



## Energy Tips for Immediate and Long Term Savings

### Water Heating

- Set water temperature no higher than 48.5°C (or 120°F).
- Limit shower length to 5-7 minutes.
- Install low flow shower heads.
- Don't leave water running while shaving or brushing your teeth.

### Long Term

- Drain 1-2 gallons from the bottom of your water heater each year to reduce sediment build up.
- Fix dripping faucets.
- Install heat traps on hot and cold water lines when it's time to replace your water heater.

### Laundry

- Wash loads in cold water; use hot only when necessary and always use a cold rinse.
- Try to do only full laundry loads or minimally adjust water levels to match load size.
- Clean your dryer lint trap before each load.
- Dry consecutive loads to harvest heat remaining in your dryer from the last load.

### Long Term

- Verify that the dryer vent hose is tightly connected to the inside wall fitting and to the dryer, and that it is not kinked or clogged.
- Make sure the outdoor dryer exhaust door closes when the dryer is off.

### Kitchen

- Set refrigerator temperature to between 1.1°C and 2.7°C (or 34° to 37°F).
- Use the microwave whenever possible.
- When cooking on the stove, use pot lids and match the pot size to the heating element.
- Turn off the kitchen exhaust fan after cooking.
- Run your dishwasher only when it is fully loaded and use the air dry cycle instead of heat-dry.

### Long Term

- Clean your refrigerator coils minimally once per year.
- Ensure gaskets around the fridge door seal tightly.
- Deep clean your dishwasher on a regular basis to maximize its efficiency.

### Lighting

- Replace any lightbulb that burns more than one hour per day with an LED bulb.
- Turn off unnecessary lighting.
- Close blinds and curtains during the day to keep sun and heat out.

### Long Term

- Review your current lighting needs and plan to replace bulbs with LEDs and incorporate motion sensors, timers or photocells for outdoor lights.

### Miscellaneous

In summer, remember to run ceiling fans in the counter clockwise direction creating a downward air flow and “wind-chill” effect.

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

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# The Importance of Managing Agricultural Sharps Safely

Sharps is the universal term for items like needles, scalpels, scissors, staples, pins, etc. – essentially any object that is able to cut the skin is considered a “sharp.”

While getting poked or breaking your skin may not initially seem like a cause for concern, you could be at risk of infection. Skin breaks can be exposed to bodily fluids from animals being handled and /or drugs from animal vaccines or treatments. There can be many types of bacteria on a sharp not to mention the fact that animal drugs are designed for animals, not humans.

The reality is that you may not know what the long term effects could be from accidental exposure. Some reported outcomes include trouble breathing and loss of feeling in the affected area, to name a few.

Most livestock operations do a fair amount of routine veterinary tasks such as vaccinations or administering treatment for common diseases or sickness so it is important to manage sharps safely.

For greater detail about precautions, visit [www.alberta.ca/farm-safety](http://www.alberta.ca/farm-safety) to access the Sharps Injury Protection – A Guide for the Safe Handling of Agricultural Sharps.



## Following Are Some Basic Tips to Practice Good Sharp Management

### Worker Practices

- Take your time – don't rush with injections
- Ensure animals are restrained properly
- Get help from coworkers or family members if needed
- Use correct equipment and techniques
- Don't put needle caps in your mouth
- Don't carry needles or syringes in your pockets
- Use appropriate, designated containers or practices for disposal
- Make sure to report any sharps injuries.

### Farm Management Practices

- Train workers/family members about:
  - Safe needle (sharp) handling
  - Safe injection procedures
  - Type of drugs used
- Provide safe animal handling/restraint equipment and ensure proper support is available if needed
- Provide readily accessible disposal containers
- Provide needles/syringes with protective devices (e.g., retractable needles, hinged caps)
- Remind workers to use caution and to report injuries.

## 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 May 2021, the RRO is priced at \$0.08150 per kWh, which is reflected on your enclosed bill. For June 2021, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.07665. 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)