

THE

# SHOCKING



Follow these **safeguards** to **prevent** electrical **injuries**

## 1. Ground all circuits

If you find one that's not properly grounded, flag it and repair immediately. Check condition of electrical tools before use.

## 2. Avoid metal ladders

Instead, use ladders made from nonconductive materials.

## 3. Don't overload electrical sockets

Limit extension cord use and make sure the ground prong is in good shape on all cords.

## 4. Use personal protective equipment

Rubber gloves, boots, eye protection, flame-resistant clothing, and hard hats can all make a difference.

## 5. Use insulated tools

And remove damaged tools from your toolbox or work area so others don't mistakenly use them.

The **higher** the **voltage**, the **greater** the **damage**



**3 mA** = painful shock



**50 mA** = heart dysfunction (fatal)



**10 mA** = muscles contract



**100 mA to 4 amps** = fatal



**30 mA** = temporarily paralyzed lungs

**mA** = milliamperes

Note: Both high voltage and high current can be fatal.

