

# Overhead School

September 12–15, 2023



**MMUA Training Center  
Marshall, MN**

# 2023 Overhead School Overview

One of MMUA's most popular technical training offerings, Overhead School is an ideal opportunity to interact with fellow lineworkers from across the state, refresh on the best safety practices, and sharpen your skills to deliver the best value for your community.

## General sessions

### De-escalation strategies

In this presentation, participants will learn about pre-assault behaviors--both verbal and non-verbal, and various techniques you can use to help calm a verbally aggressive or potentially disruptive individual:

- The ability to organize your thinking and respond calmly are effective de-escalation techniques that can help you avoid a potential crisis.
- Learn how personal space, body language, and listening skills can help de-escalate disruptive behavior.

### The Power of a Minute—Scott Meinecke, Iowa Association of Electric Cooperatives

In today's hectic world we often lose track of time. We are continually trying to multi-task just to keep our heads above water! This program will help you focus on the true value of a minute as it pertains to ensuring your fellow brothers and sisters get home safely each day.



## What to bring

Because some of the training will take place outside of the classroom, participants must have the proper PPE, including:

- High-visibility clothing/outerwear
- Hard hat
- Safety glasses
- Work gloves
- Rubber gloves
- Work boots
- Harness
- Fall restraint (if you plan to climb). Required regardless of experience.

## Schedule

### Tuesday, September 12

12:00	Registration/check-in
2:00	General session: De-escalation strategies
4:00	Wrap-up
5:00	Reception/Rodeo awards presentation

### Wednesday, September 13

8:30	Multi-session class
12:00	Lunch
12:30	Multi-session class
4:00	Wrap-up
5:00	Optional evening activities: Archery, sporting clay shoot, or golf (each at participant's expense)

### Thursday, September 14

8:30	Multi-session class
12:00	Lunch
12:30	Multi-session class
4:00	Wrap-up

### Friday, September 15

8:30	General session: The Power of a Minute
12:00	Wrap-up

*Schedule subject to change.*

# 2023 Overhead School Overview

## Multi-session class overview

All participants will rotate through the four training sessions listed below.

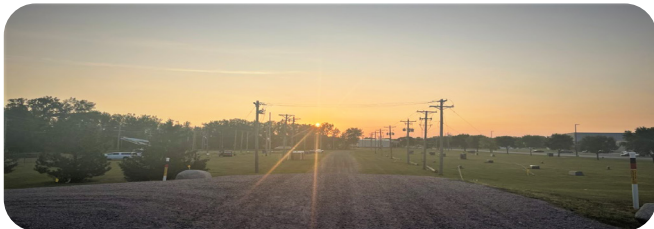
### Session 1: Equipotential grounding

Proper testing and grounding is one of the single most important safeguards we have in our industry. It establishes a safe work zone where all conductors are at the same potential. It ensures that even if a circuit becomes energized the lineworker is still protected. In this session we will cover:

- Changes made to the APPA safety manual/OSHA regarding grounding overhead structures.
- The science behind why equipotential grounding is the safest way to ground.
- Hands-on equipotential grounding while climbing and working out of an aerial lift device.
- Hands-on use of the Grounds-Trainer™ Personal Protective Grounding Simulator

### Session 2: Troubleshooting and system maintenance

Participants will practice several different troubleshooting techniques including proper cover. Instructors will emphasize becoming proficient at system maintenance while adhering to safe work practices. Participants will be challenged to solve different scenarios such as broken jumpers, delta-bank back feed, tracking insulators, cracked or broken cutouts, transformer testing, and more.



### Session 3: Backyard easements and construction

This session focuses on pole lines in backyard easements, which can be impossible to access with bucket trucks. Participants will practice and demonstrate how to change out a backyard pole. Methods of transferring the energized primary from the old pole to the new pole safely and correctly will be covered. Participants will experience different rigging strategies needed for backyard construction. Use of backyard machines will also be included.

### Session 4: Transitioning double dead-end structures to tangent

We will cover the proper steps needed to change a double dead-end structure into a tangent structure. Safe and proper techniques will be taught along with the proper use of cover-up. Use of macks to maintain continuity will be taught, as well as proper rigging for changing out the crossarm.



## Certificate of achievement

Attendees earn a certificate of achievement for their participation. Watch for an email from MMUA with the certificate, upon completion of the course.

## MN Lineworkers Rodeo

On Tuesday morning, September 12, we will hold the 6th Minnesota Rodeo. Events will include hurtman rescue, an obstacle course, and a mystery event. Participation in the Rodeo is free for members, but advanced registration is required; please visit [mmua.org/event/MN-rodeo-2023](http://mmua.org/event/MN-rodeo-2023) to learn more and register.

## Hotel information

Marshall has many options for hotel accommodations. The following offer special pricing for participants (based on availability). Call the hotel directly and be sure to ask for MMUA's reduced rate when making your reservation.

### AmericInn by Wyndham

1406 East Lyon Street, Marshall  
Phone 507-537-9424

### EverSpring Inn (formerly Ramada Inn)

1500 East College Drive, Marshall  
Phone 507-532-3221

## Registration information

Registration fee includes school tuition, materials, Tuesday evening reception, Wednesday and Thursday lunch, refreshment breaks, and a certificate of attendance.

- Member - \$515 per person
- Non-member - \$690 per person

Registration fees increase \$50 on August 4, 2023.

MMUA will issue a refund (less \$30 processing fee per person) provided MMUA is notified of the cancellation by 4:30 pm on August 14, 2023.

**To register, visit [mmua.org/event/overhead-2023](http://mmua.org/event/overhead-2023).  
The registration deadline is August 14, 2023.**