

ON THE GRID

VPP Power Generation



Inside the Issue

WELCOME TO THE NEWSLETTER

A Short Welcome Message

COMPANY SPOTLIGHT

Prairie State

SAFETY FOCUS

Summer Safety
Heat Illness & Bee Stings

WELCOME

Welcome to the first issue of On the Grid, the newsletter for the Power Generation VPP Work Group. This group has tripled in size since our first meeting in February 2020. We've welcomed a number of OSHA representatives on our calls and this really solidifies the partnership that we have with the agency. Our group has had many valuable discussions on challenges and best practices and we hope that you have R&D (ripoff and disseminate) some of those ideas for your own sites.

Our goal is to make this group sustainable and not just a 'flavor of the month' networking event. In order to do this, we need your help. Our planning committee will meet later in the year to set the agendas for 2022. We need volunteers for note taking and presentations. If you are an SGE, you can receive 'points' for your presentation if they are the main discussion for the quarter (the VPP elements). We also need newsletter articles—spotlight on your sites or employees, challenges, where you are in the VPP process etc.

Don't forget about our website powergenerationvpp.com and our message board <https://powergenerationvpp.freeforums.net> The message board is 'private', meaning you need to request membership. Kelli gets those approved as soon as she receives them. We need to get this feature more active.

If you have articles for the newsletter, please contact Courtney Robinson at courtney.Robinson@luminant.com.

If you would like to volunteer for a Safety Moment or VPP element presentation at one of our quarterly meetings, please contact Kelli Heflin at kelli.heflin@onwardenergy.com or Alex Miller at alexander.miller@vistraenergy.com

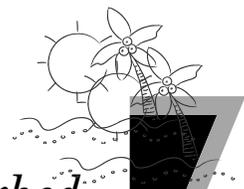
PRAIRIE STATE

“As Prairie State Generating Company (PSGC) went through the VPP application and approval process, one element that provided significant value to our organization was the worksite analysis. Through conducting worksite analysis, we saw the importance of compiling near misses and at-risk data. “This data provided evidence for where we could improve, and now PSGC has an extensive platform building program. There are numerous day-to-day activities that require technicians and engineers to check parameters on equipment that is not easily accessible. At first, we would rely on constructing scaffolding to gain safe access to this equipment, so that the plant could operate at full capacity. What started out as a few scaffold projects turned into a jungle of scaffold supports, which made some areas difficult to operate and maintain. Through the VPP process, we reached out to fellow VPP sites, allowing our newly developed network of relationships to stimulate collaboration on solutions. We used our data on where, why, and how the scaffold was built and began our platform building process.



Technicians worked alongside engineers to design and build these platforms to best suit the operation and maintenance of the affected equipment. We quickly realized the many safety, operational, and maintenance advantages of properly engineered access and allocated capitol to expand the scope of converting scaffold projects to permanent platforms.”

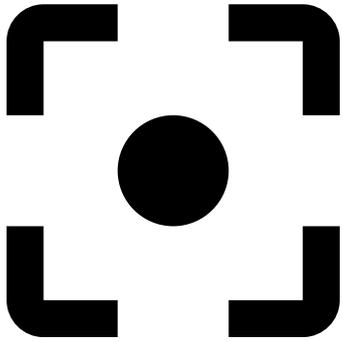
Adam Eggemeyer | CRO | VPP Committee Chair



“

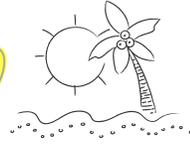
Technicians worked alongside engineers to design and build these platforms to best suit the operation and maintenance of the affected equipment.





SAFETY FOCUS

Summer Safety



HEAT ILLNESS PREVENTION



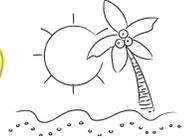
THOUSANDS OF PEOPLE BECOME SICK FROM HEAT EXPOSURE EVERY YEAR. SOME CASES ARE EVEN FATAL. IT IS IMPORTANT TO NOTE THAT HEAT EXPOSURE CAN OCCUR INDOORS OR OUTDOORS, AND IN ANY SEASON.

ONE IMPORTANT FACT IS THAT NEARLY 75% OF HEAT RELATED WORKER FATALITIES OCCUR DURING THE FIRST WEEK OF WORK. THEREFORE, NEW OR RETURNING WORKERS NEED TO BUILD UP A TOLERANCE TO THE HEAT BY TAKING FREQUENT BREAKS OR WORKING SHORTER SHIFTS.

SOME HEAT ILLNESS PREVENTION TIPS:

- DRINK PLENTY OF WATER, EVEN IF YOU ARE NOT THIRSTY
- AVOID CAFFEINATED AND ALCOHOLIC BEVERAGES
- TAKE REST BREAKS IN THE SHADE OR COOL AREAS TO RECOVER FROM THE HEAT
- WEAR A HAT AND LIGHT COLORED, LOOSE FITTING, BREATHABLE CLOTHING
- REMEMBER TO MONITOR YOURSELF AND OTHERS AROUND YOU FOR SIGNS OF HEAT ILLNESS

Summer Safety



In a typical year, nearly 100 American deaths are caused by a bee sting. These fatalities are often due to anaphylactic shock, a serious allergic reaction to the insect venom.

Some Important Bee Sting Prevention Tips:

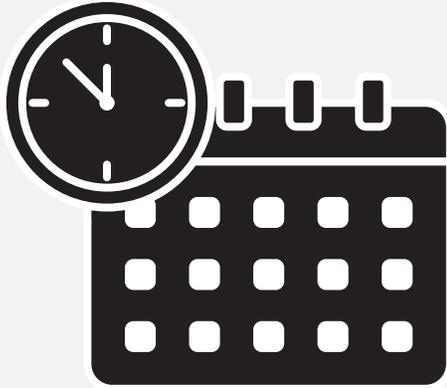
- Wear light colored, smooth finished clothing that covers as much of the body as possible.
- Clothing that seals at the wrists and ankles helps to prevent insects from entering under the clothing
- Avoid colognes, perfumes and scented soaps, shampoos, and deodorants
- Wear clean clothing and bathe daily as sweat may anger bees
- Avoid flowering plants and discarded foods
- If a single bee is flying near you, remain calm and still. Swatting at it may cause it to sting you or cause it to release pheromones which will attract additional bees
- If you are attacked by several bees at once, run to get away from them. Go Indoors if possible. Note that a shady area is a better place to get away from bees than an open sunny area
- If there is a bee inside your vehicle, slowly stop the vehicle and open all of the windows to allow for the bee to escape
- Individuals with a history of severe allergic reactions to bee stings should consider carrying an epinephrine auto injector, and should wear an identification bracelet or necklace stating their allergy

First Aid for Bee Stings Includes:

- Remove the stinger using gauze wiped over the area, or by scraping with a credit card or other straight edged object. Do not squeeze the stinger or use tweezers as this may release additional venom.
- Wash the site with soap and water or antiseptic towelettes
- Remove rings and other tight-fitting jewelry
- Elevate the affected body area and apply ice or a cold compress to reduce swelling
- Do not scratch the sting, as this may increase swelling, itching and the risk of infection
- Have someone stay with the individual to assist in case they develop a severe allergic reaction
- Treatments for localized swelling and itching can include over-the-counter pain relievers, steroid creams, anesthetic sprays and antihistamines.



UPCOMING EVENTS



IT APPEARS THAT MOST REGIONAL VPPPA CONFERENCES HAVE BEEN CANCELED. THERE MAY BE SOME HYBRID EVENTS IN THE FALL.

AUGUST 19--3RD QUARTER POWER GENERATION VPP WORKGROUP CALL

AUGUST 31- SEPTEMBER 2 NATIONAL VPPPA CONFERENCE, NASHVILLE (INFORMAL POWER GENERATION WORKGROUP MEETING WILL TAKE PLACE—DETAILS TO FOLLOW)

Continued on P. 07

Most people that are stung develop pain, redness and swelling at the site of the sting. Much less commonly, some people can experience anaphylaxis, which is a severe allergic reaction.

Symptoms and Signs of Anaphylaxis can include:

- Swelling of the face, throat or tongue
- Difficulty breathing
- Dizziness or fainting
- Stomach cramps
- Nausea or diarrhea
- Itchiness or hives over large areas of the body
- Treatment for anaphylaxis involves a properly administered dose of epinephrine.



People spotlight



Courtney Robinson
Vistra Corp - Associate Safety Specialist

How did your work background / education lead to involvement with VPP?

"When I first started a career at Vistra, my daily performance revolved around safety reporting and statistics. As I began to rely on safety policies and procedures to enhance my overall performance goals, I quickly took an interest in using my strengths to develop cooperative relationships internally focusing on the health and safety of our employees. After being introduced to VPP, it all came together. The people, the policies, the procedures."



People spotlight

Courtney Robinson
Vistra Corp - Associate Safety Specialist

How do you support VPP at your company?

"I was given the opportunity to be a part of Vista's internal VPP support team several years ago. In this role I have been able to assist our plants as they prepare for initial and recertification VPP audits. Some of the activities that I am involved with at our sites include hazard recognition and remediation, procedure review, on-site support during OSHA audits, and support during audit preparation. I have also been able to present the VPP program and process to our facilities that are considering the pursuit of becoming a VPP site. One of my favorite aspects of becoming involved with the VPP program has been getting to meet and interact with team members at our sites and other VPP focused companies while sharing best practices in our industry."

What benefits have you seen while working with VPP sites / aspiring VPP sites?

"The VPP and VPP Aspiring sites are employee engaged. Promoting ideas from those doing the work and implementing those ideas when reasonable. This allows a different work atmosphere on such a positive platform. These worksites encompass worker safety and health excellence by employees, management and senior leadership involvement; worksite analysis; hazard prevention and control and safety and health training."

What would you like to see in future PG VPP meetings or newsletters?

"Engagement and involvement is key. I envision the Power Generation VPP group growing. I'd like to see more companies become involved and expanding within the companies already on the team. Being able to lean on and learn best practices to promote safety within all of power generation is such a powerful aspiration that I know the team is capable of. Let's grow to be greater!"

REMEMBER!

If you have articles for the newsletter, please contact Courtney Robinson at courtney.Robinson@luminant.com.

If you would like to volunteer for a Safety Moment or VPP element presentation at one of our quarterly meetings, please contact Kelli Heflin at kelli.heflin@onwardenergy.com or Alex Miller at alexander.miller@vistracorp.com