



Building Wellness *on the Farm*



Ag Safety Week takes place March 15 - 21, 2020 and *Building Wellness on the Farm* is this year's theme. The theme recognizes that safety goes beyond equipment maintenance, safe use of materials and appropriate personal protective equipment.

The opening statement on the Ag Safety Week webpage reads, "A healthy farmer is a safe farmer and a safe farmer is a strong farmer. Look after your health and wellness. It's one of the best investments you can make for the future of your farm."

Health and wellness, in farming and in other sectors, has in recent years embraced a more inclusive definition. There is a growing realization that health is a single topic, not divisible into categories of physical, mental, psychological or any other, because, simply put, health problems of any type cause the person to be unwell. The old concept of health, as a state of being free from illness or injury, is being replaced by the World Health Organization definition, "a state of complete physical, mental and social well-being".

Applied to work and safety, this definition of health fosters better productivity, strong personal relations, and the ability to cope with day to day stressors. For farmers whose home and workplace are the same, *Building Health and Wellness* becomes an inclusive topic that affects both the business and the farm family.

The Canadian Agricultural Safety Association (CASA) has assembled a comprehensive, set of materials for Ag Safety Week, written by experts in their fields. Topics include:

- Dealing with Conflict
- Making Transitions
- Living with Stress
- Maintaining Healthy Relationships
- Confidential Personal Wellness Assessment

These articles are accessible on the Ag Safety Week webpage: www.agsafetyweek.ca/building-wellness-on-the-farm.html

The Canadian Agricultural Safety Association reminds us to always remember:

1. You're worth it
2. Your family, friends, and community will benefit
3. Your farm will benefit
4. Your life will benefit

For power outages, emergency power troubles and service requests, contact the distribution system operator for FENN REA: **ATCO Electric**
Phone toll-free: 1-800-668-2248

FENN REA
Box 31, Fenn, Alberta T0J 1K0
Phone: c/o Philip Jarmin,
1-403-740-9384
Email: fennrea@gmail.com
www.fennrea.com

Battle River Power Coop
Member Care & Billing
Box 1420, Camrose AB T4V 1X3
Phone toll-free: 1-877-428-3972
Email: brpc@brpower.coop
www.brpower.coop

Stay Safe Around Power Lines

With spring just around the corner, FENN REA encourages members to use caution when working around powerlines and follow these safety tips.

Check the height of your equipment. Know the height to ensure you can cross safely under power lines and be aware that newer machinery and/or equipment may be higher. Update your GPS with any changes and carefully consider your route to ensure you can cross safely under power lines and/or work around them. Remember if equipment is higher than 4.1 meters (13.5 feet) you should contact the FENN REA system operator, ATCO, before the move and request assistance.

Stay seven meters (23 feet) away from power lines. Pay special attention when operating grain augers, air seeders, or when lifting truck boxes or operating back hoes.

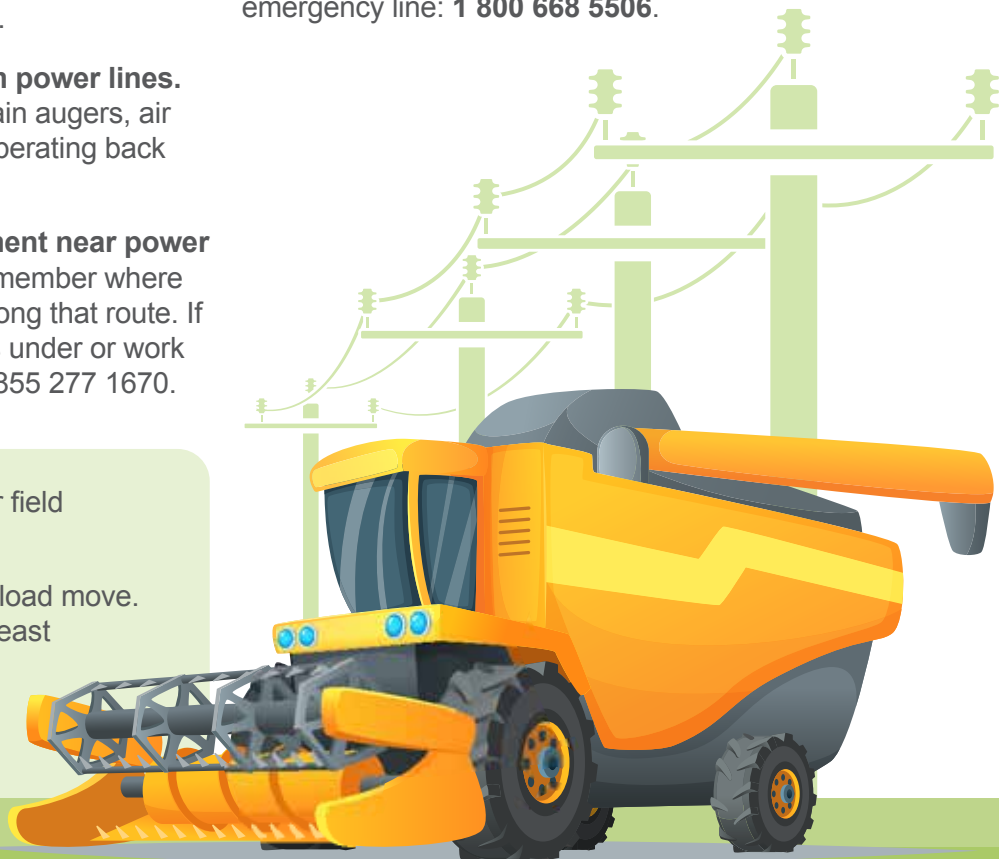
Plan ahead before moving tall equipment near power lines. Map your route and locate and remember where any overhead power lines are located along that route. If you don't know whether it's safe to cross under or work near a power line, call ATCO for help: 1 855 277 1670. ATCO will:

- Measure power lines in your yard or field
- Help plan the safest route
- Lift power lines if needed for a high load move. Please note that ATCO requires at least seven working days to schedule a move.

Stack and store wisely. Whether you're storing grain in a bin or a pile of hay bales, stack and store at least 7 meters (13 feet) away from power lines.

Click before you dig. Before digging or driving posts into the ground, talk to **Alberta One-Call** to request an underground locate. Utilities are closer to the surface of the ground than you think.

Assume downed power lines are energized. Stay at least 10 meters (33 feet) away and warn others of the danger. Call 911 or ATCO's electricity 24-hour emergency line: **1 800 668 5506**.



Regulated Rate Option (RRO)

The RRO rate may increase or decrease from month to month as it is priced on the open market and subject to many factors relating to supply and demand. If you do not have a contract with an electricity retailer, then you receive the default RRO rate.

For February 2020, the RRO is priced at \$0.08309 per kWh, which is reflected on your enclosed bill. For March 2020, the Battle River Power Coop monthly rate as calculated under the RRO regulation and charged to FENN REA members is \$0.06683. The RRO rate is also listed on www.fennrea.com.

Members are free to purchase electricity services from a retailer of their choice. For a list of retailers, visit ucahelps.alberta.ca or call 310-4822 (toll free in Alberta).

Information on FENN REA's Code of Conduct Compliance Plan can be found on our website: www.fennrea.com