

Lyon-Coffey Events

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Is Your Home At-Risk for Electric Accidents & Injuries?

It's estimated that more than 50 million homes and buildings have outdated or inadequate electric wiring. Electric energy use is typically on the rise during warmer weather, so now is an excellent time to conduct an electrical home inspection. Lyon-Coffey Electric Cooperative encourages everyone to make sure your home is safe from electrical hazards to prevent electrical-related deaths, injuries and property damage.

According to the U.S. Consumer Product Commission (CPSC), faulty home electrical wiring is responsible for 40,000 fires a year and results in the loss of 350 lives, thousands of injuries from electrical shocks and burns and more than \$2 billion in personal property damage.

"How do you know if your electrical systems need to be inspected?" asks Ray Hutson, Director of Member Services. "The questions that follow will give you some indication of whether or not you need your electrical system inspected."

- Has your home had a major renovation/addition or have you added any large new appliances such as an ETS heater, air conditioner, refrigerator or freezer in the last 10 years?

- Are you the

new owner of a previously owned home?

- Do your lights flicker or dim often?
- Are your outlets and light switch faceplates discolored from heat or are they hot to the touch?
- Do you hear crackling, sizzling or buzzing from your outlets?
- Do you have extension cords and multiple power strips permanently in use around house?

If you answered "yes" to any of the above questions, you should have an inspection. An electrical inspection is quite extensive, requiring professional knowledge and skill, so call a qualified electrician or electric inspector to conduct the inspection.

- Check electrical outlets for

loose fitting plugs that can shock or be a fire hazard. Replace missing or broken

wall plates so that the inner wiring components are not exposed.

- Check the cords of the appliances in your home as well as the plugs and connectors. Make sure that they are not frayed, cracked or damaged, placed under rugs or carpets, resting on furniture, or located in high traffic areas. Do not nail or staple cords to walls, floors or any other objects.

- Extension cords should be used on a temporary basis only because they are not intended for use as permanent household wiring. Have additional outlets installed where you need them instead of relying on extension cords and power strips. Never use an indoor extension cord for outdoor use. Use an extension cord specifically for outdoors; they are heavier and less likely to be damaged.

- Check your circuit break-



Scott Whittington



“Electrical hazards have a tendency to remain hidden until it’s too late to avoid disaster. Don’t let the small cost of prevention stand in the way of protecting your family and your property. There are many things you can inspect on your own to ensure electrical safety in your home.”

Al Barrett, Engineering Tech Lyon-Coffey

ers to make sure that the fuses are properly rated for the circuit that they are protecting. If you do not know what the correct rating is, have a qualified electrician identify and label the correct size to be used. If you are replacing a fuse, make sure that you replace it with the same size.

- Check light bulbs and appliances to make sure the wattage matches fixture requirements. Make sure to replace bulbs that have higher wattage than recommended. Additionally, the bulb should be screwed in securely to

prevent overheating.

- If an appliance repeatedly blows a fuse, trips a circuit breaker or gives you an electrical shock, immediately unplug, repair or replace it.

- Check for or install ground fault circuit interrupters (GFCIs). A GFCI is an inexpensive electrical device that shuts off power instantly if there is a problem. It’s estimated more than two-thirds of the roughly 300 electrocutions occurring each year in and around the home could be prevented if GFCIs

were installed in household branch circuits. Installation of the device could also prevent thousands of burn and electric shock injuries each year.

“Make sure that GFCIs are installed in all ‘wet’ areas of the home inside and out – the kitchen, bathrooms, workshop, basement, garage and outdoor areas where water and electricity have the opportunity to come into contact,” advises Hutson. “Test CFCIs monthly to insure they are working properly.”

Be sure to check outdoor connections and appliances. Inspect these appliances or tools for frayed cords, broken plugs and cracked or broken housings.

For more information on electrical safety, visit www.SafeElectricity.org.

Safety Tips For This Summer

Most of us enjoy summer time with warm weather and many more outside activities. Along with all that fun, Lyon-Coffey Electric urges you to be safety conscious in all your activities.

Exposure to the sun’s ultraviolet (UV) rays from artificial sources of light, such as tanning beds and sun lamps appear to be the most important environmental factor in developing skin cancer. This makes skin cancer a largely preventable disease when sun protective practices and behaviors are consistently applied and utilized. Although anyone can get skin cancer, individuals with certain risk factors are particularly at risk. Some risk factors for skin cancer are: fair skin tone, family history of skin cancer, personal history of skin cancer, exposure to the sun through work and play, a history of sunburns early in life, blue or green eyes, blond or red hair, and certain types and a large number of moles.

So, remember to choose your cover up, whether it is sunscreen or clothing and protect the skin you’re in!

Another issue is keeping food safe during summer cookouts and picnics. The Partnership for Food Safety Education offer these safety suggestions

- Always, wash your hands with hot, soapy water before and after handling food.

- When marinating for long periods of time, it is important to keep foods refrigerated. Don’t use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

- When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

- Use a meat thermometer to insure that food reaches a safe internal temperature. Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.

- When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

- Give bacteria the cold shoulder. A full cooler will maintain temperature better than one that is partially filled so it is important to pack plenty of extra ice or cold packs to keep a constant cold temperature.

