

Updates. . .

On The Way to Camino de Santiago

Here are a few bits of information from Wikipedia about the walk to Camino de Santiago that you may find interesting:

The scallop shell, often found on the shores in Galicia, has long been the symbol of the Camino de Santiago. Over the centuries, the scallop shell has taken on a variety of meanings—metaphorical, practical and mythical meanings—even if its relevance may have actually derived from the desire of pilgrims to take home a souvenir.

As the symbol of the Camino de Santiago, the shell is seen very frequently along the trails. The shell is seen on posts and signs along the Camino in order to guide pilgrims along the way. The shell is even more commonly seen on the pilgrims themselves. Wearing a shell denotes that one is a traveler on the Camino de Santiago. Most pilgrims receive a shell at the beginning of their journey and either attach it themselves by sewing it onto their clothes or wearing it around their neck, or by simply keeping it in their backpack.

The scallop shell also served practical purposes for pilgrims because it was the right size for gathering water to drink of for eating out of as a makeshift bowl.

From its connection to the Camino, the scallop shell came to represent pilgrimage, both to an earthly place as well as to heaven, recalling Hebrews 11:13, identifying that Christians “are pilgrims and strangers on the earth.” – Your Wellness Committee

Thank You from the Red Cross

Thank you for sponsoring an American Red Cross blood drive. We truly appreciate coming here [to Pacific Press]. All your efforts to educate through words are admirable. Even so, we find that actions speak louder than words—and Pacific Press's actions speak volumes! We had 29 individual donors for a total of 27 units. Thank you for your continuing dedication to saving lives! – Josh and the ARC Team

Safety First: Electrical Safety



Electricity is more than a convenience in our world today—we are dependent on electricity in many ways: powering machinery to produce books, running air conditioners for comfort, charging cell phones, or powering the blender to make your favorite smoothie. Electricity can be our friend, but it can also be hazardous, so it needs to be treated with respect.

When people disrespect electricity, they often pay for it with severe injuries or even with their lives. While there are many electrical safety codes and regulations from the National Fire Prevention Association (NFPA), National Electric Code (NEC), and the Occupational Safety and Health Association (OSHA) that were developed to protect workers from electrical hazards, there are still over 300 deaths and 4,000 injuries per year due to electrical mishaps in the workplace. Most of these incidents were completely avoidable and were due to either a lack of electrical safety knowledge, a lack of proper respect for electricity, or complacency.

We cannot cover everything in regard to electrical safety in this article, but some basics are in order. The first thing we should cover is, who can work on or near exposed electrical parts? The answer is a “qualified” employee, meaning someone who is trained to avoid the hazards of working on electrical components that could be energized, knows the OSHA and NFPA electrical standards, and knows the required level of Personal Protective Equipment (PPE) depending on potential for arc flash.

What are the hazards of electricity? We all are aware of electrocution—if contact is made with a source of electrical current, severity of injury will depend on voltage, how much current is involved, grounding, and what path the current takes across the body. To gain more perspective, most homes will have 15 to 30 amp circuits to provide power to outlets and lighting. At 1 milliamp (0.001 amps) a person can feel a mild sensation; between 10 and 20 milliamps a person will experience difficulty

breathing, muscle paralysis (can't let go) and the painful shock; between 100 and 200 milliamps the heart will stop; and anything above 200 milliamps will result in severe burns, mostly internally. It takes less than 1 amp to kill, and it's quite possible even if you are not standing in water to provide a good ground.

Another hazard is an arc flash. An arc flash is a short circuit through the air in an electrical panel box. it could be caused by a dropped tool or simply a panel box being dirty. Arc flash is unpredictable, and qualified employees always need to be prepared for the worst, wearing the proper PPE gear. Arc flash results in an explosion with **extreme heat**. For more perspective: a welding arc is 3,000° F, the sun is 9,000° F, and an arc flash is 35,000° F. An arc flash will vaporize copper wire in the electrical panel, expanding it 67,000 times its original size! The pressure wave created will send metal shrapnel flying toward you at 700 miles per hour, with a flash that is not only hotter than the sun, but brighter too.

And the last hazard to be mentioned is that of fire. Electrical devices can create heat and of course fire, but fire can also be the result of faulty wiring, overloading of a circuit, or misuse of electrical devices.

Here are some tips to avoid electrical hazards as standards require:

- Never open an electrical panel unless you are qualified and are using the correct PPE.
- Never approach a qualified person working on electrical panels—there are strict distances to be maintained.
- Never work on an energized system unless unavoidable. (OSHA will almost always determine the system can be de-energized first.)
- Keep all electrical panels covered. If it is open, it needs to be de-energized, locked, and tagged.
- Never place items in front of electrical panels. Always maintain 3 feet clearance and maintain access.

– Mike Fifer, Safety Director



Dateline . . .

July

- 18 PAYDAY
- 23 Chapel—Dale Galusha, Chairperson
- 30 Chapel—IT/Computers; Ed Bahr, Chairperson

August

- 1 PAYDAY
- 6 Chapel—Pastor Steve DeLong, Eagle Church
- 13 Chapel—NO CHAPEL; Special Board Chapel Thursday, August 16
- 16 Special Board Chapel, Elder William Winston, Speaker
- 20 Chapel—Safety; Mike Fifer, Chairperson
- 15 PAYDAY
- 27 Chapel—Product Dedication, Robert Congleton, Chairperson/Wellness Contest Announcement
- 29 PAYDAY

Because this message didn't make it into the printed version of PIP last time, we'd like to repeat it...

Thank you from the Sayles family

Thank you for the beautiful flower arrangement after Gary's passing. Your prayers and kindness were very much appreciated.

- Vi, Derek and Diana Sayles

Thank you!

I'd like to thank Pacific Press for the flowers sent to me while recovering. It brightened my day to see them.

And thank you for all the thoughts and prayers while I was away. I missed my Press family and appreciate each one of you very much.

-Robert Congleton, VP for Production