

# Valley Rural Electric Cooperative, Inc.

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## Valley Rural Electric Cooperative, Inc.

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## Guest Column



## Chainsaw safety

By Kevin Detwiler, Valley REC Utility Forester/Arborist

FALL is here, which means many of us will be dusting off our chainsaws to begin cutting firewood. Chainsaws allow us to work much faster than wielding an axe or hand saw, but gas-powered saws are an extremely dangerous tool when used incorrectly. Let's take a few moments and review some basic chainsaw safety.

Many times, the most overlooked part of chainsaw safety is routine maintenance. We've all seen someone using a stubborn chainsaw that won't start, won't cut and won't stay running. Making sure your saw is operating correctly with a well-sharpened chain is essential to safety and the longevity of the saw. A dull chain causes the operator to try to force the bar of the saw through the wood, which can cause damage to the chainsaw. The saw could also potentially "kick back" toward the operator, which often results in very serious injuries. Cleaning the air filter is a simple maintenance practice that is too often overlooked. A lack of air flow caused by a carburetor covered with wood chips will force the saw to run poorly. Keeping a saw well-maintained can alleviate these issues and many of the safety threats that accompany them.

Wearing the proper personal protective equipment can mean the difference between a successful day cutting or ending up in the emergency room with an avoidable injury. I have been hit in the eyes and face by flying wood chips many times, which makes a good pair of safety glasses worth their weight in gold. Other essential protective equipment such as ear plugs, gloves, boots, and saw chaps

offer increased protection while operating a chainsaw. According to a 2014 article in *Incident Prevention Magazine*, "there were more than 28,500 chainsaw injuries in 1999. More than 36 percent were injuries to the legs and knees." These statistics represent the areas of the body that are most susceptible to a saw when it is being used improperly. Proper work boots provide support and sturdy footing when operating your saw. They also help protect your feet from briars, thorns, and rolling or dropped pieces of firewood.

Cutting firewood on a cool beautiful fall day is often a pleasant escape from the hustle and bustle of everyday life. While enjoying your time outdoors, it is important to remain alert to your surroundings. Never operate a chainsaw within 10 feet of another person. Instruct those who may be working with you not to come near you while the saw is running. Our natural reaction is to turn toward someone when we are tapped on the shoulder. That's not something you want to do with a running chainsaw in your hand. Make sure the area where you are cutting is free of debris and trip hazards. Most chainsaws are equipped with a chain brake, which should be applied if you need to move more than a few feet to make your next cut.

In closing, remember to think safety the next time you head out with the chainsaw. The most important part of your day is returning home safe and unharmed to those you love.

Cooperatively,  
Kevin Detwiler

# Co-op Connections Card, your link to savings

As a Valley Rural Electric Cooperative member, you can use your free Co-op Connections Card or key fob to receive valuable discounts at the local participating businesses listed on these pages, as well as at more than 90 national retailers.

Keep this directory handy to identify local participants. Also, keep an eye out for the Co-op Connections Card decals on doors or cash registers where you shop.

To see an up-to-date list of participating businesses and their discounts, visit valleyrec.com and look for the Co-op Connections Card icon on the homepage. New discounts are added all the time!



*We're a participating business*

## AUTOMOTIVE/MOTORCYCLE

### *Calkins Auto*

12951 Ferguson Valley Road, Burnham

Offer: 50% off tire rotations.

### *Huston Ford Motor Company*

10719 William Penn Highway, Huntingdon

Offer: 10% discount (max. discount \$50) on parts and labor; cannot be used with other specials or body shop repairs.

### *J & P Auto Mart*

1906 Pleasant Valley Blvd., Altoona

Offer: \$1,000 off purchase of any vehicle. Limit one per vehicle. Can't be combined with any other offer/sale. Not applicable for prior purchase.

### *Keystone Kawasaki Yamaha*

16432 Dunnings Highway, Duncansville

Offer: 5% off on parts and accessories. Best possible deal on new or used units. Must present card before purchase.

### *Pro-Trans*

2400 Commercial Blvd., State College

Offer: 5% off transmission service and repair.

### *Route 26 Automotive*

8413 Anderson Lane, Huntingdon (on Route 26N past former Valley REC building)

Offer: 15% off oil changes.

### *Steve Seltzer Honda*

433 Sabbath Rest Road, Altoona

Offers: 50% off labor on motorcycle or scooter inspections. 15% off regularly priced parts and accessories. Free gas can with purchase of Honda power equipment (up to \$40 value). Extra year of Honda care on purchase of new motorcycle, ATV or scooter.

## CONTRACTORS/BUILDING SUPPLY

### *Adams Electric, Inc.*

870 31st St., Altoona

Offer: 10% off on electrical estimates.

### *Center Region Stone Supply*

3462 Birmingham Pike, Tyrone

Offer: 10% off retail prices on AppleRidge Stone, FireRock fireplaces and Holland grills.

### *Central Penn Patio & Awning*

321 Park Road, Mount Union

Offer: 3% discount.

### *Dennis A. Heeter, Heating & A.C.*

7583 Bridge St., Alexandria

Offer: \$100 off installation of new heating or cooling unit.

### *Fink Brothers Supply*

961 Pennsylvania Ave., Tyrone

Offer: 20% off in-stock PPG paints.

### *G. B. Wineland & Son, Inc.*

201 S. Railroad St., Martinsburg

Offer: 5% off Polaris insulated doors and/or 5% off five or more Polaris windows.

### *Gary's Homes, Inc.*

13270 Lincoln Highway, Everett

Offer: 10% discount on parts purchased in our parts store.

### *ImPressive Floors, Inc.*

118 S. Richard St., Bedford

Offers: 10% off any cash-and-carry item from the store. \$20 off any ordered special materials 144 sq. ft. or more. \$20 off any two or more Hunter Douglas window treatments. These offers cannot be combined with any other offer.

### *Joseph T. Berrena Mechanicals, Inc.*

279 Standing Stone Ave., Huntingdon

Offers: 20% off Hydroflow S38 chemical-free water treatment device. 10% off parts and service.

### *Lewistown Floor Company*

518 W. 4th St., Lewistown

Offer: 10% off any carpet purchase over 450 square feet (50 square yards).

### *Mount Union Lumber & Supply, Inc.*

114 W. Poplar St., Mount Union

Offer: Receive a \$200 rebate on the purchase of any one of the following Fujitsu mini-split units: 9RLS3Y,

12RLS3Y, 15RLS3Y, 18RLXFZ

Dual-headed unit, and 24RLXFZ

Triple-headed unit. Please notify MULS, Inc. at the time of purchase about the card.

### *PJs Hearth & Home Heating*

2447 Quaker Valley Road, New Paris

Offer: 5% off anything in the store, including installations and cleanings.

### *Rick Worthy Contracting, Inc.*

10321 Sugar Grove Road, Huntingdon

Offer: 5% discount.

### *Superior Floorcoverings & Kitchens, LLC*

254 E. King St., Chambersburg

Offer: 7% discount; cannot be combined with other discounts.

## DINING/FOOD

### *Allegro Restaurant*

3926 Broad Ave., Altoona

Offer: Buy one dinner entree and receive \$5 off the second dinner entree. Not applicable to alcoholic beverages, lunch menu, family-style menu and dinner-for-2 menu. Maximum value \$5. Not redeemable for cash.

### *Couch's Subs & Groceries*

13605 Greenwood Road, Huntingdon

Offer: 5% discount on any menu item.

### *Doan's Bones Barbecue*

3507 McAlevy's Fort Road, Petersburg

Offer: Free large fry with any purchase (must show card before order). \$4.95 value.

### *Fox's Pizza Den*

128 W. Allegheny St., Martinsburg

Offer: \$2 off any large pizza.

### *Hobo's Restaurant*

180 Hyndman Road, Hyndman

Offer: 10% off daily special or dinner entree (dine-in only).

### *J.P. Edward's Grill and Bar*

203 S. Logan Blvd., Burnham

Offer: 10% off, excluding alcohol and specials

### **Jethro's, LLC**

417 Parkview Lane, Altoona  
Offer: 10% off. Not valid after 4 p.m.  
Fridays & Saturdays, on holidays or  
with any other discount; excludes tax,  
alcohol & gratuity.

### **Keystone Candies & Gifts**

123 E. Pitt St., Bedford  
Offer: Free peanut butter meltaway  
bar with any purchase of \$15 or more.

### **Queen City Fruit & Produce**

125 E. Central Way, Bedford  
Offer: 50 cents off product not already  
discounted.

### **Speck's Deli & Gourmet Pizza**

12144 William Penn Highway,  
Huntingdon  
Offer: 10% off menu-priced items; val-  
ue meals and promotions excluded.

## ENTERTAINMENT

### **Holiday Bowl**

11862 William Penn Highway,  
Huntingdon  
Offer: Free shoe rental for cardholder.

### **Isett Acres Museum**

11941 Stone Creek Ridge Road,  
Huntingdon  
Offer: \$1 off admission cost.

### **Lincoln Caverns & Whisper Rocks**

7703 William Penn Highway, Hunting-  
don  
Offer: \$1 off all adult tickets during  
regularly scheduled tours. Not valid  
during special events or in combina-  
tion with other discounts.

### **Rockhill Trolley Museum**

430 Meadow St., Rockhill Furnace  
Offer: Buy one ticket; get one ticket  
free. Not valid for special events.

## HEALTH, BEAUTY & FITNESS

### **Angelina's Invigorating Hour**

103 E. Beaver Ave., Suite 10, State  
College  
Offer: \$5 off any massage service and/  
or product order, or gift card of \$35 or  
more.

### **HMJ PATCH Program**

900 Bryan St., Suite 5, Huntingdon  
Offer: Free quit tobacco program: free  
support, free resources, free nicotine  
patches/gum.

### **Huntingdon Vision Center, Ltd.**

828 Washington St., Huntingdon  
Offer: 5% off total bill when paid with  
cash/check at time of service (ex-  
cludes vision plans).

### **Modern Family Dentistry**

3195 Cold Springs Road, Huntingdon  
Offer: \$75 off a new patient exam,  
cleaning and X-rays (must be a new  
patient of record).

### **S'Hair-Eng Styling Salon**

139 Kelly Alley, State College  
Offer: 10% discount on all chemical

and color services.

## HOME, GARDEN & FARM

### **Antietam Iron Works & Powder Coat- ing, LLC**

201 Lincoln Way W., Suite 100,  
McConnellsburg  
Offers: Powder coating: 10% off order  
(for first-time customers). 10% off  
iron fence or railings (max. discount  
\$200). 10% off gift shop items. Must  
mention card when placing order.

### **BluAcres, LLC**

1301 Allegheny St., Suite 112,  
Hollidaysburg  
\$250 discount on pond dredging and  
permit plan. \$100 discount on wet-  
land delineation.

### **CCI Cleaning Connection, Inc.**

1107 Locust St., Chambersburg  
Offer: Save 20% on initial service(s)  
with signed contract; save 10% on any  
other service. Not valid with coupon  
offers.

### **Chimney Doctor**

268 Upper Snake Spring Road, Everett  
Offer: \$20 off chimney sweep; \$50 off  
chimney repair.

### **Envinity, Inc.**

25 Decibel Road. Suite 205, State  
College  
Offer: \$100 toward a comprehensive  
home energy audit. Audit includes a  
blower door test, thermal imaging, a  
solar site assessment and a compre-  
hensive report on all energy saving  
opportunities in your home.

### **Hines Feed Store**

210 S. Juniata St., Hollidaysburg  
Offer: 5% off, excluding feed and  
fertilizer.

### **Kelsey Springs Landscaping**

21 Buckingham Drive, Chambersburg  
Offer: 5% off maintenance invoices  
(mowing, fertilizing, lawn service);  
10% off new installations (including  
walkways, patios, ponds, planting  
beds).

### **M & T Vacuum Systems**

515 Washington St., Huntingdon  
Offers: Free estimate on vacuum  
tune-up or service. 10% off any new  
vacuum.

### **Mid State Chimney Sweeps, LLC**

595 Calhoun Road, Everett  
Offer: \$10 off any chimney cleanings;  
10% off any chimney liner installed.

### **Mill Hill Farm Supply, Inc.**

161 Mill Hill Road, Williamsburg,  
and 618 Canal St., Williamsburg  
Offer: \$5 off any \$25 purchase.  
**Potted Memories Greenhouse**  
5118 Piney Creek Road, Williamsburg  
Offer: 10% off purchase of \$50 or  
more.

### **Raystown Decorator Fabric**

7163 William Penn Highway, Alexan-

dria

Offer: 20% off fabrics in stock.  
**Roberts Four Season Power Equipment**  
613 N. Logan Blvd., Altoona  
Offer: 5% off purchase of new mower.  
**Stoudnour Petroleum, Inc.**  
8853 Raystown Road, Saxton  
Offer: 1 cent per gallon discount.

## OFFICE/PROFESSIONAL SERVICES

### **D-Signs**

2816 US Highway 522 South, McVey-  
town  
Offer: 10% off all purchases.  
**Ellis Office Supply Inc.**  
1640 E. Pleasant Valley Blvd., Altoona  
Offer: 10% off any supply order of \$50  
or more.

### **Film Center (The)**

3415 Pleasant Valley Blvd., Altoona  
Offer: 50 4x6 photo-lab quality prints  
from your digital camera for just \$10,  
next-day pickup required.

### **Huntingdon Offset Printing Company**

1431 Oneida St., Huntingdon  
Offer: Buy 500 full-color, one-sided  
business cards, get 500 free of the  
same card.

### **Julie's K-9 Kuts**

14310 Croghan Pike, Mount Union  
Offer: 10% off merchandise (except  
those sold on consignment) and 5%  
off all grooming services.

### **Kavazea Designs**

398 School House Road, McVeytown  
Offer: 10% off any new design service.

### **Manning Photography**

560 Oak Lane, Tyrone  
Offer: \$50 gift certificate (cannot be  
combined with other offers).

### **MJH Services**

123 E. Pitt St., Suite 4, Bedford  
Offer: \$10 discount on tax return  
preparation.

### **One-Stop Communications**

126 Electric Ave., Lewistown  
Offers: \$10 off any wireless phone and  
20% off standard phone accessories.

### **Paul Prough Photography**

59 Lower Country Club Road, Mount  
Union  
Offer: 10% discount off all orders.

### **Stone's Notary Service**

2183 Cow Path Lane, James Creek  
Offer: 10% off one notarized docu-  
ment.

### **Tiny Tots Childcare and Learning Center, LLC**

22965 Croghan Pike, Shade Gap and  
55 N. Riverside Drive, Mount Union  
Offers: 5% discount to families that  
are enrolled Monday – Friday. \$25 per  
child for date night care or “Parents  
Night Out.”

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**RECREATION/SPORTS**

**Bear Creek RV**

17481 Raystown Road, James Creek

Offer: 10% off regular-priced items

**Chambersburg Skydiving Center, Inc.**

3506 Airport Road, Chambersburg

Offer: \$10 off any student training jump: tandem, static line or accelerated free-fall.

**Freedom RV Rentals**

360 Travelers Road, East Freedom

Offer: 15% discount.

**Reed Defining Taxidermy**

207 Holly Acres Road, Tyrone

Offer: \$25 off the purchase of any mount or service.

**Saxton Outdoor Supply**

10520 Raystown Road, Saxton

Offers: 15% off any in-stock bait. 10% off any in-stock Carhartt item (one item only discounted) per purchase.

**RETAIL**

**Franklin Frames**

911 Logan Blvd., Altoona

Offer: 5% discount on custom framing orders.

**Log Cabin Gallery Shop**

Hartslog Valley Road, Huntingdon

Offer: 10% off the item of your choice.

**Mount Union True Value Hardware**

135 E. Shirley St., Mount Union

Offer: 10% off regularly priced items. Not valid on sales.

**Prospector Jewelers**

1514 Cove Lane Road, Martinsburg

Offer: 10% discount.

**Raystown Electronics, Inc.**

14188 Croghan Pike, Mount Union

Offer: Discount varies with product.

**Trough Creek Candle Co.**

17958 Cooks Road, Cassville

10% off in-store purchase of \$25 or more.

**Vintage Art Glass & The Foxy Grape**

9561 Main St., Huntingdon (Mill Creek)

Offer: Friends and family 10% discount on purchases.

**Vintage Jewelry Chest**

8493 Woodbury Pike, Hollidaysburg

Offer: 20% discount.

**TRAVEL**

**Penn Stater Hotel & Conference Center (The)**

215 Innovation Blvd., State College

Offer: Complimentary guestroom upgrade (based upon availability).

**Riley's Bed and Breakfast**

863 Washington Ave., Tyrone

Offer: Sunday through Thursday - 15% discount.

Hot line training focuses on safe work practices



PHOTO BY TODD ROSS

Valley REC line crews annually practice safe work techniques around energized equipment during on-the-job-training supervised by safety personnel from the Pennsylvania Rural Electric Association. Crews work together using insulated hot sticks, rubber line blankets and other safety gear. This year's training included pole replacements in Todd Township, left, Huntingdon County, and Tyrone Township, below, Blair County.



PHOTO BY MIKE LANSBERRY



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# Lineworkers hone pole-top rescue skills

By: Doug Roles  
Vice President, Member Services

IT COULD happen anytime, without warning. Maybe it's during outage restoration after a storm or during routine line maintenance on a great weather day. No matter when it happens, if a lineworker who has climbed a utility pole becomes disabled, getting that person down from the pole quickly and safely is the initial first-aid task.

To be prepared for the worst, Valley REC's lineworkers honed their response skills during safety training Aug. 14 and 15. The Pennsylvania Rural Electric Association (PREA) provided the instruction to Valley personnel in the Martinsburg, Huntingdon and Shade Gap districts, with each block of instruction lasting several hours.

"Anything could happen on any given day," says Randy Hoover, a PREA safety training instructor. "Pole-top rescue is important. It should be second nature to lineworkers. I hope no one ever has to experience it. But you never know."

As a trainer, one of Hoover's responsibilities is annually reviewing pole-top rescue procedures with co-op lineworkers across the state. A rescue could become necessary due to contact with an energized line, a heart attack or stroke, or even a bee sting that causes a lineworker to go into anaphylactic shock.

The rescue process involves a lineworker donning climbing gear, ascending the pole, affixing a pulley to the pole with a short length of rope, and then manually lowering the casualty to the ground after unfastening the victim's own climbing gear from around the pole.

The lineworkers also had a refresher course on operating a bucket from the lower set of controls, located in the bed of the truck. Should a lineworker become unresponsive while aloft in a bucket and unable to operate the lift controls within the bucket, the procedure is for the rescuer to lower the boom using the alternate set of controls, then tilt the victim out of the bucket at ground level.

Hoover stresses that in an actual emergency, responding lineworkers would have to decide if an immediate "mayday" call is needed and by what means — radio or cellphone depending on service availability. Coworkers of the injured lineworker would also have to decide where to have first responders meet them and how to get the casualty to a pick-up point if working in a right-of-way far from roads.

"There are a lot of different ways to do pole-top rescue," Hoover says. "And there are a lot of tough decisions to be made."

Hoover notes that Pennsylvania's co-ops have seen a lot of lineworker retirements in recent years and says that lineworkers just starting their co-op careers have been trained on proper pole-top rescue procedures from the start.

Lineworkers often work in two-person teams. Hoover says guys who work together for a long time learn to anticipate each other's next move and depend on each other to be ready to respond in an emergency situation. 🌀



PHOTO BY DOUG ROLES

ABOVE: Journeyman lineman Ryan Dodson positions a rope around a mannequin during pole-top rescue training at Valley REC's Martinsburg District on Aug. 14. Below: Crew leader Rob Shook takes his turn "rescuing" a casualty as Pennsylvania Rural Electric Association safety training instructor Randy Hoover, far left, observes. Also shown are Martinsburg District lineworkers Greg Dilling, Bill Bogel, Ryan Dodson and Trevor Eichelberger (in bucket).

