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Spring Outage

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Supervising Safety Newsletter

The annual Spring Outage has started and with it comes longer work days, longer work weeks, possible night shifts, exhaustion, sore muscles, and stress. Because of these conditions, we need to take the time to ensure that every required job is done as safely as possible. This can be done by making sure the right equipment and tools for the job are being used, following safety plans and procedures, using proper PPE when needed, as well as trying to get enough rest so that our minds and bodies can function properly. Preparing both physically and mentally for the outage will help to ensure that we will be part of another safe, productive, and successful Spring Outage.

Be Prepared

Getting physically fit will not only prepare for the wear and tear on the body, it will also help us be prepared mentally and emotionally as well. Pre-planning assigned tasks or jobs will allow employees to know what tools will be required and the type of PPE needed to complete the job safely. Pre-planning will also help us know if we will need scaffolds built, fall protection hung, extra manpower, or any other type of resource that will help make the job run smoothly, efficiently, and safely. Preplanning also provides an opportunity to look at how the jobs were done in the past. This will help determine if a few simple changes need to be made that will make the job quicker, easier, and safer.

Use PPE

Using PPE properly, effectively, and consistently will help keep everyone safe. Always do a self-check on any safety equipment that you intend to use. This self-check must be done before each use in order to ensure that any PPE that has been checked out, borrowed, or provided is in good working condition and will function as it is intended to do. When these quick inspections of safety equipment are performed, we are taking responsibility for our own safety as well as the safety of those who are working around us. The greatest advocate you have for your safety is YOU.

Surviving Fatigue and Stress

- Working long hours requires extra care concerning mental,

physical, and emotional health. Drink plenty of water, get proper nutrition, and make sure to get enough sleep to feel rested each day.

- Coping with heavier workloads, longer hours, and stress requires a mindset change. Remember to always look at the bright side and try to keep a positive attitude. Know that you are important. Know that the work you do will help make this outage a success.
- Try not to get bogged down. This can be done by setting goals or planning little things to look forward to during the day, such as treating yourself to a special lunch or having a nice dinner with a loved one after work.
- Fatigue from working extra days and longer hours can lead to complacency. Remember to stay alert and be mindful of what is going on around you.
- Remember that the Spring Outage is only six weeks long. Life will be back to normal soon.



My safety as well as my co-workers' safety is crucial on every job.