<i>Webinar: Mining AMI Data for More Efficiency in Transformer Installations & Replacements</i>	July 19, 2016	Webinar	Hi-Line Engineering
August			
<i>Webinar: Distribution Planning Criteria</i>	August 9, 2016	Webinar	Hi-Line Engineering
Leadership Development #B session #3	August 16-18, 2016	Holy Cross/Glenwood	Peak Solutions
September			
<i>Webinar: 2017 NESC Updates</i>	September 20 & 22, 2016	Webinar	Hi-Line Engineering
Supervisory Solutions	September 28 & 29, 2016	western slope	Peak Solutions
October			
<i>Webinar: How to place Capacitors on a Distribution System</i>	October 11, 2016	Webinar	Hi-Line Engineering
December			
NESC-What's New	December 5, 2016	Western Slope	Hi-Line Engineering
NESC-What's New	December 6, 2016	CREA/Denver	Hi-Line Engineering
NESC-Full Review	December 7-9, 2016	CREA/Denver	Hi-Line Engineering
To be scheduled: OSHA 10 hour Western Slope ROW			

CREA Loss Control Department *Schedule*

For Safety Training and Loss Control Director Randy Westberg's schedule, contact Randy at 720-557-2189.

Dan Whiteside

job training and safety instructor

- February 1 - La Plata
- February 8 - San Miguel
- February 15 - Sangre de Cristo
- February 22 - Delta Montrose
- February 29 - Mountain View
- March 7 - Grand Valley
- March 14 - Empire Electric
- March 21 - Vacation
- March 28 - San Luis Valley

Curt Graham

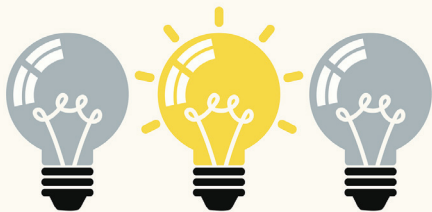
job training and safety instructor

- February 1 - Poudre Valley
- February 8 - Morgan County
- February 15 - Mountain Parks
- February 22 - Holy Cross
- February 29 - Southeast
- March 7 - Highline
- March 14 - KC
- March 21 - nothing
- March 28 - Yampa Valley

Angelea Meyer

risk management coordinator

- (schedule subject to change)
- February 1 - La Plata: RESAP and SIP follow-up
- February 11 - Empire Electric:
 - Excavation, trenching and shoring training
- February 16 - Mountain Parks: SDS assessment and RESAP pre-walk
- March 28 - San Luis Valley: RESAP pre-walk



Bright Idea for You



A Forklift with Magnetism

Poudre Valley REA has this month's Bright Idea. The crew in the shop has suspended a 2 1/2- to 3-foot magnet from the back lower portion of a forklift with chains. As the forklift is used for its daily duties, it also works to keep the warehouse clear of nails, staples, tacks and other metal debris.

Kudos to PVREA employees for this innovation that allows the forklift to do double duty. It's an idea worth copying.

Share Safe Procedures With First Responders

It is important that your community's first responders know what to do when they are called to an accident or fire where electricity is involved. For help in how to train first responders, access www.safeelectricity.org, click on Professional/Internal Safety and then go to Training Materials for First Responders.

There you will find articles, handouts and videos that can be used to share this vital information.

All of the Safe Electricity safety information is available to Colorado's electric co-ops through CREA's membership. Contact Mona Neeley at mneeley@coloradocountrylife.org for user name and password to access the information.



Because there may not be a second chance to **do it right.**