

## Safety Professionals Look Out for Our Communities



Idaho Power Senior Safety Professional Doug Hill

Did you know Idaho Power has a team of dedicated safety professionals? These professionals look out for employees and the public by providing training, education and a constant eye for improvements.

We caught up with Doug Hill in Pocatello to learn what it means to him to be a safety professional at Idaho Power.

- **What's your favorite part of your job?**

I love being out in the field with other employees — we have great camaraderie. I also enjoy talking with customers and helping them learn how they can stay safe.

- **How do you help keep linemen safe?**

Idaho Power has a great training program for apprentice linemen. For my part, I spend time in the field with linemen and listen to issues or concerns they may have — then work with leaders to find solutions.

- **Does Idaho Power provide educational safety programs to the public?**

Idaho Power has education and outreach energy advisors who teach kids in schools about things like electrical safety. We encourage kids to share what they learn with their families. We also remind customers about ways they can stay safe through public service announcements and information on our website at [idahopower.com/safety](http://idahopower.com/safety).

- **Idaho Power trucks can often be seen driving in our communities. How do you help employees stay engaged while driving?**

Idaho Power employees drive over 11 million miles a year. As part of our safety culture, we have a partnership with the Idaho Transportation Department to promote engaged driving and help keep our roads safe. We do that by limiting distractions while driving and by reminding each other to be safe and engaged drivers. As a safety professional, I'm like a sticky-note reminder on the fridge — I'm always there to remind employees about focusing on safety throughout their jobs.

- **What is the most frequent question you get asked about safety?**

What to do around a downed power line. I tell people to stay back 150 feet and call **1-800-488-6151** to report it. Even if a power line isn't on the ground, you should always stay at least 10 feet away. We also have a helpful video on our YouTube channel that explains what to do if you're in a vehicle near a downed power line.

- **If someone is digging in the yard, how might this affect Idaho Power?**

Some of our equipment, as well as other utilities' equipment, is buried in the ground and dangerous to contact. For this reason, customers should call 811 and have the utility lines marked (for free) before digging.

- **This time of year, what safety message is most important for customers to remember?**

It's a very busy time for road construction, utility work and for people enjoying the summer months outdoors. So please slow down, stay alert and remain focused. We want everyone to have safety as a value.



## Be Water Wary: Odd Colors or Smells May Signal Toxins

A cool dip on a hot day is a great summer activity, but it's a good idea to take a look before you leap into that pond or lake. Late summer is prime time for algae blooms (shown above.) Some can be toxic cyanobacteria blooms, also called harmful algae blooms (HABs).

Cyanobacteria, formerly called blue-green algae, may look like algae, but are actually bacteria that occur naturally in our region. When temperatures rise and water flow is low and slow, their populations can increase rapidly and toxic chemical compounds may be released into the water.

According to the Idaho Department of Environmental Quality (DEQ), these blooms may look like pollen, grass clippings, spilled paint, foam, globs of scum or thick surface mats. While the blooms are often green or blue, some are white or reddish brown. They are sometimes associated with foul odors as well.

If you think a bloom might be present, or if you see warning signs, stay out of the water. Remember: "When in doubt, stay out."

That goes for pets and livestock, too. Exposure from wading, swimming, skiing or boating can bring on several symptoms, including rashes, diarrhea or vomiting. Swallowing the water can bring on more severe symptoms that affect the liver or nervous system.

If you, a child or pet is exposed, wash with soap and water, watch for symptoms and consult your healthcare provider or veterinarian if symptoms appear.

Don't drink the water! Boiling and filtering water actually increases the risk by breaking the cells of the cyanobacteria and releasing toxins into the water.

Anglers should also be wary. These toxins accumulate in fish. If you catch fish in water affected by a cyanobacteria bloom, DEQ recommends eating only the fillet. Removing skin and fat may reduce the risk. And wash your hands after handling the fish.

For more information, including a map of current water-related health advisories, visit [deq.idaho.gov](http://deq.idaho.gov) and type "algae" in the search box.

## Trimming Trees to Protect Power Lines

Idaho Power crews regularly prune customers' trees to keep them away from power lines and ensure safe, reliable delivery of energy to your home or business. Trees that come in contact with power lines can cause outages and put motorists, pedestrians, children climbing trees, our linemen and property at risk.

While pruning changes the way trees look, it is necessary for safety and reliability. To protect the trees' health, our crews follow practices approved by the American National Standards Institute.

Customers should never attempt to prune trees near power lines. If you notice a tree getting close to a power line, call us at **1-800-488-6151** and we'll take care of it. Our crews might need to access your property to prune a tree. To learn more about how Idaho Power prunes trees, visit our YouTube channel.

[youtube.com/idahopower](https://youtube.com/idahopower) 



### From The Electric Kitchen

August 2019

### Spicy Thai Buddha Bowl

Dinner

1 cup quinoa (dry), cooked to package directions	Sauce:
2 cups shelled edamame	½ cup natural peanut butter
1 medium cucumber, chopped	2 Tbsp low-sodium soy sauce
1 cup carrot, shredded	1½ tsp fresh grated ginger
2–3 cups cabbage, shredded	2 garlic cloves
2 green onions, sliced	1 tsp brown sugar
Fresh Thai basil and cilantro, chopped	2 Thai chilies
	2–4 Tbsp water

Combine all sauce ingredients into a food processor and blend, adding water 1 Tbsp at a time until desired consistency (should be like salad dressing). Divide quinoa, edamame and vegetables into 4 separate bowls. Drizzle with 2 Tbsp of the peanut sauce. Makes 4 bowls with leftover sauce.