



# Helpers serve a vital role at OPPD

Helpers at OPPD serve vital roles throughout the utility, and for many, the job can mark the start of a long and fulfilling career.

The helper role is an entry-level position that can serve as a springboard to other opportunities at the utility. Former helpers have become plant managers, senior directors, and line technicians.

Helpers are present in all of the skilled crafts and play a crucial part in the functioning of OPPD's generating stations.

OPPD recruits mechanically inclined people for helper positions, then moves them to apprenticeships once they've proven themselves. They then work through classes and on-the-job training to become journeymen or operators, or

whatever that next level is on their chosen career path.

Many areas, from steamfitters to transportation mechanics to meter technicians, have helper positions that provide opportunities to rise within the utility. OPPD has about 25 helpers total, but the number fluctuates as some advance to the next step of their careers.

## Summer's here! As you enjoy the season, here are some common summer safety tips to keep in mind.

- Drink plenty of cold water to stay hydrated. If you know you'll be outside and exerting yourself, start hydrating the day before. By the time you start feeling overly thirsty, it's probably too late to avoid dehydration. A sports drink can help if you are sweating a lot, replacing salt and minerals.
- Find a cooler location, either in the shade or indoors. Sometimes, it's best to just stay inside.
- Apply cool, wet cloths to your neck and wrists.
- Protect yourself from the sun with loose and light-colored clothing. Don't forget the sunscreen.
- Limit outdoor activity, especially during midday.

## SEPTEMBER BOARD MEETINGS

(Note: no July board meetings.) **All-committee meeting:** Tuesday, Sept. 17 (see [oppd.com/BoardMeeting](http://oppd.com/BoardMeeting) for details). **Regular board meeting:** Thursday, Sept. 19, 5 p.m. (see [oppd.com/BoardMeeting](http://oppd.com/BoardMeeting) for details). Hearing-impaired call 531-226-3208, 72 hours prior to request an interpreter. Agendas posted and meetings viewable on [oppd.com/BoardMeeting](http://oppd.com/BoardMeeting).

# Outlets

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**OPPD**  
 Omaha Public Power District

# Electrical safety can help prevent fires, injury or property damage in your home.

Here are five topics to educate yourself on for optimum electrical safety in your home

## Prevent electrical overloads

Overloaded outlets and circuits are one of the biggest causes of residential fires. Never use extension cords or mini-outlet converters for appliances. All major appliances should be plugged directly into a wall receptacle outlet. And remember that power strips only add additional outlets, not power from the outlet.

## Practice extension cord safety

When you overload these cords, or don't use them properly, they can cause fires. Don't attempt to plug extension cords into one another. Keep outdoor cords



clear of snow and standing water. Never staple or nail them to walls or baseboards. And always inspect them for damage before use. Never use an extension cord or power strip for heaters or fans, it could cause them to overheat and start a fire.

## Smoke alarms and carbon monoxide detectors

A working smoke alarm cuts the chances of dying in a fire nearly in half. Two-thirds of home fire deaths occur in homes without them. Install smoke alarms in every bedroom, outside each sleeping area, and on every level of your home. For

the best protection, smoke alarms should be interconnected so they'll all sound if one sounds. Hardwired smoke alarms with battery backups are considered more reliable than those solely operated by batteries. Install smoke alarms at least 10 feet from cooking appliances to reduce the possibility of nuisance alarms.

## Always look up

Before you start any home project, take stock of your surroundings, including overhead, so you know where power lines are located.



Did you know your car can give you a small electrical jolt when parked under large power lines?

Have you ever ridden a bike under power lines and felt a tingle when braking? And if you've ever watched

## 'Nuisance shocks' common near high-voltage lines, but harmless

a kids' football or soccer game under power lines, maybe you felt a little shock when you touched the bleachers.

It may startle and even annoy you, but such "nuisance shocks" are harmless and, unfortunately, pretty common. Outdoors, you're most likely to encounter them on humid days near high-voltage power lines, particularly the extra high voltage lines that are a part of OPPD's transmission system.

The jolt you feel is no different than a static shock caused by rubbing your feet on a carpet and then touching

a doorknob.

OPPD has more than 1,350 miles of transmission lines throughout its service territory. Of those, approximately 450 miles are extra high voltage lines. As cities grow, new homes, schools and businesses have sprouted up around transmission lines that were initially placed in rural areas. Walking and biking trails, parking lots and streets have been added as well.

While nuisance shocks aren't easily avoided, you can always contact OPPD if you have questions or concerns about power lines.

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