

SOUTHEAST COLORADO POWER ASSOCIATION

AUGUST 2022



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Our primary mission is to provide high-quality, reliable electric service at a reasonable cost to our members, improve their quality of life through new technologies and services, be a visible and active member of the community and serve our members with respect, courtesy and responsiveness.

SOUTHEAST COLORADO POWER ASSOCIATION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



SAVE A LIFE: AVOID DISTRACTIONS WHILE DRIVING

BY KEVIN BRANDON CHIEF EXECUTIVE OFFICER
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KEVIN BRANDON

Some temptations are hard to resist. For me, it can be especially challenging to turn down that last piece of chocolate cake.

While driving, we typically hear that “ding” on our phone, alerting us to a text or call coming through, and we sometimes feel the urgent need to check it. We know we shouldn’t, but we reason that we’re going to make an exception — just this once.

So, why do we indulge in behavior we know to be wrong, dangerous and, in many states, illegal? Call it hubris. According to AAA research, most people feel they are better-than-average drivers. After all, we have busy lives and are accustomed to multitasking. However, mounds of research and thousands of deaths every year prove otherwise.

August is Back to School Safety Month. As a new school year begins with young drivers and school buses back on the road, this is a good time to remind folks, including myself, of the dangers of distracted driving.

The reality is that using a phone while driving creates enormous potential for injuries and fatalities. Distractions take a motorist’s attention off driving, which can make a driver miss critical events, objects and cues, potentially leading to a crash.

According to the National Highway Traffic Safety Administration, one out of every 10 fatal crashes in the U.S. involves distracted driving, resulting in more than 3,000 deaths annually. I find this statistic heartbreaking considering that so many of

these accidents could easily be avoided if we’d simply put down our phones while driving.

Distracted driving is defined as any activity that diverts our attention, including texting or talking on the phone, as well as adjusting the navigation or entertainment system. Texting is by far one of the most dangerous distractions. Sending or reading one text takes your eyes off the road for an average of 5 seconds. At 55 mph, that’s like driving the length of an entire football field with your eyes closed.

In addition to refraining from texting while driving, we can help keep the roads safe by moving over for first responders and other emergency vehicles. Additionally, if you see utility crews conducting work near the roadside, I encourage you to move over when possible and give them extra space to perform their work safely.

At Southeast Colorado Power Association, safety is foremost in everything we do — for both our employees and the members of the communities we serve. We routinely remind our crews of the dangers of distracted driving, and we hope you’ll have similar conversations with your teens and other family members who may be new to the roadways and are especially susceptible to the lure of technology.

Let’s work together to keep everyone safe on the roads. Remember: **That text can wait and waiting just might save a life.**



YOU COULD BE A WINNER THIS MONTH

If you find your name in this issue as follows (WIN* your name, your account number), please contact Southeast Colorado Power Association at 719-384-2551 or 800-332-8634 to receive a credit on your next power bill. Last month’s winner was Carl Taylor.



2022 Washington D.C. Youth Tour Attendees

▲ Lindsey Hodges and Alyssa Hancock attended the 2022 Washington D.C. Youth Tour in June. They will attend SECPA's annual meeting next year and share highlights from their trip.



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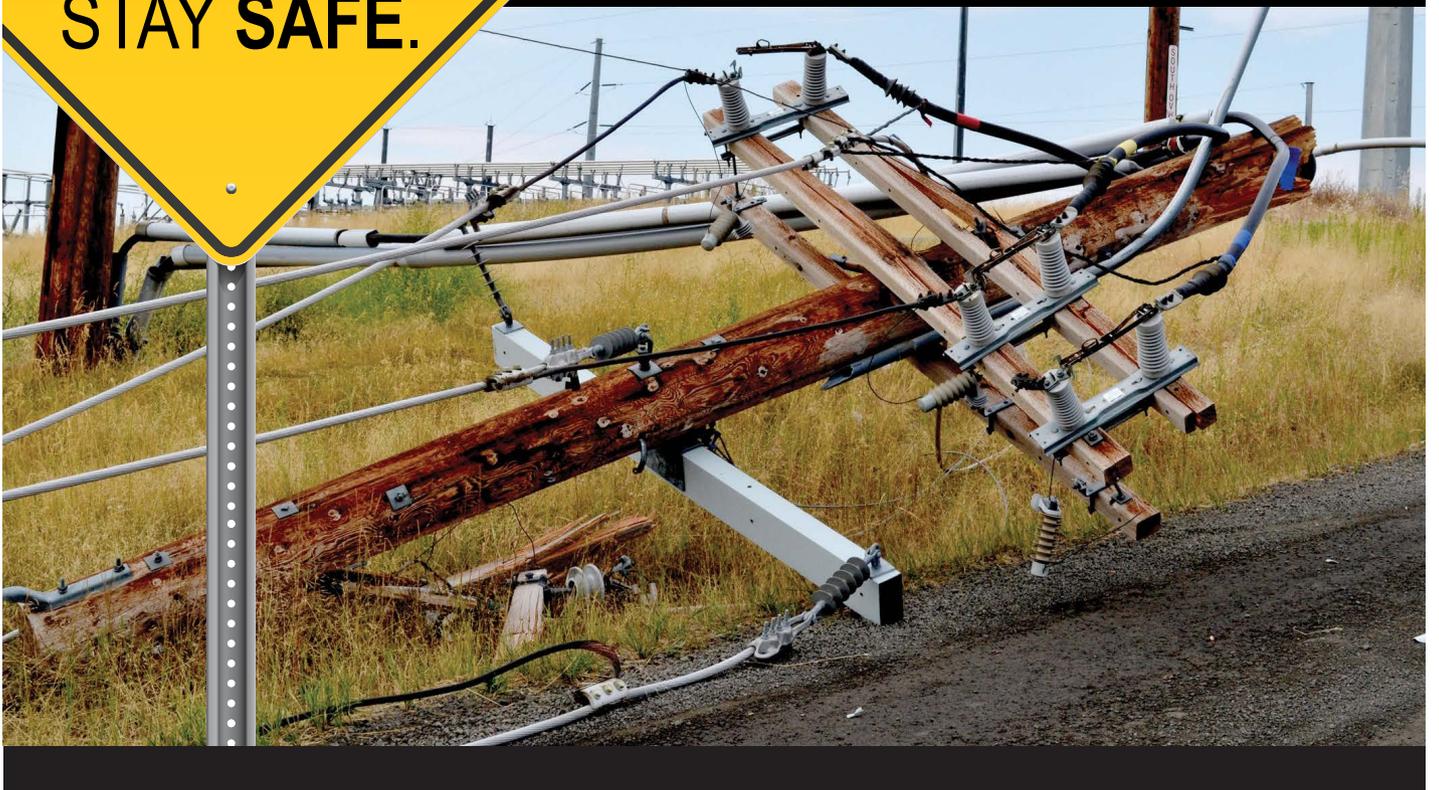
**Should you require more extenders to achieve the desired coverage, we can install them for a small additional charge. Certain restrictions apply. Contact us for details.*

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Always assume a downed power line is energized. Downed lines can energize the ground up to 35 feet away.

WIN*Ed Chavez acct 312770000



KEEP YOUR COOL: FIVE TIPS TO STAY SAFE IN EXTREME HEAT

BY ABBY BERRY

The dog days of summer typically bring the warmest, sultriest temperatures of the year. Even if you're a summertime enthusiast, it's important to stay cool during extreme heat.

According to the Centers for Disease Control and Prevention, more than 700 people die from extreme heat every year in the U.S. Factors such as obesity, age and alcohol intake can impact how a person reacts to extreme heat.

Take extra steps to cool off, keep hydrated and stay informed. Here are five tips recommended by the CDC to help you stay cool during extremely warm weather:

1. Stay in an air-conditioned home or building as much as possible. Limit outdoor activity, especially midday when the sun is hottest. If your home is

not air-conditioned, call the local health department to locate public facilities or shelter that are.

2. If you must be outdoors, wear loose, light-colored clothing and apply sunscreen often.
3. Drink more water than usual. Don't wait until you're thirsty to drink more.
4. Take cold showers or baths to cool down.
5. Avoid using the oven or stove to cook. These appliances add heat to your home. Try using the microwave oven or a slow cooker instead.

Remember to look after those who may need extra help. People 65 years of age or older are at greater risk of heat-related illness, so check on your senior neighbors and friends. Children under the age of two and pets are also susceptible to heat stroke.

Stay cool during extreme heat.

- Limit outdoor activity.
- Stay hydrated.
- Check on friends and neighbors who are at greater risk.

Never leave a child or pet in a vehicle, even if only for a minute.

If you work outdoors, use a buddy system with coworkers to monitor how your work crew is feeling in the heat.

Heat-induced illness can happen to anyone, even to those who are perfectly healthy. If you're outdoors during extremely warm weather, monitor how you're feeling, stay hydrated and keep an eye on those around you.

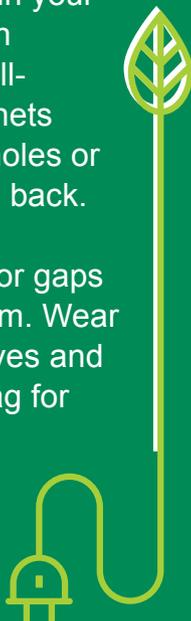
Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

Energy Efficiency Tip of the Month

An easy way to save energy is to seal air leaks and holes where plumbing pipes run through walls in your home. You can also check wall-mounted cabinets for plumbing holes or air gaps in the back.

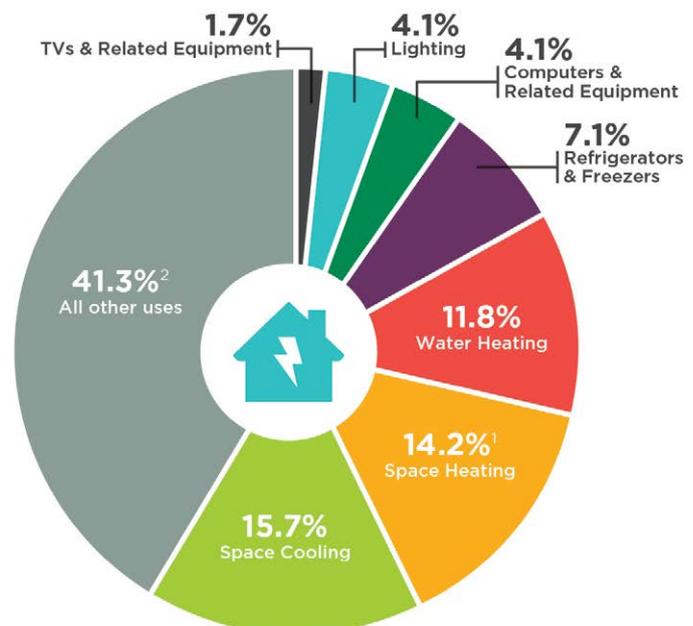
Fill any holes or gaps with spray foam. Wear protective gloves and use a damp rag for cleanup.

Source:
Dept. of Energy



How Americans Use Electricity

The latest data from the U.S. Energy Information Administration shows the combined use of clothes washers and dryers, dishwashers, small appliances and other electrical equipment (noted as "all other uses" below) accounts for the largest percentage of electricity consumption in American homes.



Source: Energy Information Administration 2021

¹Includes consumption for heat and operating furnace fans and boiler pumps.

²Includes miscellaneous appliances, clothes washers and dryers, stoves, dishwashers, heating elements, and motors.

Dormitory 101: Make Room for Safety

The car is loaded up and check-in is about to start on college campuses across the country. While you want to have all the comforts of home at school, here are some **electrical safety tips to keep in mind** as you set up your new space.

- **Do not** overload outlets, extension cords, or power strips.
- Use power strips with **overcurrent protectors**. This will shut off the power if there is too much power being drawn.
- Purchase and use electrical products tested for safety. Some commonly **approved safety labels** include **UL**, **CSA**, and **MET**.

- **Unplug small appliances** when not in use and all electronics when away for extended periods.
- Keep all electrical appliances and **cords safely away from bedding, curtains, papers**, and other flammable material.

Check with your **university's housing department** on specific housing rules before planning to bring hot plates, coffee makers, toasters, microwaves, and portable heaters.

For more information on dorm safety, visit:

 Safe
Electricity.org

