



Responding to power line contacts

Contact with power lines is 100 per cent preventable when you plan ahead, know the size of your equipment and watch for lines. But if you do happen to contact a power line with your equipment, ATCO has these steps to follow to avoid injury or death.

- 1 Break the contact.** Do what you can to break the electrical circuit. When possible, move the arm of your sprayer or auger, or whatever is touching the line, away from the line.
- 2 Remain in your vehicle and keep others away.** If you can't break the contact and there are no other hazards impacting your safety, stay in your vehicle, keep others away and call for help.
- 3 Call for help.** Call 911 to report the incident. Utility crew(s) will be notified and dispatched so they can isolate and ground the line to make it safe to work in the area of the accident.

If you must exit your vehicle, follow these steps to stay safe:

- 1 Call for help.** Call 911 before exiting the vehicle if possible.
- 2 Open the door to your vehicle as wide as possible.** You do this to avoid making contact with it when exiting.
- 3 Jump from your vehicle, landing with both feet together.** When jumping, make sure you don't touch the door or any other part of the vehicle and ground at the same time. When jumping, try to keep your arms close to your side to avoid accidentally contacting the vehicle.
- 4 Shuffle or hop, don't step.** After you jump, shuffle or hop at least 10 meters (33 feet) away. If shuffling, make sure the heel of one foot never passes the toe of the other. If hopping, keep both feet together. Don't touch anything (vehicle, passengers, items on the ground near the vehicle) until you're clear (minimally 10 meters away) from the vehicle. Don't return to your vehicle or the area around it until help arrives and the respective area is deemed safe.

For a video outlining more details on these guidelines visit: <https://electric.atco.com/en-ca/safety/powerline-safety.html>



Hop or shuffle away from an energized line until you are 10 meters (33 feet) away

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

The **Do More Agriculture Foundation** is the national voice and champion for mental health in Canadian agriculture and is changing the culture of agriculture to one where all producers are encouraged, supported, and empowered to take care of their mental wellbeing. Producers are among the most vulnerable when it comes to mental health issues. The Foundation collaborates with the entire industry and those working to address the state of mental health in Agriculture, so they can supply information and resources to respond and better educate producers on mental health basics.

Their website (www.domore.ag) is a great information source. Following is an excerpt from an article by Lesley Kelly – the complete article is located on their website under <LEARN> <Wellness Tips>.

The 7 Types of Rest Every Farmer Needs

Have you ever tried to fix an ongoing lack of energy by getting more sleep – only to do so and still feel exhausted?

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

Let's learn to give ourselves permission to rest.

Don't use rest as a reward for being productive. If you need a break, you need a break. It's not something that you should make yourself earn at the cost of your mental health.

Sleep alone can't restore us to the point where we feel rested. So it's time for us to begin focusing on getting the right type of rest we need and deserve.

Rest should equal restoration in seven key areas of your life.



Physical rest - Ensuring your body can recharge by allowing it to slow down and repair. Examples: Naps, earlier bedtime, restful lunch breaks.

Mental rest - We need to recharge when it's hard to concentrate or our observations are hyper critical/judgemental. Examples: Turn off devices, affirmations, etc.

Emotional rest - Offloading emotional baggage and sharing vulnerability with a trustworthy listener. Examples: Talking to a friend, therapist, and/or support group.

Social rest - Restoring ourselves through connecting with others. Examples: Time with friends that affirm us, coaches, mentors, playing a team sport, connecting with self.

Creative rest - Breaks for creativity to re-energize resources and gain inspiration. Examples: Read a good book, walking in nature, cooking, looking at art, woodworking.

Sensory rest - Retreating from sensory overload by reconnecting with yourself. Examples: Turning off devices, journaling, fresh air, breathing exercises.

Spiritual rest - We need to feel anchored and realigned with our sense of purpose and harmony. Examples: Reading scriptures or philosophy, volunteering, meditation.

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 March 2022, the RRO is priced at \$0.09412 per kWh, which is reflected on your enclosed bill. For April 2022, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.09482. 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