Stay Safe this Summer

PG&E’s guide to safely navigating fun summer recreational activities throughout Northern and Central California

Summer is here, which means it’s time for lots of fun in the sun including barbecues, boating, swimming, camping and so much more.

Whether you’re having a pool party, hitting the road, firing up the grill, heading out on the water, going for a hike, or simply staying indoors to beat the heat, it is important be prepared, have a plan for dealing with the heat, and above all else: stay safe!

Within in this guide, you will find tips, ideas and recommendations for safely navigating the fun recreational activities throughout Northern and Central California, along with other resources for staying cool and beating the heat as temperatures climb.

We’ve also included information on PG&E’s summer preparedness efforts along with some specific energy-related summer safety tips.

Use this guide as inspiration for recreational outing ideas, as a reference for safety tips, and as a resource to ensure that safety is a part of your summertime fun.

www.pge.com/safety
Table of Contents

Outdoor Fun 3-5
Where to Go 3
Camping and Boating 4
Hiking 5
Swimming 6
Safety Tips and Water Hazards 7
State Parks Need You 8-9
Safety on the Road 10
Safety around Service Lines 11
Tips for Staying Cool and Safe 12-13
Tips for Cooling your Home or Building 13
Powering Electronics, Lighting and Appliances 13
Extreme Heat and Related Illnesses 14-15
Cooling Centers 16
Outdoor Fun

Now that summer is under way, PG&E wants to make sure you are provided with safe and fun opportunities. PG&E owns more than 160 recreational facilities for hiking, swimming, boating, fishing, and camping. So feel free to hit the lake, take the family on a camping trip, and enjoy the environment PG&E works hard to sustain as part of our hydroelectric system. But be sure to follow our safety tips to make sure your trip is fun AND safe.

Where to Go

From the Pit River country in the Cascade Range to the King’s River region in the southern Sierra Nevada, we have more than 160 recreational facilities including 61 campgrounds, day use areas, hiking trails and fishing accesses for you to use and enjoy.
Camping and Boating

PG&E has 18 campgrounds and 11 group campgrounds throughout its service area. Campgrounds with lakes provide boating and fishing opportunities for all ages.

Most of our campgrounds are at higher elevations, so they typically open in the spring soon after snow melt and they generally close in the fall when temperatures drop and camper use decreases. Some of our campgrounds offer reservations in addition to first come first serve camping. Where possible, our typical reservation season starts the Monday before Memorial Day weekend and closes a week after Labor Day weekend.

For more information on safety, locations, and reservations visit: http://recreation.pge.com.

Be sure to comply with all signage, including warning signs and rules at campgrounds, fishing areas and picnic areas.
Hiking

PG&E provides hiking opportunities on two spectacular coastal trails in San Luis Obispo County on Diablo Canyon Power Plant land: the Pecho Coast (pictured) and the Point Buchon Trails. Through its Land Stewardship Program, PG&E has preserved these areas and provides visitors with remarkable vistas of California’s Central Coast in its rugged, natural state. Both trails require signing in prior to trail access. Advance reservations are required to access the Pecho Coast Trail. For more information on trails and reservations visit: http://www.pge.com/trails.
With a number of beaches and lakes under our service umbrella, PG&E encourages the public to take appropriate safety precautions when recreating in and near water:

- **Obey all warning signs and restrictive buoys** while swimming or boating.
- **Use the Buddy System.** Never fish, swim, boat or raft alone.
- **Don’t dive or jump into unfamiliar water.** Shallow water or submerged trees or rocks could cause serious injury.

Diving in cold water can trigger cardiac arrest, temporary paralysis, hypothermia and drowning.
Spring and Summer 2017 will see **colder and higher river stream flows** due to record rainfall in many parts of the state and continuing snow melt.

Don’t swim or play near a dam or powerhouse; these areas can have strong underwater currents, sudden water discharges, slippery surfaces and submerged hazards.

Never get in a flume or canal. They are dangerous with swift, cold water, slippery sides and sudden flow changes.

While boating, **comply with all California boating laws** and local rules and regulations.

When recreating in or around water, **always wear a U.S. Coast Guard approved life jacket** and supervise children.

Don’t forget to visit the Hydropower and Water Safety Site ([http://www.pge.com/hydrosafety](http://www.pge.com/hydrosafety)) and ensure safety is a part of your recreation plan.

By law, a Coast Guard-approved life jacket must be carried for each person on board a boat.
State Parks Need You

Looking for a fun, free, fulfilling and family-friendly outing this summer? Become a Park Champion and volunteer to maintain and help beautify California’s state parks.

The California State Parks Foundation (CSPF) Park Champions Program holds volunteer work days in state parks across California throughout the year. Thousands of PG&E employees (and their family and friends) volunteer in state parks every year, and in nearly 20 years of support, PG&E has contributed more than $2.3 million to better the parks throughout California.

Park Champions projects improve the quality, safety and preservation of our state parks. Projects include trail repair, invasive plant removal, habitat restoration, rehabilitating historic sites, fence construction,
bridge construction, tree planting, and re-painting park structures. If volunteering outdoors, working with a fun group of people, and making a difference in our state parks sounds like a good time, then become a Park Champion and sign up today.

Visit the CSPF website at www.calparks.org/help/park-champions/ to see a map and calendar of all upcoming workdays, and register for upcoming projects. Some projects include free camping, kayaking, campfire programs or interpretive tours for volunteers. Any special perks are included in the project description on the calendar. Tools, training, snacks, and free parking are provided for all projects.

Some of the summer 2017 projects that are currently open for registration include:

**Mono Lake State Natural Reserve**
Wednesday, June 21
9:00am to 1:00pm
Join us for our first Park Champions workday in the beautiful Eastern Sierras. Volunteers will stain redwood benches along the interpretive trail. A complimentary lunch and guided walk will follow (1-2pm). Kids ages 14 and up welcome with a legal guardian.

**China Camp State Park**
Saturday, June 24 and Saturday, July 25
9:00am to 3:00pm
Help repair popular hiking, biking, and equestrian trails at China Camp State Park in the North Bay. Complimentary lunch and free camping available Friday and Saturday nights. Teens ages 16 and up welcome with a legal guardian.

**Folsom Lake State Recreation Area**
Wednesday, July 19
9:00am to 12:00pm
Volunteers will work in kayaks and other vessels to remove water hyacinth from Lake Natoma at Willow Creek. Kids ages 12 and up welcome with a legal guardian. Kayaks and all other tools are provided.
Safety on the Road

With its sheer size and diverse topography, California is a great state for taking a road trip, and safety behind the wheel has never been more important. Did you know that an estimated 80 percent of traffic accidents involve some form of driver distraction?

At PG&E, we value the safety and well-being of employees, their families, contractors and the public. In 2016, we joined other leading companies in instituting a standard to prohibit cell phone use while driving on company time. This means that employees must pull over to a legal parking spot if they want to take or make a call.

While it is legal to talk on the phone using a hands free device in California, we encourage you to stay off the phone while driving to help make the roads safer for you and for those around you on the road. Here are some tips to follow to help you drive phone-free this summer:

- **Plan ahead.** Know your route and pre-select the safe locations that you will use if you need to make or return a phone call while driving. Select spots in safe areas that are well lit, uncongested and offer an easy return to the highway. Do not pull to the side of a highway or on/off-ramp. Fast food locations, shopping malls and other roadside businesses are often good choices.

- **On long trips, schedule regular stops to make or return calls,** look at emails and reply to texts.

- **Let people who call you most know that when you are driving you don’t answer your phone.** Inform your family members, friends and business associates why their calls may not be answered or returned immediately if you are driving.

- **Use a special ringtone to alert you to important callers.** This may help eliminate pulling over to a safe and legal parking location for an unnecessary telemarketing call.

Stay Safe this Summer
Safety around Service Lines

- **Never go near a power line that has fallen to the ground**, is dangling in the air or appears to be damaged. Always assume downed electric lines are energized and dangerous. Stay away, keep others away and immediately call 911 to alert the police and fire departments.

- **Observe local laws.** Contact your local police or fire department to make sure fireworks are allowed in your area. If so, keep a bucket of water or a water hose close by.

- **Pay attention to overhead power lines** when using ladders and long-handled tools like long, aluminum poles to clean your pool. Watch where the other end of the pole is located in relation to power lines.

- **Avoid playing around overhead power lines and power poles.**

- **Never climb trees growing near or touching overhead power lines.**

- Never attempt to retrieve any type of balloon, kite, toy or drone that becomes caught in a power line. Leave it alone and immediately call PG&E at 1-800-743-5000 to report the problem.

"Call Before You Dig" — Before starting outdoor projects that require any type of excavation, large or small, **call 811** to ensure you know where gas and electrical lines are buried underground. Even small digging projects around the house for planting or fence posts require a call to 811.
Staying Cool and Safe

PG&E offers the following tips to help customers be aware of summertime hazards that come with hot, dry weather and certain outdoor activities.

- **Go to a cool place:** Consider going to an air-conditioned mall, library or other public place that will be cool. Go to a neighbor, friend or house that has air conditioning. Visit your local Cooling Center. Or, call 1-877-474-3266 for more information.
- **Stay in the shade:** Direct sunlight can speed up the effect the heat has on your body. Do outdoor activities in the morning or evening hours, avoid being in the afternoon heat.
- **Stay hydrated:** Keep drinking plenty of water, even if you’re not thirsty. Avoid drinks with caffeine or alcohol.
- **Wear loose-fitting, lightweight clothing:** If you are outside, don’t forget to wear a hat or carry an umbrella to protect your head and neck.
- **Wear sunscreen:** Protect your skin and reduce the risk of sunburn. Sunburn affects your body’s ability to cool itself.
- **Take showers:** A cool shower or bath is a great way to stay cool and much more effective than using an electric fan.
- **Limit physical activity:** Take breaks during the day. Take a break if you are:
  - Feeling dizzy
  - Your heart is pounding
  - Breathing becomes difficult
- **“Look Up and Live!”** — Use caution and keep fireworks, balloons, kites and toys (such as high powered water guns or remote control aircraft) away from overhead electric lines. Contact with lines can lead to serious injury, fires and outages.
Cooling your Home or Building

Small changes in your routine — such as shifting power consuming activities to the morning or after 7 p.m. — will help you save money, will ease the load on California’s power grid and help improve electric reliability on hot days.

- Set your air conditioner thermostat to 78 degrees or higher when you’re at home, health permitting, and 85 degrees when you’re away.

- Setting your AC thermostat 5 degrees higher will save about 10 percent on cooling costs.

- If you turn your ceiling fan on when using the air conditioner, you can raise your thermostat about 4°F to save on cooling costs with no reduction in comfort.

- Shut windows and draw the shades to keep in pre-cooled air from the night and early morning.

- Have your central cooling duct system checked for leaks. Avoid using an electric oven on hot days. Instead, cook on the stove, use a microwave oven, or grill outside.

- Use appliances and charge electronic devices in the morning or after 7 p.m.

Powering electronics, lighting and appliances

- Swap out incandescent bulbs with more energy-efficient lighting choices. ENERGY STAR® qualified lighting not only uses less energy, it also produces about 75 percent less heat than incandescent lighting, so cooling bills will be reduced, too.

- Clean the coils on your refrigerator. The refrigerator should be kept between 38 degrees and 42 degrees, and the freezer between 0 degrees and 5 degrees.

- Clean the lint from the clothes dryer after every load. Run full loads and use the moisture-sensing setting.

- Visit PG&E Marketplace to discover energy-efficient appliances and electronics, along with other products that offer PG&E customers rebates: http://marketplace.pge.com
Extreme Heat and Related Illnesses

What exactly is considered extreme heat? The weather can get extremely hot and quickly go from fun to dangerous. Generally, a heat storm occurs when temperatures exceed 100°F over a large area for three days in a row. A heat wave is when more than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected.

Heat-related illnesses can become serious or even deadly if unattended.

Some of the risks people face from too much heat exposure and not staying cool are:

**Heat Cramps**: Heat cramps are muscular pains and spasms due to heavy exertion. Generally, loss of water and salt from heavy sweating can cause cramps.

**Heat Exhaustion**: Heat exhaustion occurs when people exercise heavily or work in a warm, humid place, and body fluids are lost through heavy sweating.

**Signs of Heat Exhaustion**:
- Cool, moist, pale, flushed or red skin
- Increased sweating, tiredness
- Headaches
- Fainting, nausea or vomiting
- Fast, shallow breath, dizziness
- Muscle cramps, weakness
- A weak, rapid pulse

**Heat Stroke**: Heat exhaustion can lead to a heat stroke, a life-threatening condition also known as sunstroke. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

**Signs of heat stroke**:
- Very high body temperature (over 105°F)
- Rapid pulse
- Shallow breathing
- Hot, red, dry skin
- Confusion
- Throbbing headache
- Nausea
- Failure to sweat
- Unconsciousness
- Seizures

Stay Safe this Summer
Treatting a Heat-Related Illness

Heat Cramps or Heat Exhaustion

- **Cool the body slowly.** Get the person to a cooler place and have him or her rest in a comfortable position.

- **Give fluids.** If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them.

- **Loosen clothing.** Remove or loosen tight clothing and apply cool, wet cloths such as towels. Call 911 or the local emergency number if the person appears in need of medical attention.

Heat Stroke

- **Call 911.** Heat stroke is life-threatening and requires immediate emergency medical attention.

- **Cool the body.** Move the person to a cooler place. Wrap wet sheets around the person’s body and fan it. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the person’s wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Keep this process going until emergency medical help arrives.

In hot weather, limit physical activity and take breaks during the day.
Cooling Centers

PG&E provides financial grants that aid in the operation of city and county run cooling centers. The Cooling Center Program consists of a network of community centers (some with swimming pools) and local government facilities where people can go to cool off when temperatures get dangerously high. When these facilities open as public cooling centers during extreme temperature situations, most organizations continue their scheduled activities but encourage people to come to their facility to cool down. Transportation, water and snacks are provided at some facilities but not all. PG&E has long supported cooling centers in locations where summer temperatures reach triple digits. The centers provide a safe, comfortable location for those who need it.

PG&E awarded multiple grants for cooling centers across its service area in 2017, including locations in:

- City of Fowler
- City of Fresno
- City of Sanger
- City of San Jose
- Kern County
- Madera County
- Merced County

To locate a cooling center near you, please visit http://www.pge.com/coolingcenter

The cooling centers locator toll free line is 1-877-474-3266.