

## Recognize Fatigue and Stay Safe this Harvest Season!

Harvest time is one of the busiest times of year. Farmers put in long hours and have many tasks on the go at once. Even if everything goes smoothly and there aren't the dreaded breakdowns or weather delays, there's still a lot of work to do. With all of this pressure and long hours comes the potential for fatigue and there is no denying that fatigue is a hazard!

Being fatigued impairs judgment and concentration, and may reduce the quality of work because "you're just too tired" to focus. In fact some research shows that farmers might be some of the most tired workers out there with roughly two-thirds sleep deprived.

During events like harvest there are practical strategies farmers can use to reduce the impact of fatigue:

- ✔ Plan ahead. Make a list of things that need to be done and assign tasks and timelines.
- ✔ Stay hydrated. Dehydration will exacerbate feelings of weariness.
- ✔ Eat nourishing food. Make healthy choices for meals and snacks, limiting high-fat, high-sugar options like candy bars and potato chips.
- ✔ Use caffeine in moderation, but reduce your use in the hours before you need to sleep. The same applies to alcohol.
- ✔ Take short, timely breaks. A 15-20 minute nap in the early afternoon fits in with the body's natural clock. A short nap in the morning will be less effective.
- ✔ If you are working around the clock, try to take a longer break during the high risk period for accidents and exhaustion – between 11pm and 6am.
- ✔ Get enough sleep: This seems obvious but it can be a challenge during harvest time as farmers have a strong work ethic, so admitting you need sleep can be perceived as weak or lazy. However it is important to note that most adults require seven to nine hours of sleep per night. Equally of note is that being awake for 17 hours continuously is the equivalent of having a blood alcohol level of 0.05 or 0.08. Your reflexes and co-ordination are significantly impaired.
- ✔ If you are too tired to safely perform a task, do not continue. Communicate the problem to someone, ask for help, and/or simply take a well-deserved break. Remember that your safety is a high priority. A temporary bout of fatigue could cost more than just a few minutes of your time.



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

# Help Maintain FENN REA Power Pole Integrity

## Keep Power Poles Free



Placing advertising signs on rural power poles may seem like an inexpensive way to advertise, but is actually against the law (reference the AEUC excerpts below).

The Alberta Electrical Utility Code (AEUC) – Section 2 – addresses interference with utility systems and states:

*“Utility system poles and structures shall be kept free of all materials and equipment not required for the system, unless permitted by the operator of the utility system.”*

*“No person shall make attachments to utility system poles and structures unless authorization has been received from the operator of the utility system.”*

Unauthorized attachments and signs affixed to power poles are very dangerous to Powerline Technicians (PLTs) that must climb that pole.

So keep power poles free of encumbrances so your PLTs can do their jobs quickly and safely!

## Guy-Wires Need to be Stable

Some utility poles buried in the ground have sufficient strength to stand on their own; others need guy-wires to support loads and to resist ground movement. The lower end where the cable enters the ground is often encased in a length of yellow or orange plastic reflector to make it more visible so that people or vehicles do not run into it.

While guy-wires are not energized that doesn't mean they may not occasionally conduct electricity, in particular if they are compromised by uncommon forces.

Cautions about contact with guy-wires are also pertinent to livestock. For example, cattle rubbing on a guy-wire (see photo right) will cause a utility pole to shake and move, decreasing the stability of the pole. An unstable utility pole could result in a single member power outage and/or a distribution system disruption.



FENN REA members are encouraged to check their property for potential livestock and guy-wire interactions.

## 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 August 2021, the RRO is priced at \$0.15861 per kWh, which is reflected on your enclosed bill. For September 2021, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.13208. The RRO rate is also listed on [www.fennrea.com](http://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](http://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](http://www.fennrea.com)