



Recognize Fatigue

Once harvest has begun, farmers are in for the long haul because harvest is more of a marathon than a sprint, and fatigue becomes a major concern.

Fatigue can creep up on a person and it is important to recognize common symptoms including: feeling sleepy or tired, headaches and dizziness, blurry vision, poor concentration, slow reflexes, feeling irritable, and aching or weak muscles.

Monitoring your own symptoms, and those of employees and contractors, will help mitigate potential accidents. It's important for farmers to recognize things they can do to ward off fatigue such as:



While there is no one size fits all for fatigue management, being aware and responding to symptoms is an important first step. It takes just a moment to make a decision that could literally be the difference between life and death.

- ✓ Eat nourishing food and stay hydrated. Make healthy choices for meals and snacks, limiting high-fat, high-sugar options like candy bars and potato chips. Choose water, juice or soft drinks low in caffeine and sugar over stimulants like coffee or depressants like alcohol.
- ✓ Take regular breaks, even a mini break can work wonders to refresh you.
- ✓ Aim for a good night's sleep every night.
- ✓ Get some exercise. Any exercise is better than none. Make a brief walk part of the morning routine, possibly while checking cattle or equipment. Walk around and stretch a few times throughout the day.
- ✓ If someone is working alone, facilitate two-way communication to keep in touch with how the operator is feeling.
- ✓ Dress for comfort and safety.
- ✓ Plan for the physical and mental demands of the fall harvest.
- ✓ Realize when you have had enough and simply stop for a well-deserved break.
- ✓ Stay in touch with others. Talking over the day's tasks with an understanding friend can keep things in perspective.

Stay safe this harvest season!

For Power Troubles:

Battle River Power Coop (our distribution system operator)
Toll-free: 1-877-428-3972

For RRO Billing and Account Inquiries:

Battle River Power Coop | Box 1420 Camrose, Alberta T4V 1X3
Toll-free: 1-877-428-3972
E-mail: brpc@brpower.coop | Website: www.brpower.coop

For REA Inquiries, New Service and Service Change Requests:

Contact West Wetaskiwin REA, RR #1
Station Main, Wetaskiwin, Alberta T9A 1W8
Tel: 780-335-9378 (WEST)
E-mail: westwet@telus.net | Website: www.westwetaskiwinrea.com

For service requests: go to www.westwetaskiwinrea.com/new-or-changes-to-services.html

Fall Cautions for Roads and Equipment

As a farmer, you often travel long distances between fields, requiring travel on public roads throughout Alberta. Oversized and slow farm equipment, mixed with traditional highway traffic, can result in collisions and other accidents.

You can prevent farm equipment incidents on public roads by focusing on three main areas.

- Make your equipment safe and visible: follow regulated requirements for lighting and signage including a clean slow moving vehicle (SMV) sign as appropriate. Complete a safety check of any vehicles that will be travelling on public highways (hitch pins, tires, etc.).
- Follow safe driving tips: travel at a speed that will ensure you can maintain vehicle control, observe road precautions, avoid busy roads / travel times if possible, always stop and make sure the way is clear, and ensure all drivers have a valid driver's license.
- Drive defensively: stay alert for hazards and if traffic is lined up behind you be sure the shoulder width is sufficient and solid enough to support your equipment before you move over.

Member safety is important and West Wetaskiwin REA wants to remind farmers to be safe this harvest season. For more information on safety measures and precautions, visit: www.alberta.ca/slow-moving-vehicles.aspx.



Regulated
Rate
Option



The Regulated Rate Option (RRO) 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. It is not a 'regulated' rate, rather is a default rate. If you do not have a contract with an electricity retailer, then you are on the RRO. For August 2022, the RRO is priced at \$0.17034 per kWh, reflected on your enclosed orange bill. For September 2022, the Battle River Power Coop monthly RRO billing rate is \$0.15536.

Distribution System Operations Update

Last November, Battle River Power Coop assumed operations for West Wetaskiwin REA's distribution system. As outlined in the newsletter their responsibilities included:

- Meeting with prospective members and facilitating all new construction
- Liaising with members on any service modifications (upgrades, downgrades) and being available for questions about line clearance and high load moves, etc.
- Performing daily maintenance on West Wetaskiwin REA's distribution system
- Executing all vegetation management in our service area
- Coordinating pole testing and pole replacement

For the balance of this year, the following work is scheduled for the REA.

- Pole changes will occur having regard to those that failed testing last fall
- Vegetation management continues (as part of the newly established rotation schedule) within the REA service area
- A-based meter replacement, as identified to respective members, will occur this fall

We want to remind members that in the event of any power troubles, Battle River Power Coop's toll-free number is **1-877-428-3972** and is available 24/7/365.



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).