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# NEWS

## FLINT HILLS REC

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THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY PROVIDER  
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## FROM THE MANAGER

# Lineworkers Are Wired for Service

In the quiet hours before dawn breaks, while many of us are still nestled in our beds, lineworkers begin their day, often clad in flame-resistant clothing, safety goggles, rubber gloves and thick, heavy boots.

They are the individuals who epitomize dedication to service in its purest form. As we celebrate Lineworker Appreciation Day on April 14, this is an important moment to reflect on the essential role they play in our daily lives.

Amid towering utility poles and power lines, lineworkers exhibit a strength that goes far beyond the physical. Whether battling inclement weather, troubleshooting technical problems or navigating treacherous heights, lineworkers demonstrate resilience and a quiet determination to keep our lights on, our homes comfortable, and our communities connected.

Flint Hills REC crews travel across our

nine-county service territory, building, maintaining and repairing parts of our local system. Their extraordinary skills ensure our homes remain connected to the grid, businesses stay operational, and emergency services remain accessible — a lifeline that connects us all.

In moments of crisis, when the lights go out and we find ourselves in the dark, lineworkers emerge as beacons of hope. Their swift response restores normalcy, offering reassurance in times of uncertainty. Whether repairing storm-ravaged power lines or ensuring continuity during emergencies, their unwavering commitment illuminates life when we need it most.

Flint Hills REC lineworkers also answer the call for mutual aid beyond the boundaries of home. Our crews travel to fellow co-ops, near or far, when wide-



**Chuck Goeckel**

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## ENERGY EFFICIENCY TIP OF THE MONTH

Turn your suds into savings. Lower your energy use in the laundry room by washing clothes with cold water whenever possible, as heating water accounts for most of the energy used in a laundry cycle. Wash full loads to make the most of energy savings, and use high-efficiency detergent designed for cold washes. For drying cycles, clean the lint filter before each load to improve airflow and use dryer balls to reduce drying time. **SOURCE: NRECA**



# TOP 10

## Reasons We Appreciate Lineworkers

1. They are expertly trained to work on power lines and equipment.
2. They are dedicated to safely and efficiently maintaining power.
3. They have a heart for service, always looking out for their communities.
4. They conquer heights without hesitation.
5. They prioritize safety every second of every day.
6. They answer the call — day or night — to restore power.
7. They work in extreme weather conditions.
8. They go when and where they are needed, supporting communities nationwide when severe weather strikes.
9. They have each other's backs and work together like family.
10. They power our lives and energize our communities!



## Lineworkers Are Wired for Service

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spread outages occur and additional support is needed. Cooperation Among Cooperatives is one of our seven guiding principles, and no one embodies this core commitment better than lineworkers.

Flint Hills REC is proud to honor the 13 lineworkers who maintain over 2,500 miles of power lines in our service territory.

To show our appreciation we would like you to take the time to send a letter or card thanking our lineworkers for what they do. You can send your letter or card to Flint Hills REC, attn: Lineworkers, P.O.

Box B, Council Grove, KS 66846 or just send us an email at [mail@flinthillsrec.com](mailto:mail@flinthillsrec.com). We will make sure and share them with our linemen.

This month, as we celebrate the remarkable men and women who ensure reliable power, let's recognize their unwavering dedication to the local communities they serve.

The next time you flip a switch, please take a moment to remember those who make it possible — lineworkers, who are wired for service and dedicated to illuminating life.

## Controlling a Controlled Burn

Controlled burns (also known as prescribed fires) can get out of hand and quickly accelerate. When planning controlled burns, follow these safety guidelines:

- Do your research before you begin. There are many safety considerations; check with local authorities and fully research all aspects of a controlled burn before implementing one.
- Be sure to acquire any necessary safety permits and follow local ordinances related to controlled burns.
- Notify your local fire department and neighbors about the controlled burn ahead of time.
- Check the forecast for weather conditions, such as wind direction and speed, as well as humidity (generally, relative humidity should be 40% or higher).
- Do not initiate a controlled burn during a Red Flag Warning, Fire Weather Watch or any other fire ban.
- Clear all vegetation and weeds at least 10 feet (15 feet is better if applicable) around the base of any electric utility pole in the affected area, then wet the base of the poles with water before beginning your burn.
- After any controlled burn, be sure to inspect the electric utility poles for damage. Fire damage is usually evident by blackening or scorch marks;



**Before burning, check the property for electrical equipment — like this padmount transformer — and power poles to avoid damage and potential outages.**

however, even slight discoloration can indicate a serious problem. Sometimes, hot embers can burn the poles from the inside out, and the damage is not immediately apparent.

- If your fire gets out of control, gets too close to a power pole or if the pole catches on fire, call 911 and Flint Hills REC at 316-323-9038.
- Once a fire breaks out, never spray water near the pole, power lines or any other utility equipment.

To inquire about controlled burns near power lines and poles, contact Flint Hills REC at 316-323-9038.

STAY SAFE THIS SUMMER

# Backyard Electrical Safety

As the weather warms and you spend more time outdoors, it's essential to prioritize electrical safety. Hidden hazards can pose serious risks.

Here are some critical safety tips to keep your loved ones safe in your backyard.

## STAY AWAY FROM POWER LINES

Overhead power lines can be closer than they appear. Teach children never to climb trees near power lines and never to fly kites, drones, remote-controlled toys or balloons in areas where lines are present. If you see a downed power line, stay at least 50 feet away and report it to your local utility company immediately.

## TRAMPOLINE SAFETY

If you're considering an above-ground trampoline, remember to look up for power lines. Children jumping high into the air could come dangerously close to overhead electric lines, which pose a serious risk of shock or electrocution.

Thinking about installing an in-ground trampoline instead? Before you dig, call 811 to have underground utility lines marked. Digging without knowing the location of buried electrical, gas or water lines can result in striking dangerous utility lines. This simple step can prevent accidents, service interruptions and costly repairs.

## WATER SAFETY

Water and electricity are a dangerous combination. Keep these tips in mind to prevent electrical hazards and create a safe space for swimming, soaking and outdoor fun.

- ▶ Ensure pool lights, filters and outdoor outlets have ground fault circuit interrupter (GFCI) protection and inspect them regularly. GFCIs are designed to quickly shut off electrical power if they detect even a small change in electrical current.
- ▶ If you notice flickering lights or feel a tingling sensation in the water, exit immediately and contact a professional. Faulty wiring can cause electric shock drowning.
- ▶ Avoid using plug-in devices, like radios, speakers or chargers, near water. Opt for battery-operated, waterproof devices to reduce the risk of shock.
- ▶ Know what to do in case of an electrical emergency. If someone is shocked, do not enter

the water. Turn off the power source, call 911 and use a non-conductive tool, like a fiberglass pool pole, to assist.

- ▶ If it starts to rain, unplug electrical equipment, such as string lights, radios, speakers or power tools. Teach children not to touch electrical appliances with wet hands.

## OUTDOOR SPORTS

Sports and play areas are a haven for children, but they can also contain hidden electrical hazards. Here's how to protect your loved ones:

- ▶ Ensure swings and other tall play structures are far from overhead power lines.
- ▶ If kids are playing with a ball and it goes inside a substation fence, teach them never to touch or climb the fence to attempt to retrieve it or any other item. Instead, call your electric utility to safely take care of it.
- ▶ Install a weather app on your phone to inform you of weather alerts. Lightning can occur up to 10 miles away from the heart of the storm, so if you hear thunder, seek shelter inside.

## SUPERVISE CHILDREN AROUND ELECTRICAL EQUIPMENT

Children are naturally curious, which is why they should be kept away from outdoor electrical equipment like utility boxes, transformers and air conditioning units. If you have an outdoor generator, make sure it is stored in a secure, ventilated area that children cannot access and never plug a generator directly into your home's electrical system.

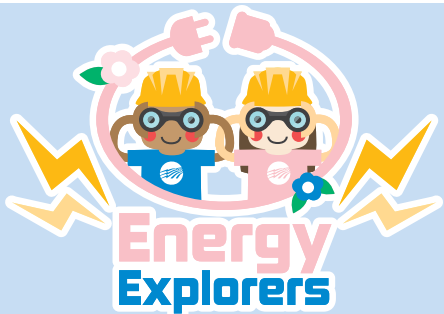
## AVOID DIY ELECTRICAL WORK

If you're planning a backyard upgrade, such as installing landscape lighting, sports lighting or poolside outlets, leave the electrical work to licensed electricians. DIY electrical projects can pose serious safety risks to you and your family if done incorrectly.

**FROM POOLSIDE PLAY TO BACKYARD SPORTS, IT'S IMPORTANT TO BE AWARE OF ELECTRICAL HAZARDS AND HOW TO AVOID THEM.** By following these guidelines, you can create a home oasis that is both fun and safe.

For more tips on electrical safety, visit [www.SafeElectricity.org](http://www.SafeElectricity.org).





## SPRING EFFICIENCY WORD SEARCH

Did you know there are several ways to save energy during spring months?

Read the energy-saving tips below to learn more, then find the **bolded** words in the puzzle below.

E	S	W	Z	S	V	M	P	A	S	M	M	E	Z	R
Y	C	T	Z	I	T	I	B	S	R	D	N	O	L	A
F	K	J	H	Y	N	X	S	U	E	X	U	N	P	I
P	R	K	N	G	R	E	N	F	G	Q	L	J	T	Z
G	Z	I	K	D	I	M	P	E	R	E	X	W	A	S
Q	L	X	L	F	Y	L	P	I	A	Z	Q	C	E	D
F	V	Z	N	X	S	F	D	G	H	U	Z	E	G	X
E	N	E	R	G	Y	M	I	E	C	K	R	N	F	G
B	H	V	J	E	O	F	E	I	L	T	I	C	Q	S
K	P	T	Q	J	J	C	D	L	E	H	G	C	V	I
Q	Z	N	N	C	S	V	Q	D	D	W	P	N	E	M
T	P	T	T	V	L	I	A	U	P	W	X	P	I	F
L	D	R	O	J	A	H	H	I	Q	B	F	F	U	F
C	T	G	B	G	S	P	P	T	G	I	W	K	M	Y
S	W	O	D	N	I	W	R	S	K	M	W	Y	U	K

- ▶ Use **LED lights** around your home. LEDs use 75% less energy than traditional incandescent lightbulbs.
- ▶ Plant **shade trees** around your home to block unwanted heat from the sun.
- ▶ Unplug devices and electronics that consume energy when they're not in use, like phone **chargers**.
- ▶ Seal air leaks around exterior doors and **windows** to save energy and keep your home comfortable.
- ▶ Ceiling fans cool people, not rooms. To save **energy**, turn them off when you leave the room.