



Safety Tip of the Week

Construction - Electrical Safety Falls

Electricity is an essential source of energy for most work-related operations. However, fewer sources have a greater potential to cause harm than electricity. Working safely with electricity is possible if you are trained in, understand, and follow certain basic ground rules.

It doesn't take a lot of electricity to kill you. The amount of current needed to light an ordinary 60-watt light bulb is five times what can kill a person. Thus, all electrical equipment on construction sites is potentially deadly.



Inspect to Ensure That:

- All extension cords are three-wire cords;
- The ground pin is on a male plug;
- There is no broken insulation on the cord;
- End appliances (plug and receptacle) are gripped to insulation;
- All wires are continuous and unbroken;
- All cords are protected from damage likely to occur when passing through a door or window;
- Metal boxes with knockouts are not used on extension cords;
- Plugs are dead-front (molded or screwed in place);
- Romex (non-metallic sheathed cable) is not used as flexible cord;
- Cords are not stapled or hung from nails; and
- Brushing is passing through holes in covers or outlet boxes.

Keep your electrical system in good operating condition. Damage and injuries can occur when equipment is defective. So, inspect your electric equipment, outlets, plugs, and cords before each use.

IF YOU DON'T PRACTICE ELECTRICAL SAFETY...THERE CAN BE ELECTRIFYING RESULTS!!