



## NITSL Newsletter

Our goal is to keep members informed and involved. Please check out the “NITSL Snippets” section at the bottom of the newsletter for links to additional information. Feel free to provide feedback or comments at any time.

## Chairman's Update



We found out a couple months ago that our current web hosting provider was no longer going to support SharePoint and was ending support as of 5/1/19. Cathy Przyjemski has been working with a vendor and has been using Dustin Hess (Exelon) and Executive Committee members as well as the standing committee chairs/co-chairs to perform testing. Cathy has worked very hard to try to limit the impact of this transition to our membership, but with the quick turnaround there might be some issues she was not able to identify. Because of this I ask for your patience and understanding while she works through them. Thanks again and looking forward to seeing everyone at the conference in July.

## Key Dates for the 45<sup>th</sup> Annual NITSL Conference

- Registration is currently open. <https://nitsl.org/2019-nitsl-conference>
  - Early bird registration for a discounted price will be over after May 31<sup>st</sup>, 2019
- Monday's session agendas from subcommittees are due by June 14<sup>th</sup>.
- Final presentations are due by June 15<sup>th</sup>.

45th Annual  
NITSL Conference

**FORGING  
THE FUTURE**

WITH INNOVATION

SHERATON HOTEL  
BIRMINGHAM, ALABAMA  
JULY 15-18, 2019

HOSTED BY  
Southern  
Company

## **Vogtle 3 plant equipment energized**

The equipment, which has previously been running on temporary construction power, must be permanently powered to carry out all subsequent testing for the unit. "Initial energization is a major first step in transitioning the project from construction toward system operations," Vogtle 3 & 4 Construction Senior Vice President Glen Chick said. "With energization complete, we can continue moving into the actual testing phase for unit 3."

The project to construct two AP1000 reactors is now about 77% complete, Georgia Power said yesterday. All first quarter milestones have been achieved including the placement of the unit 4 pressurizer and the unit 3 containment vessel top head. This means all modules and large components have been placed inside the unit, the company added. Read [more](#).

## **Hey Avengers, Here's 3 Reasons Nuclear Power Can Help Beat Thanos and Save the Planet**

Unless you've been caught in a time loop, you know that the long-anticipated movie "Avengers: Endgame" premieres in theaters this week. We can finally discover whether Earth's mightiest heroes can save half of humanity. To defeat the most powerful, purple-est villain since Grimace, the Avengers are going to need a lot of help—and I think nuclear energy can provide it.

I grew up watching superhero cartoons and desperately wishing to become Spider-Man in real life, even after three-and-a-half reboots. (Before you ask, my answers are: 1) my favorite Spider-Man is Tom Holland and 2) yes, that "Infinity War" scene nearly broke me). This experience—combined with my time here at the Nuclear Energy Institute—has helped me see that if the Avengers are going to do whatever it takes to win, they need nuclear energy. Read [more](#).

## **As States Look to Clean Energy Standards to Help Climate, Nuclear Plays a Key Role**

When it comes to the policies shaping the role for nuclear energy in the United States, the action continues to be in state capitals and with good reason. Much of the attention has been focused in Pennsylvania and Ohio, but in the coming days Washington Gov. Jay Inslee will sign into law a clean energy standard that will commit the state to receiving all of its electricity from clean sources by 2045. Washington will be the latest example of a growing trend: New Mexico passed a 100 percent clean energy standard earlier this year, while California and Hawaii passed their versions last year.

What stands out with these approaches? Nuclear energy is included—alongside wind, solar, hydropower and fossil fuel with carbon capture—as one of the clean technologies that can help states reach these ambitious environmental goals. Read more [here](#).

## **Safety - Fatigue at Work, on the Road Can Be Deadly**

Daylight Saving Time begins every year on the second Sunday in March, which in 2019 was March 10. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many that means a tired couple of days as our bodies adjust.

People often make light of how little sleep they get on a regular basis; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives.

**Work often requires us** to override those natural sleep patterns. More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts. Following are a few facts for employers:

- Safety performance decreases as employees become tired
- 62% of night shift workers complain about sleep loss
- Fatigued worker productivity costs employers \$1,200 to \$3,100 per employee annually
- Employees on rotating shifts are particularly vulnerable because they cannot adapt their "body clocks" to an alternative sleep pattern

**Drowsy driving is impaired driving**, but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. NSC has gathered research that shows:

- You are three times more likely to be in a car crash if you are fatigued
- More than 5,000 people died in drowsy-driving related crashes in 2014
- Losing even two hours of sleep is similar to the effect of having three beers
- Being awake for more than 20 hours is the equivalent of being legally drunk

**Sleep is a vital factor in overall health.** Adults need an average of seven to nine hours of sleep each night, but 30% report averaging less than six hours, according to the National Health Interview Survey.

- Chronic sleep-deprivation causes depression, obesity, cardiovascular disease and other illnesses
- Fatigue is estimated to cost employers \$136 billion a year in health-related lost productivity
- More than 70 million Americans suffer from a sleep disorder

Americans receive little education on the importance of sleep, sleep disorders and the consequences of fatigue, but industry leaders recently have been drawing attention to this issue. Employers, too, are in an ideal position to educate employees on how to avoid fatigue-related safety incidents. NSC supports science-based fatigue risk management systems in the workplace.

## **NITSL Snippets**

- Need to know who to contact? Visit the [NITSL website](#) and a list of the current Executive Committee members and Standing Committee chairs/co-chairs.

Visit us at [www.nitsl.org](http://www.nitsl.org). [Comments, questions or story ideas are always welcome.](#)

