



Weekly Safety Tip

ELECTRICAL HAZARDS

WEEKLY SAFETY TIP for Week April 11, 2022

ELECTRICAL HAZARDS

By identifying these hazards, and understanding how they happen, we can take steps to protect ourselves.



According to OSHA... An Electrical Hazard can be defined as a serious workplace hazard that exposes workers to burns, electrocution, shock, arc flash / arc blast, fire, or explosions.



TYPES OF ELECTRICAL HAZARD SITUATIONS AND WHAT TO BE AWARE OF:

Contact with Energized Sources

Hazards regarding contact with energized sources are electrical shock and burns. Electrical shock occurs when the body becomes part of the electric circuit (when an individual comes in contact with both wires of an electrical circuit, one wire of an energized circuit and the ground, or a metallic part that has become energized by contact with an electrical conductor).

Contact with Power Lines

Overhead and buried power lines are hazardous because they carry extremely high voltage. Fatalities are possible as electrocution is the main risk; however, burns and falls from elevations are also hazards that workers are exposed to while working in the vicinity of high voltage power lines.

Improper Use of Extension and Flexible Cords

Normal wear and tear on extension and flexible cords can loosen or expose wires, creating a hazardous condition. Hazards are created when cords, cord connectors, receptacles, and cord- and plug connected equipment are improperly used and maintained. If the electrical conductors become exposed, there is a danger of shocks, burns, or fire.

BE SAFE! Electrical hazards expose workers to the following:

Burns: Three types; electrical, arc flash, or thermal contact.

Electrocution: Electrocution is fatal; it means to kill with electricity.

Shock: A response to electric current passing through the body.

Arc Flash/Blast: Emits heat and intense light that causes burns.

Fire: Occurs with faulty outlets, old wiring, cords, and switches.

Explosions: When electricity ignites explosive material in the air.

How to Protect Yourself:

- Inspect all electrical tools and equipment PRIOR to use.
- GFCIs are required on temporary electricity and wet locations.
- Never use anything that is damaged.
- Treat all electrical wires as if they were energized.
- Maintain a 10 ft. clearance from all overhead lines.
- Allow only Qualified Electricians to perform electrical work.
- Keep at least 3 feet from all electrical panels.
- Ensure all tools and wiring are properly grounded.
- Require the proper PPE for the work being performed.
- NEVER work on hot electrical equipment, always de-energize.
- Follow the NEC and other Electrical Safe Work Practices.
- Train others on basic electrical safety and hazard recognition.

Leader's Role in Fostering Well-Being on the Front Line



Dave Varwig's



SAFETY & HEALTH SHARE

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Leader's Role in Fostering Well-Being on the Front Line

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Angelica Grindl, DEKRA

The "Great Resignation"; work-from-home isolation; burnout; and record levels of depression, anxiety and suicidal ideation have commanded headlines in recent months.

Workplace well-being is gaining importance among all levels of employees.

For those on the front line, however, it's even more imperative, as stressors can cause them to make critical errors that can lead to injury.

The world of work has changed. Team members are more aware of the importance of well-being in the workplace – and expect leaders to cultivate it.

Unfortunately, many leaders have neither an understanding of well-being nor the skills needed to foster it. This must change.

Well-being is that key component that helps us thrive.

It includes the presence of positive emotions, such as contentment and positive functioning, and the absence of negative emotions, including depression and anxiety.

Many contributors to well-being exist, but the three that leaders can most influence at work are physical, psychological and social.

Here are six areas that drive well-being:

1. Healthy mind and body
2. Purpose: understanding that you add value and have worth
3. Work and life satisfaction: having goals and feeling like you're achieving them
4. Focus of control: having a feeling of control and influence in your life
5. A sense of belonging: having pride in being part of a work group
6. Emotional resilience: understanding that when negative things happen, you'll get through them

Fostering well-being requires an understanding of what's working well and identifying improvement opportunities.

You must assess the level of well-being for yourself, your team and your organization on the well-being continuum, from "beginning" to "progressing" to "flourishing."

For each category (physical, psychological and social), are you and your teams at the beginning stage, in which threats to well-being are present without substantial support?

Are you progressing, where systemic efforts have begun with a focus on well-being activities?

Are you, your teams and your organization flourishing, meaning the work environment is flush with well-being drivers?



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