



# IMCOM *Safety* Gram

## ARMY SAFE IS ARMY STRONG



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## Check These Shocking Facts

We rely on electrical power to keep our workplaces and our homes operating day and night. Electricity provides heat, light and energy to do many kinds of work. As useful as electricity is, we must never forget it is also dangerous. Check these shocking facts and gain respect for electricity.

### *Here are some of the effects of electric shock*

- ◆ Burns are the most common injury from electric shock. They may appear at the point where the current entered, such as the hand, and the point of exit to the ground, such as the heel. Severe burns can cause permanent disability and disfigurement.
- ◆ Cardiac arrest is another effect of electrocution, as the current disrupts the heart's electrical system.
- ◆ Electrical injuries to children usually are caused by household current of 110 to 220 volts. Household appliance cords, extension cords and wall outlets cause most of the injuries.
- ◆ For adults, death from electric shock is most likely to occur at work—but it isn't just the high-tension power lines that kill.

### *Here are some reminders about electrical safety at work and at home:*

- ◆ Keep electricity and moisture away from each other. Never touch electrical equipment with wet hands or when standing on a damp surface. Do not work around electricity when your tools or clothing are wet.
- ◆ Check for these signs of electrical malfunction: flickering lights, radio or television interference when another electrical device is in operation, buzzing sounds in electrical panels, switches or outlets hot to the touch, damaged or worn insulation, loose switches and electrical equipment which works intermittently.
- ◆ Never attempt electrical repairs unless you are qualified and authorized to do so. Do not use electrical equipment altered with makeshift repairs. Do not alter plugs by removing the third prong so it can fit into a two-prong outlet.
- ◆ Only use extension cords temporarily. Have wiring upgraded to accommodate new equipment.
- ◆ Use a Ground Fault Circuit Interrupter (GFCI) whenever you use electrical tools and appliances around moisture or outdoors. These devices can detect leakage of electricity from a circuit before you are harmed by electrical shock.
- ◆ Wear the correct Personal Protective Equipment (PPE) when working around electrical hazards. This may include leather gloves covered by rubber gloves, non-conductive footwear and safety eyewear. Do not wear metal jewelry which can accidentally contact the electrical circuit, causing shock.
- ◆ Heed all warning signs about electrical hazards. Stay away from high voltage installations and other posted areas. Beware of overhead electrical hazards. Watch for power lines and ceiling fixtures when moving items such as ladders or pipes, or operating equipment such as cranes or lifting devices.
- ◆ Use your electrical safety sense off the job too. Inspect your home for possible electrical hazards, including overloaded circuits and defective electrical equipment. Have a qualified electrician repair or improve wiring as necessary. Have GFCIs installed in bathrooms, basements, kitchens and areas outdoors where you use electrical equipment.



- ◆ If fire occurs in energized electrical equipment, use only a "C" fire extinguisher, or a combination "ABC" or "BC" extinguisher. Never put water on an electrical fire; the result can be a deadly shock.

**Caution must be used around all electrical circuits and equipment. Never underestimate the potential for electrical shock.**

