www.rock.coop September 2017

10 Tips for Avoiding

Common Electrical Mistakes

Electricity is an integral, yet easily overlooked, part of our everyday lives.

Rock Energy Cooperative encourages everyone to brush up on guidelines for using electricity safely. Here are 10 tips from the Safe Electricity program on how to safely avoid common mistakes made with electricity.

Just because a power line is down does not mean it is dead.

Whether caused by a storm or a car accident, a fallen power line is very dangerous. Stay far away, instruct others to stay away, and call your electric utility immediately.

2 Never plug a generator into a wall outlet.

After a power outage, many use generators as a quick solution to get the lights back on, but plugging a generator into an outlet creates dangerous backfeed. Backfeed sends electricity back through the power lines and can injure or kill the lineworker trying to turn the power back on.

3 Don't step into a flooded basement if there is a chance that flood waters may be in contact with outlets or electrical cords.

The waters of a flooded basement



may be energized with electricity.

4 Water and electrical equipment don't mix.

Replace any appliance damaged by water because it is unsafe to use, and never use electrical equipment if it is raining or the ground is wet.

5 All electrical outlets near areas with water should have GFCI protection.

Ground fault circuit interrupters (GFCIs) monitor the flow of electricity in a circuit. If there is an irregularity of electrical flow, the power is cut off, preventing an electric shock.

Extension cords should never be used permanently.

Extension cords are created for temporary use only. When using them for a permanent solution, they can overheat and cause fires.

7 Never remove a plug's grounding pin.

The third prong on a plug is a safety feature. If the plug doesn't fit, the outlet needs to be replaced.

Take care of all electrical cords.

Never tack or nail an electrical cord to any surface or run cords across traffic paths or under rugs where they can be trampled. Check cords regularly for damage, and replace when necessary.

9 Avoid overloading electrical outlets.

Plugging in too many appliances to an outlet can strain your electrical system.

Always call 811 before any digging project.

You don't know the precise location of utilities that are buried beneath the ground, so always have your utilities marked so you know where it is safe to dig.







Rock Energy Cooperative members and employees filled barrels with back-to-school supplies. Donations were distributed to 15 area school districts to help less fortunate students start the year off right.



Know what's **below**.

THE ONE CARD THAT DOES IT ALL! Co-op Connections Card ROCK ENERGY COOPERATIVE

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Use your Co-op Connections Card to receive a discount on flu vaccines at any participating pharmacy including CVS, Walgreens, Walmart, Shopko and more. Remember, your entire family can use the card.

TO LOCATE PROVIDERS IN YOUR AREA:

Go to www.connections.coop/healthysavings Click "Locate Providers.

Enter your zip code to search for providers near you. Or you can call Member Services at 800-800-7616 if you have questions or to find a provider.

JUST ONE MORE GREAT MEMBER BENEFIT BROUGHT TO YOU BY ROCK ENERGY COOPERATIVE

This plan is NOT insurance and not intended as a substitute for insurance. The discount is only available at participating locations

Call before you dig.

Have a Safe and Happy Labor Day!

Rock Energy Cooperative offices will be closed on Monday, Sept. 4, in observance of Labor Day. We will reopen at 7:30 a.m. Tuesday, Sept. 5.

Members can make payments in the drop boxes at both offices throughout the holiday weekend.

Even though our offices are closed, standby crews are always available 24 hours a day, seven days a week. If you need to report a power outage, please call 866-752-4550.



Energy Efficiency Tip of the Month

Your kitchen can yield big energy savings. Check the refrigerator door for a tight fit. Run only full dishwasher loads. Use the microwave rather than oven to reheat food and make small meals. Unplug small appliances when not in use—many draw power even when turned off.



IT'S SIMPLE

IT'S A FACT

The Centers for Disease Control suggests yearly

flu vaccines for those

6 months and older.

- Present your Co-op Connections Card at checkout. If you have insurance. present your insurance card as
- Ask the pharmacist to calculate the discount card price and compare it to your insurance
- You pay the lowest price between the

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