

# Upstate New York

National Grid

July/August

# ENERGY IN ACTION

for our electric customers

This issue

- ▶ Avoid overhead power lines
- ▶ Be aware of heat stress
- ▶ Keep informed with E-Action

# 2009

## Stay safe when working outdoors. Avoid overhead power lines.

During the summer, many home-owners and contractors will be working outdoors, possibly near overhead wires.

National Grid would like to ask homeowners and contractors to work carefully and safely.

Overhead power lines are not insulated. If your body, tools, equipment or vehicle comes in contact with a power line, the result could be deadly.



Ninety percent of all accidental electrical contacts occur with power lines along neighborhood streets.

Here are a few safety tips to help you:

- ▶ When working outdoors, stay at least 10 feet away from overhead electrical power lines.  
Transmission or high-voltage lines require an even greater clearance.
- ▶ Do not use an aluminum or a damp wooden ladder within 10 feet of power lines, it could lead to electrocution or shock as metal and moisture conduct electricity.
- ▶ Do not use scaffolding near a power line, it could sway into the line and energize the entire structure.

- ▶ Be especially careful when installing metal siding, gutters, antennas, etc., which can be blown into power line while being raised into place.

Nationwide, an accidental power line contact occurs about every 10 minutes. They usually happen while equipment such as cranes, backhoes, booms and dump truck beds are being raised.

### Toolbox safety tips

- ▶ Use only grounded power tools with a three-pronged plug, or those that are double insulated.
- ▶ Never carry a power tool by its cord.
- ▶ Always unplug power tools before cleaning, servicing or repairing them.
- ▶ Obey all manufacturers' safety instructions when operating power tools.
- ▶ Never use power tools or electrical equipment outdoors in wet weather or near wet surfaces.

For more information regarding safety, visit [www.nationalgridus.com/safety](http://www.nationalgridus.com/safety).



For more electrical safety information, please visit [www.nationalgridus.com/safety](http://www.nationalgridus.com/safety).

**Important notice:** When you plan to dig Buried power lines may be where you least expect them. Call Dig Safely at **1-800-962-7962** or **811** at least two full working days before digging to plant or plan any excavation work.

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# Stay cool and be aware of heat stress signs.

As summer temperatures soar, staying cool and safe is important, especially for elderly people, young children and people with chronic illnesses.

Be sure to watch for the following signs that a heat-stress condition may require medical attention:

- ▶ Dizziness or overwhelming weakness
- ▶ Chest pain or rapid heartbeat
- ▶ Nausea, cramps or diarrhea
- ▶ Throbbing headache
- ▶ Dry skin (no sweating)
- ▶ Problems breathing

To prevent heat stress, remember:

- ▶ Drink liquids before you become thirsty, but avoid drinks containing alcohol or caffeine.
- ▶ Take cool showers, and let the air dry you.
- ▶ Wear light, loose-fitting clothing and wide-brimmed hat.
- ▶ Avoid prolonged, strenuous outdoor activity.
- ▶ Spend time in air-conditioned places such as shopping malls, libraries, theaters and senior centers.
- ▶ Stay in regular contact with a friend or relative, especially if you live alone—that way you'll both have help if you develop a heat-related problem.

# Know what happens if a storm knocks out power.

Despite preventive maintenance, summer storms can knock out power on occasion. After a storm, if you have lost power, and are waiting for your power to return, please follow all safety guidelines and know that we're doing everything we can to restore your electric service as quickly as possible.

Even if you don't see us on your street, we may be working in other areas that may be affecting your power outage.

National Grid emergency crews follow a time-tested plan to begin restoring service as safely and quickly as conditions will allow.

We begin by restoring electricity that affects the most number of customers at once and restore critical customers—such as, hospital and public safety facilities—continuing with local substations and work through the smaller affected areas until all our customers' power has been restored.

Please go to [www.nationalgridus.com/poweroutage](http://www.nationalgridus.com/poweroutage) anytime for our brochure on *How to Prepare for and Respond to Power Outages*.

To report a power outage, please call **1-800-867-5222**.

# Help ensure safer working conditions.

We need your help. National Grid would like to remind drivers to be conscious of the safety of utility crews working in your community. Although our crews are trained in work-zone safety, wear high-visibility clothing, use station cones and warning signs near worksite, inattentive motorists can threaten the safety of you and our workers.

We ask that you be alert and pay attention

to road construction signs and work areas to ensure the safety of everyone. Thank you!



# Keep informed with E-Action



Want to keep informed about new energy products, energy efficiency initiatives, tips, programs and rebate offers? Sign up today and receive a monthly email of our electronic newsletter, E-Action. To sign up please go to [www.nationalgridus.com/eaction\\_ny](http://www.nationalgridus.com/eaction_ny). You'll have the right information at the right time, all the time.

This is an important notice. Please have it translated.

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Avis important. Veuillez traduire immédiatement.

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Si prega di tradurla.

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Пожалуйста, попросите чтобы  
вам его перевели.