

PREMA



June is
Men's Health
Month www.menshealthmonth.org

Did you know?

ON AVERAGE
men live
about
5 years
less
than women



1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate
cancer

Men make
1/2 as
many
physician visits for
prevention
as women

Men are more
likely to be **uninsured** than
women

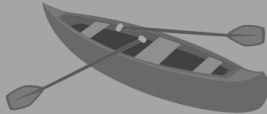
LOVE THE OUTDOORS?

BE **SAFE** OUT THERE



2
3

of lightning fatalities are associated with outdoor **recreational activities**.



Pay attention to weather forecasts **before you go canoeing or boating**. Get off the open water as soon as you **hear thunder**.



Do not use generators in enclosed areas. The same goes for grills, camping stoves or other small appliances that produce carbon monoxide.



Look up for power lines while fishing or sailing.



FACT: Fishing is the most common outdoor activity associated with lightning-related deaths.



Going for a hike?

If you hear thunder or see lightning, **do not seek shelter under a tree.**



X

Tent camping? Plan ahead, seek shelter in a hard-top vehicle or four-sided building during a storm or at the first sight of lightning.

For more information, visit:

 **Safe
Electricity.org**

Outdoor Safety for Children

Teach children to never play around pad-mounted transformers, solar panels, wind turbines, or electrical substations. If a ball or other toy goes over a substation fence, call your utility for help.

Never climb trees near power lines. A tree may be inviting climbers, but trees near power lines could be conductors of electricity if branches are touching the wires. Even if branches are not touching power lines, they could if weight from a child is added.

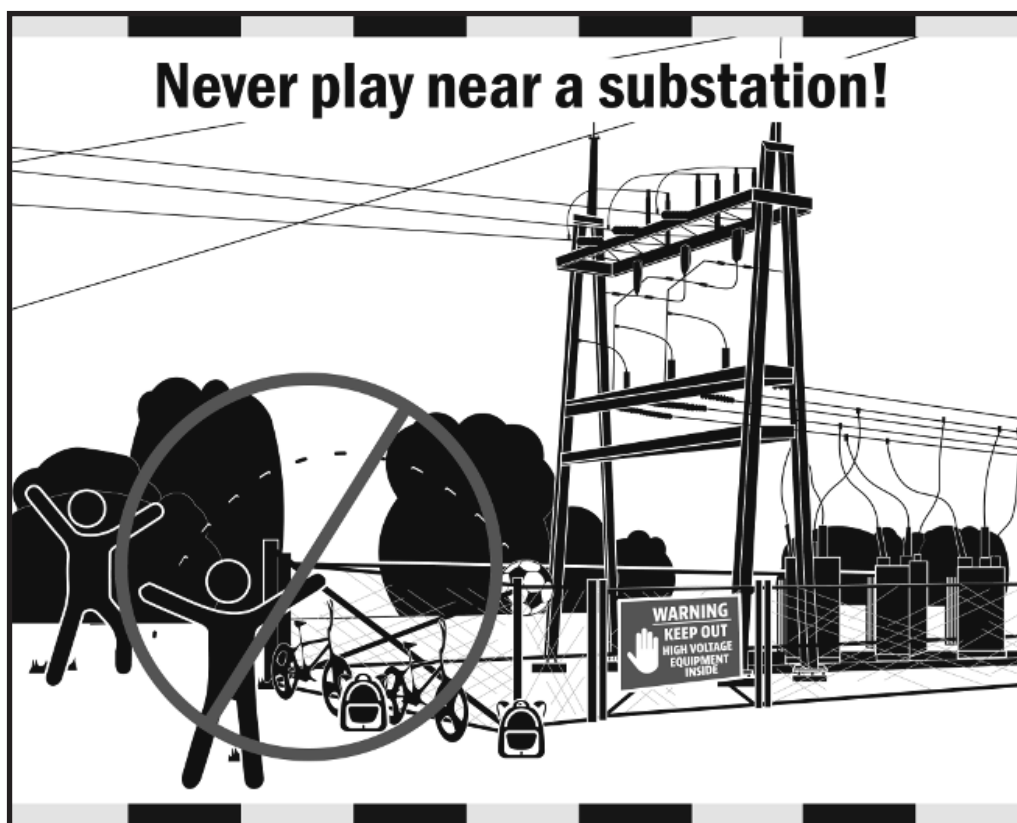
Open areas are great places to fly kites and model airplanes, but do not fly them near overhead power lines or electrical substations. A kite string can conduct electricity from an overhead power line to the person on the ground.

Storm fronts can move rapidly, and lightning is a potential danger 10 miles in advance of a storm. Make sure that your children know “If thunder roars, go indoors” and not to seek shelter under a tree or open picnic shelter.

Ensure your children are protected from the electrical service connection to your home. Keep ladders or long poles stowed and away from youngsters who might be tempted to use them to reach the wires connected to your house. If you have added a room addition or deck, make sure the service connection remains well out of reach. Contact your local utility if you are unsure the distance is safe.

If electric wires in your neighborhood have sagged for some reason or a tree limb has pushed the line out of place, keep your neighborhood safe by alerting your electric utility.

Additional information on storm safety can be found at [SafeElectricity.org](https://www.safeelectricity.org).





Happy
Father's
Day!

Notes From Load Management

With irrigation season in full swing, so is Load Management. Load Management participants wanting to receive a text message if Load Control is active, can call the office at 762-1311 or email Tim Sherlock at tims@prema.coop. Participants can also check which groups are in active control by logging on to (<http://www.prema.coop>) and go to the irrigation tab and click on Load Control Status. Control Status can also be checked by calling the office at 762-1311, after hour calls will be forwarded to PREMA's dispatch call center.



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