



"...work inappropriately performed on energized equipment is associated with a substantial share of electrical injuries. Some of the work on energized equipment is inadvertent and results from a failure to recognize all electrical sources. Thorough pre-job planning with qualified personnel is essential for identifying all electrical sources, including unanticipated hazards that are not included in drawings."

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OSHA 10 & 30 Hr Outreach Training

The OSHA 10 & 30 Hour Outreach Training Program for the Construction Industry provides voluntary training for workers and employers on the recognition, avoidance, abatement and prevention of safety and health hazards in the workplaces of the construction industry. Through this program, entry-level workers may attend the 10-hour class, while supervisors or workers with some safety responsibility may participate in the 30-hour. These classes provide information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this program, OSHA helps to ensure workers are more knowledgeable about workplace hazards and their rights while contributing to our nation's productivity.

ABC can help you protect your employees and your bottom line by training your employees on how to recognize and avoid unsafe conditions in the workplace.

Contact us today to find out more!



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Safety is #1 with Associated Builders and Contractors. We offer these best practices to help you Increase Productivity by recognizing and avoiding unsafe conditions in the workplace.

Call today to find out more!



1 Stay Cool - MOST IMPORTANT ... NEVER WORK ON ANYTHING HOT!

2 Be Trained - NEVER WORK ON THINGS THAT YOU ARE NOT QUALIFIED TO DO!

3 Beware of Hot - All wires and equipment are to be treated as "energized" until a qualified person verifies differently.

4 Does it Start? - Always verify (double check) to see the voltage is in zero state, dissipate stored energy; i.e. capacitors. Check to see if the piece of equipment will start up if the start switch or button is actuated. If it starts, you have not successfully secured the electrical power from it. Three steps of Double Check: Test your meter on a known power source, then check the item to be worked on and test your meter again on a known power source to verify it is still working. TBT (Test Before Touch), never touch any electrical component before utilizing TBT.



5 Arc Flash - Read and understand NFPA 70E Arc Flash Performance Standard. Ensure all personal protection equipment requirements are met, including arc flash related PPE meeting NFPA 70E regulations.

6 Lock Out / Tag Out - Always follow proper lock out / tag out procedures when working on any piece of equipment.

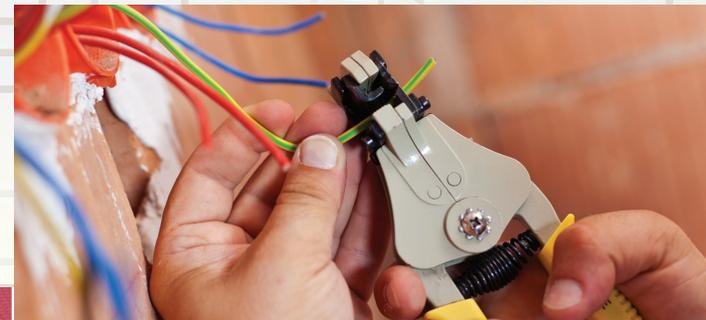


7 Tools - All tools should be double insulated or have a 3 prong cord. Always check extension cords before each use. Extension cords must be free of nicks or cuts and have 3 prongs. If the ground prong is missing, immediately take out of



service. Never perform extension cord repairs (splice) in the field.

Use approved stripping tools.



8 Ground Fault Circuits - Always plug equipment into a GFI receptacle. If not available, use a portable GFI pigtail device. Test pigtail first.



For non-permanent power, GFIs are to be placed directly into the outlet. This allows the GFI to protect the entire length of the cord.

GFI receptacles are to be tested monthly.

9 Ladders - Only use non-conductive ladders when working around or near electricity.