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PREMA

Hop off the treadmill in '22 for better work/life balance

A New Year's resolution ritual is to rush to the fitness equipment store after the holidays for a brand-new treadmill to help you burn off your holiday weight gain.

But if you're running on another kind of treadmill—the kind that has you going non-stop as you juggle work, family, friends, volunteer work and so much else—consider resolving to hop off.

That might make 2022 a better year than 2021.

The pandemic has further blurred the lines between work and home—and they were already pretty fuzzy. Working at home means, for some, that the work never ends.

Here are five ways to bring some balance into your work-from-home life, even if your workdays are partly devoted to family and your weekends are partially about work.

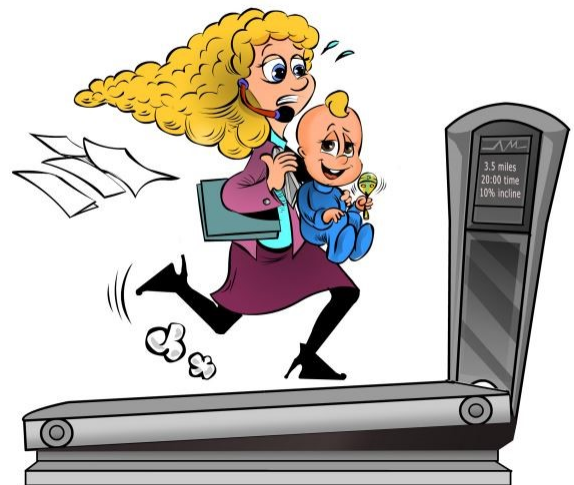
1. Use your actual treadmill—or the one at the gym—for a daily jog or walk. Or stroll outside for at least 20 minutes a day—by yourself, without talking on the phone—to take a meaningful, enjoyable and healthy break from the grind.

2. Set up a space in your home for work—with a door, if possible. Let your children know that when you're in there, you're off limits except for emergencies. Work only in that space—never in the rest of the house.

3. Plan what you will do when you're finished working for the day. Schedule a drink or coffee with a friend or take a class at the gym at the same time every evening. That will help you draw a hard boundary around the workday and your time off.

4. Enjoy your down time. Just because work is just behind the door of your workspace doesn't mean you should work when you're not busy. Time isn't wasted if you're using it to recharge, relax or spend time with family or hobbies.

5. Turn off your phone. Better yet, get a separate phone for work and leave it in your workspace when you leave for the evening. That way, you won't be tempted to take after-hours calls while you're off the clock.



Leave electrical jobs to professionals

There's a little bit of a do-it-yourselfer in everyone. But some projects are best left to professionals.

Leave complicated jobs—especially those involving electricity—to the pros. Even the most seasoned handymen stay away from jobs that could put them in danger or start a fire.

If you do work with electricity, your tools need insulated grips.

Switch off the circuit breaker that corresponds to the project you'll be working on.

If you're repairing a lamp, appliance or other plugged-in device, unplug it before you start your work.

Plug power tools into ground fault circuit interrupters (GFCIs). That will prevent you from getting shocked.

If you need an extension cord for your power tool, choose one with a cord that measures less than 100 feet.

Water and electricity don't mix, so don't use power tools in wet areas.

If you're drilling into a wall, check that you will not come into contact with electrical wires or water pipes.

Shield your eyes and ears and suit up with heavy-duty gloves and other protective gear when you power up your tools.

Wear sturdy, protective shoes and long pants when using power tools—even your lawn mower.

CHEERS TO 15 YEARS

Thank you for your service to PREMA members!



Chris Macy (pictured above) is a Journeyman Lineman in Hyannis and is celebrating 15 years with PREMA.

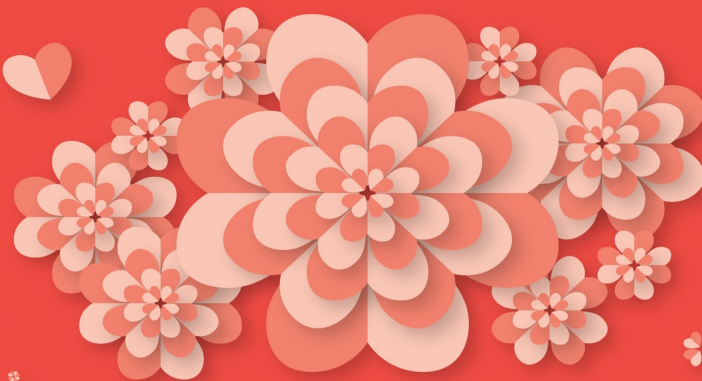
Reminders

Irrigators-if you will be making any changes to your irrigation arrangements such as rentals, leasing, etc., it is important to make PREMA aware of these changes by April so the correct name and address will be billed. Also this is a great time to notify our office if your contact information has changed or if there are additional phone numbers that need to be added to your account. Please contact Allison at our office 308-762-1311. Thank you.

PREMA Scholarship Applications are due February 11th in the PREMA Office by 4:30 pm.

Presidents Day -February 21st the PREMA office will be closed.

You're at the heart of everything we do.



HAPPY VALENTINE'S DAY
FROM OUR CO-OP FAMILY TO YOURS!

Notes from Load Management

The Load Management informational letter has been mailed out. Owners and operators of irrigation accounts should have received this letter outlining the 2022 guidelines for Load Management. The deadline to enroll in Load Management is March 4th.

If you have not received the Load Management letter or have questions, please call the office at 308-762-1311.



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