

SAFETY MESSAGES FOR TEXANS OF ALL AGES

Oncor reminds employees and all Texans to stay cool.

Smoldering, sweaty, boiling, sizzling – no matter how you choose to describe it, August means one word to Texans – HOT.

With this summer raking in more and more days with 100-degree temperatures, Oncor wants to remind all Texans that staying cool can be about more than just comfort. It could be the difference between life and death.

According to the National Weather Service, cold and hot weather are the top two causes of weather-related deaths each year in the United States.

At Oncor, many employees spend long days outside in the heat and sun and wearing heavy safety equipment to keep the lights on for the 7 million consumers in Oncor's service area. These employees are reminded to take extra precautions that all Texans should follow during extreme hot days to avoid heat stress and exhaustion:

- Eat well-balanced, light meals to keep your body functioning at peak performance.
- Take plenty of breaks, in the shade whenever possible, to drink water.
- Drink plenty of water throughout the day, whether inside or out. Drinking plenty of water not



only cools the body but also hydrates your muscles, making you less prone to muscle strains related to exertion.

- Wear a hat, sunglasses and loose-fitting, light clothing whenever possible. Use sunscreen on all exposed areas and re-apply often.
- Watch your co-workers, friends and family! Heat cramps, painful spasms in the abdomen or legs, are often the first sign of heat-related illness and should be treated immediately by seeking a cooler place and drinking water. Medical attention should be sought if vomiting or convulsions occur.

For more electric safety tips, visit
www.oncor.com/safety

