

Electrical Hazards

Many of the strict safety rules we enforce here are designed to protect you from the dangers associated with electricity. Rules such as lock out/tag out are there so we don't suffer an injury from the unexpected release of energy. Anything that depends on electricity to operate is a potential hazard. It doesn't have to be a large, fancy industrial machine to be dangerous. A small break room appliance can cause an electrical injury.

Electrocutions occur with surprising frequency to American workers. The National Institute for Occupational Safety and Health (NIOSH) estimates that at least 700 occupational electrocutions occur each year.

Energized Equipment

Energized equipment poses the most obvious electrical threat in the workplace. To help avoid a serious injury, follow these basic rules when working with or around electrical equipment, systems or circuits:

- Treat all electrical equipment, systems or circuits as energized until lockout/tagout/try-out/test procedures are implemented.
- Always lockout/tagout/try-out and test any equipment, system, or circuit before working on it.
- Wear the correct Personal Protective Equipment (PPE)
- Use insulated tools when working in areas where electrical hazards exist.
- Be careful when using ladders and/or working near overhead power lines.

Cords and Other Hazards

Anything that is plugged in, or connected to power, poses a threat of shock or electrocution. Never assume that the voltage is too low to be harmful. When setting up or working around electrical cords in the workplace, follow these guidelines:

- Protect all flexible cords and cables from physical damage.
- Don't let cords get too tight. Keep some slack in the cord to prevent too much tension.
- Never use cut, broken, cracked, frayed or damaged cords.

- Only use extension cords for temporary situations.
- Keep all cords running over dry surfaces. If you find a cord coming into contact with moisture, notify a supervisor.
- Check to make sure that all electrical cords and devices are properly grounded.

The Importance of First Aid/CPR

If you treat any electrical equipment, system or circuit with extreme caution, chances are slim that you will suffer an electrical injury. If you see someone sustain an electrical shock, it's vital that the person receives medical attention immediately.

NIOSH investigations into fatal electrical injuries revealed that once an electrical injury occurs, emergency response plans are often lacking, even in organizations that promote safety. Anyone in your company who works around energized equipment, systems or circuits should know how to deenergize the equipment, systems or circuits before rescuing a worker who is in contact with an electrical energy source. Remember that even low voltages can be fatal. Make sure that you know how, or can find someone, to perform CPR quickly in the event of an electrical emergency, and be sure to understand our procedures for administering first aid in these situations.

(Discuss your procedures for first-aid response on your job site and how to make first aid available in the event of an electric shock.)

Conclusion

We don't want anyone to suffer an electric shock. A few preventative techniques and knowing how to respond in an emergency will help keep everyone safe.

Date:	Company Name:	
Project Number/Name:	Meeting Location:	Person Conducting Meeting:

Items Discussed:

Problem Areas or Concern:



**INDEPENDENT
ELECTRICAL
CONTRACTORS**

CREW SIGN-OFF

Supervisor: _____

Date: _____

Crew Members: _____

Crew Members: _____

Crew Members: _____

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