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620-672-5538
www.ninnescah.com



NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

NINNESCAH RURAL ELECTRIC CO-OP, INC.

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IN CASE OF AN OUTAGE

If your electricity is off for more than a few minutes, please call 620-672-5538. The office hours are 8 a.m. to 4:30 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

How Extreme Summer Temperatures Impact Reliability

When outdoor temperatures soar, our electricity use increases. That's because our air conditioners are running longer and more often to counteract sweltering outdoor temperatures. Factor in that we all tend to use electricity at the same times — in the morning and early evenings — and that equals a lot of strain on our electric grid.

At Ninnescah Electric, we work closely with Kansas Electric Power Cooperative (KEPCo), our local generation and transmission (G&T) cooperative in resource and infrastructure planning to ensure you have the power you need whenever you flip a switch, but the electric grid is much larger than your local co-op and G&T.

In summer months, when even more electricity is being used simultaneously across the country, it is possible for electricity demand to exceed supply, especially if a prolonged heat wave occurs. If this happens, which is rare,

the grid operator for our region of the country, the Southwest Power Pool (SPP), may call on consumers to actively reduce their energy use or initiate rolling power outages to relieve pressure on the grid.

We work proactively with our G&T to create a resilient portion of the grid and ensure electric reliability in extreme weather, including regular system maintenance, grid modernization efforts and disaster response planning; but it takes everyone to keep the grid reliable.

To help keep the air conditioner running for you, your family and neighbors, here are a few things you can do to relieve pressure on the grid during times of extreme summer heat:

- ▶ Select the highest comfortable thermostat setting and turn it up several degrees whenever possible. Your cooling system must run longer to make up the difference between

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Heat Advisory: Protecting Workers From Heat Stress

How to stay safe and cool in extreme heat

Nationwide, we're experiencing hotter, longer and more frequent extreme heat events. Extreme heat is the leading cause of weather-related deaths in the U.S., according to the National Weather Service.

Heat can be dangerous for anyone, but some face greater risks. Outdoor workers face increased threat of heat stress due to hot temperatures, high humidity, intense radiation from full sunlight or limited access to air circulation or cooling. Those at risk include lineworkers, first responders, farmers, construction workers and landscapers.

People working indoors without air conditioning or near heat sources such as in kitchens, factories or foundries also face greater risks of heat-related illness.

While we can't control the weather, we can understand the hazards of heat stress and take precautions to ensure safety when temperatures and humidity are on the rise.

UNDERSTANDING HEAT STRESS

Heat stress occurs when the body cannot adequately cool itself through sweating. This can result from a combination of high temperatures, humidity, physical exertion and a lack of hydration. When the body overheats, it can lead to various heat-related illnesses, ranging from mild heat cramps to life-threatening heatstroke.

PERSONAL RISK FACTORS

Certain factors can increase an individual's susceptibility to heat stress, including:

- ▶ **AGE AND HEALTH:** Older workers and those with preexisting health conditions are at greater risk.
- ▶ **HYDRATION LEVELS:** Dehydration can impair the body's ability to cool itself.
- ▶ **ACCLIMATIZATION:** Workers who are not accustomed to hot conditions are more prone to heat stress.
- ▶ **CLOTHING:** Wearing heavy or non-breathable clothing can restrict heat dissipation.

HEAT EXPOSURE CAN AFFECT HEALTH IN A NUMBER OF WAYS

HEAT CRAMPS:

- ▶ **SYMPTOMS:** Muscle pain or spasms, usually in the arms, legs or abdomen.
- ▶ **RESPONSE:** Rest in a cool place, hydrate with electrolyte-rich fluids and gently stretch the affected muscles.

HEAT EXHAUSTION:

- ▶ **SYMPTOMS:** Heavy sweating,

fatigue, nausea, dizziness, irritability, pale/cool skin and a rapid, weak pulse.

- ▶ **RESPONSE:** The condition is usually due to loss of water and salt from excessive sweating. Move to a cooler area, loosen clothing, sip water slowly and apply cold compresses or cool water to the skin. Seek medical attention if symptoms persist.

HEAT STROKE:

- ▶ **SYMPTOMS:** High body temperature, throbbing headache, hot/dry skin, confusion, slurred speech, rapid and strong pulse, and possible loss of consciousness.
- ▶ **RESPONSE:** Heat stroke can be fatal, as it restricts the body's ability to cool itself. Call 911 immediately. While waiting for medical help, move to a cooler environment, and lower body temperature with cool water or ice compresses. Remove any unnecessary clothing.

PREVENTING HEAT STRESS

Prevention is key to protecting workers from heat stress. Here are some essential tips:

- ▶ Hydrate frequently. If you wait until you're thirsty, you've waited too long. You should drink water every 15-20 minutes. Consider adding electrolytes, and avoid caffeinated or sugary beverages and heavy, hot meals.
- ▶ Take frequent breaks. Schedule breaks in shaded, air-conditioned or cooler areas.
- ▶ Acclimatize and gradually increase heat exposure. Allow new or returning employees time to adjust.
- ▶ Adjust work schedules. Plan heavy activities for cooler parts of the day and gradually increase workloads to help workers acclimate to the heat.
- ▶ Wear appropriate clothing. Opt for lightweight, loose-fitting and light-colored clothing. While necessary for safety, be aware that personal protective gear can increase body heat.
- ▶ Wear sun protection, including a hat and sunglasses. Apply sunscreen regularly.

Know the signs and watch out for each other. Ensure all workers are aware of the risks, symptoms and treatments for heat stress.

OSHA's Heat Illness Prevention guide at www.osha.gov/heat offers resources for employers and workers about heat hazard awareness and prevention to keep workers safe. You can also download OSHA's Heat Safety App at www.osha.gov/heat/heat-app to calculate the heat index for a worksite and get reminders about protective measures that should be taken at that risk level to protect workers.

By understanding the dangers of extreme heat and implementing proactive measures, outdoor workers can significantly reduce the risk of heat stress. Staying informed, hydrated and vigilant can make all the difference in maintaining health and safety on the job.



How Extreme Summer Temperatures Impact Reliability

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the thermostat temp and the outdoor temp.

- ▶ **PRO TIP:** Seal air leaks around windows and exterior doors with caulk and weatherstripping. Air leaks and drafts force your cooling system to work harder than necessary.
- ▶ Run major appliances such as dishwashers, ovens and dryers during off-peak hours when the demand for electricity is lower.
- ▶ **PRO TIP:** Start the dishwasher before you go to bed.
- ▶ Use ceiling fans to make yourself feel a few degrees cooler. Remember, ceiling fans cool people (not rooms), so turn them off in unoccupied rooms.
- ▶ **PRO TIP:** During summer months, set ceiling fan blades to rotate counterclockwise, which pushes cool air down for a windchill effect.
- ▶ Close blinds, curtains and shades during the hottest part of the day to block unwanted heat gain from sunlight.

- ▶ **PRO TIP:** Consider blackout curtains with thermal backing or reflective lining to block heat and light.
- ▶ Use smaller appliances, such as slow cookers, air fryers and toaster ovens to cook meals.
- ▶ **PRO TIP:** Studies have shown that air fryers use about half the amount of electricity than a full-size oven. Air fryers are smaller and use focused heat, which results in faster cooking times, less heat output and lower energy use.

As we face the challenges posed by soaring summer temperatures, understanding the impact on energy demand is crucial for maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme heat, not only can you save money on your electric bills, but you can also contribute to the resilience of the grid, keeping our local community cool and connected.

Cronister Completes Power Line Training Program

BRODY CRONISTER, an employee with Ninnescah Electric, has successfully completed one of the world's most comprehensive training programs for power line personnel. The Merchant Job Training and Safety Program is administered to line personnel in 40 states throughout the United States. Brody and the support staff at Ninnescah Electric can be proud of their accomplishment. Each utility has an acting training coordinator assisting the trainees by administering "closed book" testing. The coordinators manage their own people throughout the training process from rules set by the MJTS and the statewide association people.

CONGRATULATIONS TO BRODY, WHO CAN LOOK FORWARD TO A VERY REWARDING LIFELONG OCCUPATION.



Brody Cronister

WELCOME NEW MEMBERS

Kandi E. Evan – *Macksville*

Adam L. &/or Crystal K. Gossett – *Pratt*

Damon Stauffer – *Kingman*

H3 Oil & Gas LLC – *Medicine Lodge*

Derek McClure – *Stafford*

5 WAYS to Reduce Use During Extreme Heat

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.



Here are five effective ways to lower usage at home.

1. Raise your thermostat setting a few degrees higher than usual. Every degree can reduce cooling energy consumption.
2. Cook with smaller appliances to save energy and reduce heat gain in the kitchen.
3. Keep blinds, curtains and shades closed during the hottest part of the day to block direct sunlight.
4. Use fans to circulate air, which can make you feel cooler without needing to lower the thermostat.
5. Shift activities that require a lot of energy consumption to off-peak hours when demand is lower.

Summer Safety Tips for Gas, Charcoal and Electric Grills

Grilling outdoors is not only a good way to keep your house cooler and lower your energy bill, it's a great way to enjoy warm summer days with family and friends — but more than half of grill fires occur during these peak months.

Each year, grill fires cause thousands of injuries and millions of dollars in property loss, according to the National Fire Protection Association (NFPA). Most grill fires can be prevented with proper maintenance and safe use. Stay safe by following these simple tips:

- ▶ Keep your grill clean by removing grease or fat buildup from grates and trays.
- ▶ Place the grill on a stable surface, away from homes, deck railings and overhanging branches.
- ▶ Keep children and pets at least 3 feet away.
- ▶ Never leave an active grill unattended.
- ▶ Use propane and charcoal grills outdoors only to prevent fire hazards and carbon monoxide poisoning.

GAS GRILLS

Gas grills pose a greater fire risk due to leaks. To ensure safe grilling, check for leaks each season: pose a greater fire risk due to leaks. To ensure safe grilling, check for leaks each season:

- ▶ Mix equal parts dish soap and water.
- ▶ After attaching the gas cylinder, open the valve one turn counterclockwise.
- ▶ Apply the soapy mixture to the hose and connections. If bubbles form, a gas leak is present.

If you detect a leak, turn off the gas and grill immediately. If the leak stops, have the grill serviced by a professional before use. If the leak continues, move away and call the fire department for assistance. Do not move the grill.

BONUS SAFETY TIP: Open the lid before lighting a gas grill to prevent gas buildup. If the flame goes out during use, turn off the gas and wait at least five minutes before relighting.

CHARCOAL GRILLS

Charcoal grilling is a favorite way to cook outdoors but pose fire and carbon monoxide risks if not handled properly. Follow these essential safety tips:

- ▶ Only use charcoal starter fluid designed for grills; never use gasoline or other flammable liquids.
- ▶ Never add lighter fluid to a lit fire — this causes flare-ups.
- ▶ Store starter fluid away from heat sources and out of children's reach.

- ▶ Let charcoal coals and ashes cool completely before disposing of them in a metal container.

ELECTRIC GRILLS

Electric grills are safe outdoors if proper safety precautions are followed:

- ▶ Ensure your electric grill is outdoor rated to withstand exposure to moisture and varying temperatures.
- ▶ Never use an electronic grill in rainy or wet conditions. Store the grill in a dry place when not in use.
- ▶ Keep electrical connections away from water, damp surfaces or pools to avoid electric shock.
- ▶ Always plug your grill into a Ground Fault Circuit Interrupter (GFCI) outlet to protect against shocks. If using an extension cord, make sure it's outdoor-rated and GFCI-protected.
- ▶ Check the power cord for frays, cracks or damage before use.
- ▶ Turn off and unplug the grill after use.

If your electric grill stops working, consult the manufacturer instead of attempting electrical repairs yourself.

CLEANING YOUR GRILL

Dirty grills are a leading cause of grill fires, according to the NFPA. Despite the belief that a seasoned grill enhances flavor, regular cleaning is essential for safety and performance.

- ▶ Let the grill cool before cleaning or storing it.
- ▶ Clean all grill parts including grates, burners, side tables and grease traps to prevent grease fires.
- ▶ Follow the manufacturer's instructions for proper cleaning.

Take these precautions and enjoy a safe and flavorful grilling season.

ENERGY EFFICIENCY TIP OF THE MONTH

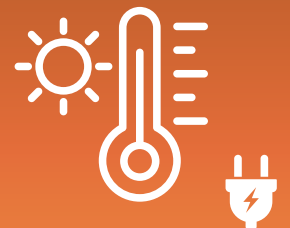
Take advantage of the warmer weather to reduce home energy use. Avoid the oven and fire up a grill instead. You will save electricity and avoid raising the temperature inside your home, reducing the need for additional air conditioning. Get creative in the kitchen and explore new ways to save energy, like making tasty no-bake recipes!

SOURCE: WWW.ENERGY.GOV



SAFETY TIP

If you work outdoors, hydration is key. Drink water every 15 minutes, even if you're not thirsty, to help prevent heat exhaustion. Take breaks in a shady or cool area, and schedule heavy work for cooler times of day.



SOURCE: WWW.SAFEELECTRICITY.ORG