

PRAIRIE LAND ELECTRIC COOPERATIVE, INC.

BOARD OF TRUSTEES

Mike Rogers
President

Keith Ross
Vice President

Sandy Benoit
Secretary

Robert Paxson
Treasurer

Ivan Bohl
Trustee

Ronald Griffith
Trustee

Otto Levin
Trustee

William Peterson
Trustee

Lowell Thoman
Trustee

Scott Urban
Trustee

Eric Witmer
Trustee

STAFF

Kirk Girard
CEO

POWER LINE ISSUES

Call 800-577-3323 to report outages and other power line issues.

POWER
to make life better

FROM THE CEO

How Extreme Summer Temperatures Impact Electric Reliability



Kirk Girard

When outdoor temperatures soar, electricity use increases, which creates demand spikes, placing significant strain on the electric grid.

At Prairie Land Electric Cooperative, we work closely with our generation and transmission provider, Sunflower Electric Power Corporation (Sunflower), headquartered in Hays, to plan for the resources and infrastructure needed to keep your lights on and your home or business running. While this local partnership is essential, we're also part of a much broader regional network. The electric grid is an

interconnected system that stretches well beyond Prairie Land and Sunflower.

This system includes a diverse mix of energy resources, some of which can vary in output depending on weather and other factors. This variability adds complexity to maintaining a stable power supply, especially during periods of extreme demand.

During summer months, when electricity use spikes nationwide, demand can exceed supply, particularly during prolonged heat waves. In these rare situations, the Southwest Power Pool (SPP), which operates the regional grid across 14 states including Kansas, may issue an Energy Emergency Alert (EEA).

These alerts ask utilities to encourage consumers to reduce electricity use.

Continued on page 12B ►



5 WAYS to Reduce Use During Extreme Heat

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.



Here are five effective ways to lower usage at home.

1. Raise your thermostat setting a few degrees higher than usual. Every degree can reduce cooling energy consumption.
2. Cook with smaller appliances to save energy and reduce heat gain in the kitchen.
3. Keep blinds, curtains and shades closed during the hottest part of the day to block direct sunlight.
4. Use fans to circulate air, which can make you feel cooler without needing to lower the thermostat.
5. Shift activities that require a lot of energy consumption to off-peak hours when demand is lower.

How Extreme Summer Temperatures Impact Electric Reliability

Continued from page 12A ►

If conditions worsen, SPP may direct utilities to implement temporary rolling outages to help stabilize the grid and avoid wider disruptions.

Should this happen, we will keep you informed, including posting EEAs on our website and Facebook page.

Here at Prairie Land, we also work proactively with Sunflower to strengthen our part of the grid. Through regular system maintenance and grid modernization efforts, we strive to build resilience. Still, keeping the grid reliable requires a shared effort — especially during extreme heat — and that includes you.

To help keep the power flowing to your home and your neighbors, here are a few simple ways you can reduce strain on the grid:

- **SET YOUR THERMOSTAT TO THE HIGHEST COMFORTABLE TEMPERATURE AND RAISE IT WHEN YOU'RE AWAY.** The greater the difference between indoor and outdoor temperatures, the harder your cooling system works.
 - **PRO TIP:** Seal air leaks around windows and doors with caulk or weatherstripping to keep cool air inside.
- **AVOID RUNNING TOO MANY MAJOR APPLIANCES AT THE SAME**

TIME. Stagger use of dishwashers, ovens and dryers throughout the day to ease peak demand.

- **PRO TIP:** Try starting the dishwasher before bedtime.

- **USE CEILING FANS TO BOOST COMFORT.** They help you feel cooler without lowering the thermostat.

- **PRO TIP:** In summer, set fan blades to rotate counterclockwise to push cool air downward.

- **BLOCK HEAT FROM THE SUN.** Close blinds, curtains, or shades during the hottest hours.

- **PRO TIP:** Blackout curtains with thermal backing or reflective lining are especially effective.

- **COOK SMART.** Smaller appliances like slow cookers, toaster ovens and air fryers generate less heat and use less electricity than a full-size oven.

- **PRO TIP:** Air fryers use about half the electricity of conventional ovens and cook food faster.

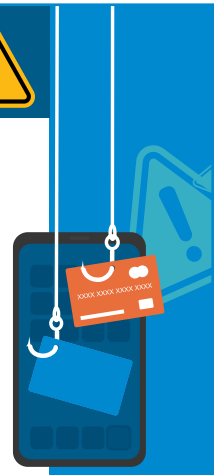
Understanding how extreme heat and today's evolving energy mix impact the grid is key to keeping our system strong and reliable. By using energy wisely, you not only help reduce stress on the grid but also lower your own electric bills and support the reliability of power in our community all summer long.

TIPS TO AVOID ENERGY SCAMS



Never make a utility bill payment to anyone calling you on the phone, texting you or emailing you. Always call Prairie Land Electric Cooperative at **785-877-3323 OR 800-577-3323** or visit our website at **WWW.PRAIRIELANDELECTRIC.COM** if you have a question about payment or billing information. View our utility bill payment options — online, by phone, automatic bank draft, mail or in person — at www.prairielandelectric.com/payment-options.

SOURCE: UTILITIES UNITED AGAINST SCAMS



EMPLOYEE SPOTLIGHT

Welcome our summer help

Prairie Land is excited to welcome our interns and summer help who joined us in mid-May.

LUKE FRANKLIN, of Smith Center, is supporting the Smith Center line crew this summer. He is currently attending Fort Hays State University and enjoys hunting, sports and spending time at the lake with his friends in his free time.



Luke Franklin

CALEB HANSON, of Concordia, is a student at the Northeast Community College and enjoys fishing. He is helping the Concordia crew this summer.



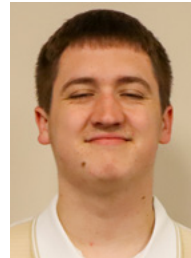
Caleb Hanson



Cole Keeten

COLE KEETEN, a native of Phillipsburg, is assisting the Phillipsburg line crew this summer. He is currently attending Manhattan Area Technical College and enjoys hunting, fishing and ranching in his free time.

REECE KNOX, from Concordia, is completing his electrical engineering internship with our Norton operations team. A student at Kansas State University in Manhattan, Reece enjoys tinkering and working with his hands.



Reece Knox



Dallas Laten

DALLAS LATEN, a recent graduate of St. Francis Community High School, is supporting the St. Francis crew this summer. Outside of work, Dallas enjoys riding sports bikes.

DAWSON SMITH, a Norton native, is enrolled at Pratt Community College and is interning with the Norton line crew as part of the lineworker program. His hobbies include sports, hunting, fishing and spending time with friends.

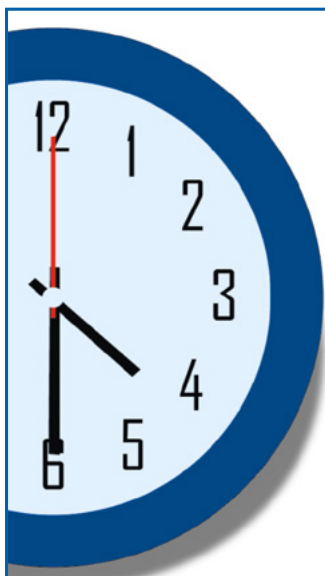


Dawson Smith



Rylan Wildeman

RYLAN WILDEMAN, also of Norton, is a student at the University of Kansas. He is working with the Norton crew this summer and enjoys golfing, lifting weights and team roping.



Change of Business Hours

Effective **Aug. 1, 2025**, Prairie Land's business hours will be Monday through Friday, **8 a.m. to 4:30 p.m.** For after-hours support, including outage reporting or making a payment, members can continue to reach us at 800-577-3323. If you have any questions, please don't hesitate to call us at 800-577-3323. Thank you for your continued support!



SAFETY TIP

When you see power lines on the ground following a storm, stay far away, warn others to stay away, call 911 and contact the electric utility. Lines do not have to be arcing or sparking to be live.

SOURCE:
WWW.SAFEELECTRICITY.ORG



Heat Advisory: Protecting Workers From Heat Stress

How to stay safe and cool in extreme heat

Nationwide, we're experiencing hotter, longer and more frequent extreme heat events. Extreme heat is the leading cause of weather-related deaths in the U.S., according to the National Weather Service.

Heat can be dangerous for anyone, but some face greater risks. Outdoor workers face increased threat of heat stress due to hot temperatures, high humidity, intense radiation from full sunlight or limited access to air circulation or cooling. Those at risk include lineworkers, first responders, farmers, construction workers and landscapers.

People working indoors without air conditioning or near heat sources such as in kitchens, factories or foundries also face greater risks of heat-related illness.

While we can't control the weather, we can understand the hazards of heat stress and take precautions to ensure safety when temperatures and humidity are on the rise.

UNDERSTANDING HEAT STRESS

Heat stress occurs when the body cannot adequately cool itself through sweating. This can result from a combination of high temperatures, humidity, physical exertion and a lack of hydration. When the body overheats, it can lead to various heat-related illnesses, ranging from mild heat cramps to life-threatening heatstroke.

PERSONAL RISK FACTORS

Certain factors can increase an individual's susceptibility to heat stress, including:

- ▶ **AGE AND HEALTH:** Older workers and those with preexisting health conditions are at greater risk.
- ▶ **HYDRATION LEVELS:** Dehydration can impair the body's ability to cool itself.
- ▶ **ACCLIMATIZATION:** Workers who are not accustomed to hot conditions are more prone to heat stress.
- ▶ **CLOTHING:** Wearing heavy or non-breathable clothing can restrict heat dissipation.

HEAT EXPOSURE CAN AFFECT HEALTH IN A NUMBER OF WAYS

HEAT CRAMPS:

- ▶ **SYMPTOMS:** Muscle pain or spasms, usually in the arms, legs or abdomen.
- ▶ **RESPONSE:** Rest in a cool place, hydrate with electrolyte-rich fluids and gently stretch the affected muscles.

HEAT EXHAUSTION:

- ▶ **SYMPTOMS:** Heavy sweating, fatigue, nausea, dizziness, irritability, pale/cool skin and a rapid, weak pulse.
- ▶ **RESPONSE:** The condition is usually due to loss of water and salt from excessive sweating. Move to a cooler area, loosen

clothing, sip water slowly and apply cold compresses or cool water to the skin. Seek medical attention if symptoms persist.

HEAT STROKE:

- ▶ **SYMPTOMS:** High body temperature, throbbing headache, hot/dry skin, confusion, slurred speech, rapid and strong pulse, and possible loss of consciousness.
- ▶ **RESPONSE:** Heat stroke can be fatal, as it restricts the body's ability to cool itself. Call 911 immediately. While waiting for medical help, move to a cooler environment, and lower body temperature with cool water or ice compresses. Remove any unnecessary clothing.

PREVENTING HEAT STRESS

Prevention is key to protecting workers from heat stress. Here are some essential tips:

- ▶ Hydrate frequently. If you wait until you're thirsty, you've waited too long. You should drink water every 15-20 minutes. Consider adding electrolytes, and avoid caffeinated or sugary beverages and heavy, hot meals.
- ▶ Take frequent breaks. Schedule breaks in shaded, air-conditioned or cooler areas.
- ▶ Acclimatize and gradually increase heat exposure. Allow new or returning employees time to adjust.
- ▶ Adjust work schedules. Plan heavy activities for cooler parts of the day and gradually increase workloads to help workers acclimate to the heat.
- ▶ Wear appropriate clothing. Opt for lightweight, loose-fitting and light-colored clothing. While necessary for safety, be aware that personal protective gear can increase body heat.
- ▶ Wear sun protection, including a hat and sunglasses. Apply sunscreen regularly.

Know the signs and watch out for each other. Ensure all workers are aware of the risks, symptoms and treatments for heat stress.

OSHA's Heat Illness Prevention guide at www.osha.gov/heat offers resources for employers and workers about heat hazard awareness and prevention to keep workers safe. You can also download OSHA's Heat Safety App at www.osha.gov/heat/heat-app to calculate the heat index for a worksite and get reminders about protective measures that should be taken at that risk level to protect workers.

By understanding the dangers of extreme heat and implementing proactive measures, outdoor workers can significantly reduce the risk of heat stress. Staying informed, hydrated and vigilant can make all the difference in maintaining health and safety on the job.

