



Fighting Fatigue

Fatigue is the condition of being physically or mentally tired or exhausted. Extreme fatigue can lead to uncontrolled and involuntary shutdown of the brain.

Fortunately, there are ways to fight fatigue:

- Get eight hours of sleep before starting work.
- Sleep at the same time each day. If they rotate shifts, establish clockwise rotations (from day to evening to night). Clockwise rotating makes it easier to go to sleep when a worker goes to bed.
- Take all scheduled work breaks. A snack or exercise during the break will refresh them.
- When trying to sleep during the daytime, find a cool, dark, quiet location. Use ear-plugs, soft music, or a fan to block out noise.
- See their doctor about sleep disorders, medications for illness, and using bright light on the job or during waking hours.

- Eat a well-balanced diet beginning the "day" with high protein foods and ending with carbohydrates. Do not eat great quantities before bedtime; they may cause trouble sleeping.
- Avoid caffeine, alcohol, and cigarettes. These substances cause sleep disturbances.
- Walking, stretching, and aerobics can help a person stay awake. Exercise will give you stamina and help you to fall asleep later.
- Work carefully and very methodically, always following proper procedures.

When you're fatigued **you will make errors in judgment**. Your mind or eyes can be off task and you can make a critical error.

Identifying Fatigue

Fatigue is the condition of being physically or mentally tired or exhausted. Extreme fatigue can lead to uncontrolled and involuntary shutdown of the brain.

Here are some things to look for in your coworkers to help identify fatigue. Everyone needs your help, because in most cases, people who are under significant fatigue can't identify it themselves. These include:

- Their job performance slows.
- Their job quality is reduced.
- They can't recall their last thought, conversation, or what they did a moment ago.
- They have trouble solving problems.
- They make errors.
- They have a near-miss accident.
- They have trouble focusing.



- The head droops.
 - They can't stop yawning.
- When you're fatigued **you will make errors in judgment**. Your mind or eyes can be off task and you can make a critical error.

2022 IMEA ANNUAL MEETING & VENDOR EXPO

The future of Municipals in the Public Power **Industry**
HAVING REPRESENTATION FROM EACH MUNICIPAL MEMBER OF
THE IMEA ORGANIZATION IS IMPERATIVE FOR SUSTAINABILITY
AND MEMBER ENGAGEMENT. WE ENCOURAGE YOU TO ATTEND
AND UTILIZE THESE OPPORTUNITIES TO IMPROVING YOUR SKILL
SET, CREATING BETTER EMPLOYEE COMMUNICATION AND LEARN-
ING ABOUT THE SUCCESSES OF OTHERS AND APPLYING THEM TO
YOUR WORKPLACE.



*Indiana Municipal Electric Association is pleased to announce the
2022 IMEA Annual Meeting
& Vendor Expo*

*LOCATION: Blue Chip Casino Hotel & Spa
Michigan City, Indiana.*

DATE: OCTOBER 11 - 13, 2022

Come share in networking with your neighboring utilities as well as taking part in our vendor expo offering the best in state-of-the-art products and services!

Registration is LIVE!

IMEA Workshop Calendar

2022

January

- 12 Supervisory Development Series: Session One (Mishawaka)
- 26 Excavation Competent Person (Lebanon)

February

- 8 & 9 Supervisor Safety (Lebanon)
- 16 Supervisory Development Series: Session two (Mishawaka)

March

- 9 - 11 Apprentice Top-Out Exam #031918 (Scottsburg)
- 16 Supervisory Development Series: Session Three (Mishawaka)
- 21 - 25 IMEA 612 Intermediate Workshop #032320 (Scottsburg)

April

- 4 - 8 IMEA 613 Advanced Workshop #031819 (Scottsburg)
- 12 - 13 Line Clearance Arborist Certification (Frankfort)
- 25 - 29 IMEA 611 Basic Workshop #041921 (Scottsburg)

May

- 2 - 13 IMEA 610 Wood Pole Climbing Workshop #050222 (Scottsburg)
- 24 - 26 IMEA 212 Transformer Theory & Connections (Scottsburg)

June

- 7 - 8 Working it Hot - Insulate / Isolate (Scottsburg)

August

- 22 - 9/2 IMEA 610 Wood Pole Climbing Workshop #082222 (Scottsburg)

September

- 12 - 16 IMEA 613 Advanced Workshop #093019 (Scottsburg)
- 21 - 23 Apprentice Top-Out Exam #100118 (Scottsburg)
- 26 - 30 611 Basic Workshop #092721 (Scottsburg)

October

- 11 - 13 IMEA Annual Meeting & Vendor Expo (Blue Chip Casino, Michigan City, IN.)
- 25 - 27 IMEA 212 Transformer Theory & Connections (Scottsburg)

Register Today! [www.imea.com / workshops](http://www.imea.com/workshops)



Jobs in Public Power



Public power is more to communities than just an essential utility. It is a source of unique and fulfilling career opportunities in your local community. Employees make a difference by serving their own neighborhoods and families. Talented high school, college and technical college graduates—and even technology, environmental and public service professionals—will find that competitive salaries aren't the only thing attractive about careers in public power.

To post a classified ad to our jobs in Public Power page. Please email text to janel@imea.com.

Do you have important news or photos that you would like to share in our bi-weekly newsletters? Please email all news and photos to janel@imea.com

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IMEA LINEWORKERS RODEO



Thank You to Our Host

THE CITY OF LAWRENCEBURG

&

LAWRENCEBURG MUNICIPAL UTILITY

Friday, September 23rd

- 10:00 a.m. - 12:45 p.m. Apprentice & Team Check-in
- 1:00 p.m. - 2:00 p.m. Safety Meeting
- 2:00 p.m. - 2:30 p.m. Q&A
- 2:30 p.m. - 3:00 p.m. View the Field / Judges Meeting
- 3:00 p.m. - Conclusion Apprentice Events Begin
- Conclusion of Events Cookout

Saturday, September 24th

- 7:30 a.m. - 9:00 a.m. Team Check-in
- 8:00 a.m. - 8:30 a.m. Judges Meeting
- 9:00 a.m. - Conclusion Team Events
- 3:00 p.m. - Concludes Cookout / Awards



Apprentice Events:

1. Written Test
2. Pole Top Rescue
3. Mystery Event
4. Mystery Event

Team Events:

1. Pole Top Rescue
2. Mystery Event
3. Mystery Event
4. Mystery Event