Occupational Safety and Health Administration 30 Hour Construction

Identifying Electrocution Hazards & Preventative Measures Understanding the OSHA "Focus Four" Workplace Hazards

- One of OSHA's construction Focus Four designed for
 - Construction managers
 - Superintendents
 - Foremen
 - Crew leaders
 - Employers
 - Anyone with safety responsibilities
- Engage in all interactive exercises to proceed through the training.

Online resources

- OSHA eTools
- OSHA publications
- OSHA Quick Cards
- OSHA Safety & Health topic page
- NIOSH Safety & Health topic page
- NIOSH Fatality Assessment and Control Evaluation (FACE) program
- Electronic library of construction occupational safety and health materials developed by CPWR – The Center for Construction Research and Training

Overview

- Recognize major electrocution hazards at construction worksites
 - What is an electrocution hazard?
 - What are the major types of electrocution hazards in construction?
 - How can I protect myself from electrocution hazards?
 - What is my employer required to do to protect workers from electrocution?

Student handouts

- "Construction Focus Four: Electrocution, Safety Tips for Workers"
- Focus Four Toolbox Talks 1, 2, and 3 produced by IUOE National Training Fund under an OSHA grant number and
- OSHA Quick Card "Electrical Safety"

Learning objectives

- Upon completion of this training session, the student will be able to:
 - Identify major electrocution hazards.
 - Describe types of electrocution hazards.
 - Protect him/herself from electrocution hazards.
 - Recognize employer requirements to protect workers from electrocution hazards.

Disclaimer: This Compliance Assistance product is not a standard or regulation, and it creates no new legal obligations. The Compliance Assistance product is advisory in nature, informational in content, and is intended to assist employers in providing a safe and healthful workplace. Pursuant to the Occupational Safety and Health Act, employers must comply with safety and health standards promulgated by OSHA or by a State with an OSHA-approved State Plan. In addition, pursuant to Section 5(a)(1), the General Duty Clause of the Act, employers must provide their employees with a workplace free from recognized hazards likely to cause death or serious physical harm. Employers can be cited for violating the General Duty Clause if there is a recognized hazard and they do not take reasonable steps to prevent or to abate the hazard. However, failure to implement these recommendations is not, in itself, a violation of the General Duty Clause. Citations can only be based on standards, regulations, and the General Duty Clause.

What is a hazard?

- A hazard is a situation or condition that has the potential to cause harm to:
 - Life;
 - Health;
 - Property; and the
 - Environment.
- Engineered controls protect us from known hazards.
- Dormant hazards can become active hazards when conditions change.
- Theoretical hazards are the hardest to recognize.

- Definition: Electrocution results when a person is exposed to a lethal amount of electrical energy.
- An electrical hazard can be defined as a serious workplace hazard that exposes workers to the following:
 - Burns
 - Electrocution
 - Shock
 - Arc flash/arc blast
 - Fire
 - Explosions
- BE SAFE is an acronym designed to help remind you how to recognize, avoid, and protect yourself against all of these electrical hazards.

Electrocution examples

- To learn more about or view electrocution examples, visit the website http://www.osha.gov/pls/imis/accidentsearch.html and locate accident summaries.
- Within the keyword field, enter a =keyword to be searched against. For example, to obtain accident investigations involving electrocutions, enter the keyword electrocuted. To view a list of keywords, use the keyword list at the bottom of the Accident Investigation Search page.

Electrical hazard examples

- Before we get much further,
 - Can you give an example of an electrical hazard on a construction site that could cause a worker to be electrocuted?
 - Look at the photos on the next slide and see if you can identify the hazards and how to mitigate them.

- A theoretical (what if?) hazard is a hazard that is not obvious and may take an event or series of events to occur.
- Example:
 - A worker is using an electric saw to cut metal parts. He has been working in the same area all week.
 - Suddenly it starts to rain. The worker puts on his rain gear and continues working without noticing the puddle of water forming around his electrical cord connection, and he is standing in the same puddle.
 - But "what if" he didn't verify if a ground fault circuit interrupter (GFCI) was being used in the line?
 - If not, a dangerous electrocution hazard now exists that wasn't apparent 30 minutes earlier.
- When conditions change, it is critical to re-evaluate your work area for obvious and theoretical hazards!

- Designate a competent person.
- OSHA defines a "competent person" as "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them."

- Electrocution hazards account for:
 - More than 120 deaths annually.
 - The fourth leading cause of death in construction.
 - Nine percent of all construction fatalities.
 - One arc flash-related death every day.
 - Five to 10 accidental contacts with electrical circuits every day.
 - Thousands of recordable and disabling injuries

Don't let yourself become one of these statistics!

Electrocution examples:

- Two workers were moving an aluminum ladder.
 One of them was electrocuted when the ladder came in contact with overhead power lines.
- A worker was raising a mast on a water well drilling truck when the mast came in contact with high voltage overhead lines, electrocuting the worker.

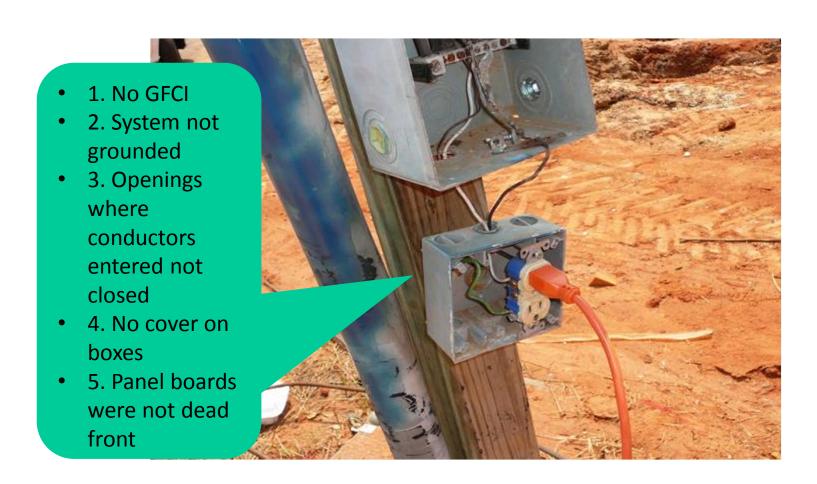
- Deaths by contact with electricity 2003-2005
 - Electrical power installers 31.8
 - Earth drillers 13.4
 - Helpers 5
 - Electricians 4.8
 - Iron workers 3.5
 - Welders 2.3
 - Roofers 1.3
- Prevent becoming a statistic by identifying and mitigating electrical hazards and following safe work procedures.

Major types of electrocution (electricians)

- Exposure to:
 - Electrical equipment and wiring;
 - Overhead power lines; and
 - Lighting fixtures.
- Leading cause of electrocutions:
 - Failure to lock and tag out energized power source;
 - Failure to maintain safe distance from energized power source; and
 - Failure to use a ground fault circuit interrupter.

Major types of electrocution (nonelectricians):

- Exposure to:
 - Overhead power lines;
 - Machinery and appliances;
 - Electrical equipment and wiring; and
 - Energized objects.
- Leading cause of these electrocutions:
 - Failure to maintain a safe distance from an energized power source;
 - Failure to lock and tag out an energized power source; and
 - Failure to use a ground fault circuit interrupter.



Electrocution examples

- A worker was fatally injured when he was electrocuted and fell to the concrete floor while working from an 8 feet fiberglass step ladder. The worker was changing an energized ballast on a two-bulb florescent light fixture, located approximately 11 feet 6 inches off the ground.
- The worker was electrocuted while connecting a replacement electrical service box to the electrical service drop to the building.

- To protect yourself from electrical hazards you should know:
 - Standard electrical terms;
 - How electricity works and why;
 - Electricity's hazardous properties and mitigations; and
 - Safe work procedures.

- Electricity:
- Consists of electrons traveling through a conductor
- Flows like water from a faucet
- Generates from four main sources:
 - Burning fossil fuels 69%
 - Nuclear 20%
 - Hydroelectric 7%
 - Solar/geothermal 4%
- Generators provide the pressure (voltage).

How electricity works

- Electrical force is called a current.
 - Pressure is measured in volts.
 - Flow (intensity) is measured in amps.
- Controlling electricity is the key to using it safely.
 - National Fire Protection Association (NFPA)
 - National Electrical Code (NEC)

Safety tip: Electricity is the flow of electricity. This movement of electric charge is known as an electric current, usually measured in amperes. Current can consist of any moving charged particles, such as electrons, but any moving charge constitutes a current.

- Electricity:
 - Only travels in a completed circuit;
 - Always travels in the path of least resistance;
 - Always tries to travel to ground; and
 - Resists electron flow to create heat.

 Over loading of circuits can be prevented with circuit breakers.

Electrical shock

- An electrical shock is received when current passes through the body.
- Severity of the shock depends on three things:
 - The path of current through the body;
 - The amount of current flowing through the body; and
 - The length of time the body is in the circuit.
- Low voltage does not mean low hazard.

Electric shock

- Milliampere (milliamp or mA) 1/1,000 of an ampere
- Severity of shock depends on current flow.
 - Current flow at voltage depends on resistance.
 - Low voltage (< 600 volts) causes most injuries.
- Resistance of human body:
 - Dry, clean, unbroken skin: ≥ 100,000 ohms
 - Wet or broken skin: may be only 1,000 ohms
 - Current may increase 100 times with wet skin.

Electric shock

- Current passing through the body is the most damaging.
- Internal body fluids are conductive with resistance as low as 300 ohms.
- Current passing from hand-to-hand, hand-to-foot, or head-to-foot will encounter relatively low resistance and is likely to pass through the heart, causing ventricular fibrillation.
- Most fatal electric shocks travel through the heart.

Electricity's effect on the body

- 1 milliamp = Shock is hardly noticeable
- 5 milliamps = Slight shock, not typically painful, most can control muscles
- 6 to 30 milliamps = Painful shock, loss of muscular control lost
- 50 to 150 milliamps = Extremely painful shock, breathing stops, severe muscular contractions
- Exposure to as little as 0.05 amperes can cause death and often does.

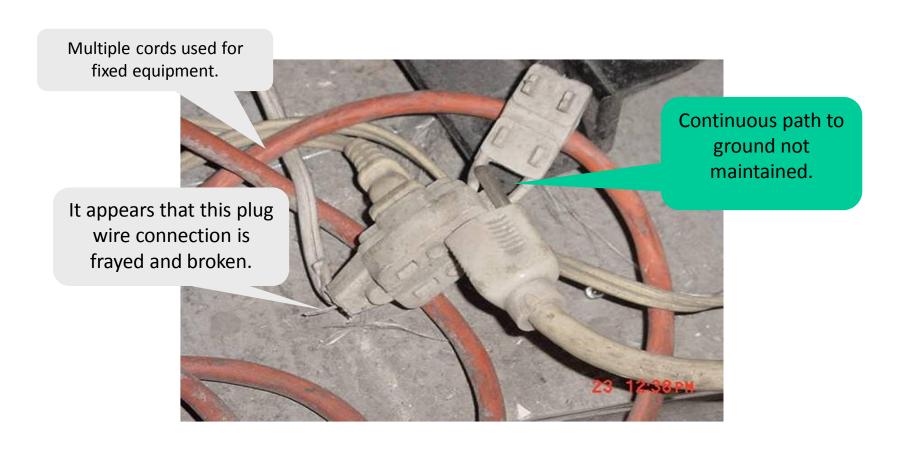
Safety tip: 120 volt, 15 amp electrical circuits are the most common and found in most U.S. households. These same common electrical circuits are responsible for the highest total number of electrocutions in the U.S.

Fatal shock illustration

- How easy can a person receive a fatal shock?
 - The most common U.S. voltage is 120 volts.
 - The average working human resistance is about 1000-ohms (measured hand to hand).
 - According to Ohm's Law, current equals
 voltage divided by resistance. So, 120/1000=
 0.12 amperes or 120 milliamps.

Major energized sources contact grounding

- If the power supply to electrical equipment is not grounded or the path has been broken, or if there are live parts or bare wires, a fault current may travel through a worker's body, causing electrical burns or death.
- Even when the power system is properly grounded, electrical equipment can instantly change from safe to hazardous because of extreme conditions and rough treatment.



General electrical hazards

- Electrical hazards can be found everywhere.
- Most hazards are mitigated when installed to National Electrical Code requirements and safety standards.
- Many are not installed to code and are hazardous.
- Others fall into an unsafe state of disrepair.

Electrical hazards by category:

- BESAFE
 - **B**urns
 - Electrocution
 - **S**hock
 - Arc flash
 - Fire
 - Explosions

BESAFE

B = Burns:

- A burn is the most common shock-related injury.
 - Burns from electricity are one of three types:
 - Electrical
 - Arc/flash or
 - Thermal contact
- Electrical burns result from heat generated by the flow of electric current through the body.
- Arc/flash burns are high-temperature burns caused by an electric arc or explosion.
- Thermal contact burns occur when skin comes in contact with overheated electric equipment.

BESAFE

E = Electrocution:

- Electrocution means death caused by electricity and is always fatal.
 - It means to kill with electricity.
 - Electrocution results when a human is exposed to a lethal amount of electrical energy.

BESAFE

S = Shock:

- Shock results when:
 - The body becomes part of the electrical circuit;
 current enters the body at one point and leaves at another.
 - Electrical shock is defined as a reflex response to the passage of electric current through the body.

BESAFE

A = Arc flash/blast:

- An arc flash:
 - Is the sudden release of electrical energy through the air when a high-voltage gap exists and there is a breakdown between conductors;
 - Gives off thermal radiation (heat) and bright, intense light that can cause burns;
 - Can reach temperatures as high as 35,000 degrees; and
 - Can also produce considerable pressure waves by rapidly heating the air and creating a blast.

A = Arc flash/blast continued:

- An arc flash can be spontaneous or result from inadvertently bridging electrical contacts with a conducting object.
- Other causes may include dropped tools or the buildup of conductive dust or corrosion.
- For more information on arc flash/blast, including best practices in electrical safety, refer to NFPA 70E: Standard for Electrical Safety in the Workplace® online at: http://www.nfpa.org/aboutthecodes/aboutthecodes.a sp?docnum=70e

BESAFE

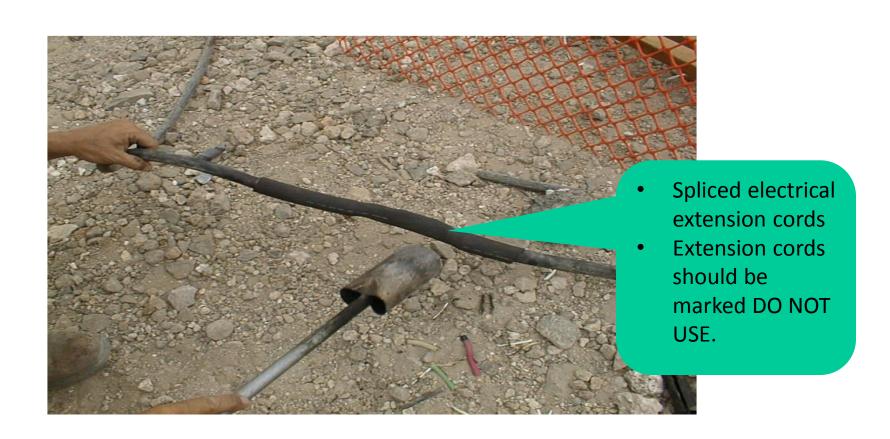
F = Fire:

- Most electrical distribution fires result from problems with fixed wiring such as faulty electrical outlets and old wiring.
- Problems with cords (such as extension and appliance cords), plugs, receptacles, and switches also cause electrical fires.

BESAFE

E = Explosions:

- An explosion can occur when electricity ignites an explosive mixture of material in the air.
- Note that although electricity is the source of these hazards and all of these hazards are of equal importance, this focus four module focuses on electrocution hazards.



Tri-Fold Brochure

- "Construction Focus Four: Electrocution, Safety Tips for Workers"
 - Tri-fold brochure packed with helpful information.
 Topics include:
 - Effects of Electric Current in the Human Body;
 - General Rules for Construction Electrical Safety;
 - Electrical Safety Overview;
 - General Rules for Electrical Work; and
 - Condensed Electrical Glossary.

TIP: It is important to read and become familiar with these tips as they can be helpful in answering questions in the module correctly but more importantly protecting you and your co-workers from electrical shock, electrocution and other hazards resulting from electrical incidents.

Major electrocution hazards

- Leading causes of death include:
 - Contact with overhead and buried power lines;
 - Contact with energized sources; and
 - Improper use of extension and flexible cords.

Overhead power lines

- Any overhead power line should be considered energized unless the entity owning or operating the electrical utility supplying the line certifies that it is:
 - Not energized;
 - Visibly grounded; and
 - Tested for zero energy.
 - Verification of LOTO must be made and a system must be in place to prevent unauthorized energization.

Overhead electrocution hazards

- Overhead power lines carry extremely high voltage.
- Physical contact does not need to be made to cause electrocution.
- Burns and falls from elevations are also hazards.
- Cranes are not the only equipment that are at risk.

Overhead electrocution hazards

- Working on ladders and rooftops increase the risk of electrocution.
- Most power lines are unprotected and uninsulated.
- Working on ladders, rooftops, man baskets, boom lifts, forklifts, scissor lifts, scaffolds, etc., increase the potential for contacting overhead power lines.

Overhead electrocution hazards

- OSHA crane standards:
 - Specify minimum safe distances during operation of cranes and derricks.
 - Must be 10 feet away from all overhead power.
 - If the line voltage is > 50,000 volts, add 4 inches for every increase of 10,000 volts.

Safety tip: A good practice is to flag low lines so that they are more visible and to install ground signs warning of overhead power lines. Install ground signs with arrows pointing up to overhead power lines.

Overhead electrocution hazards

- Safe distances
 - Maintain a safe distance from overhead power lines.
 - Staying away from power lines is the best option.
 - Follow "minimum safe distances" on the table included that shows the safe power line clearance distance for various line voltages.

Table A – Minimum clearance distances	
Voltage (nominal, kV, alternating current)	Minimum clearance distance (feet)
up to 50	10
over 50 to 200	15
over 200 to 350	20
over 350 to 500	25
over 500 to 750	35
over 750 to 1000	45
over 1000	(As established by the power line owner/operator or registered professional engineer who is a qualified person with respect to electrical power transmission and distribution)

Electrocution hazards

- Protective coverings
 - Never touch an energized overhead power line even if it has a protective covering.
 - Any protective covering on an overhead power line is primarily for weather protection.
 - Covered or bare, you are exposing yourself to an electrocution hazard and probable death.

Safety tip: Voltages of overhead lines range from 120 to 750,000 volts. The most reliable way to know the voltage is to ask the utility company that owns the line.



Contact with overhead power lines

- Employers should:
 - Eliminate conductive ladders near power lines;
 - Survey job sites for potential hazards; and
 - Provide training for languages and abilities.
- Ladder manufacturers should consider affixing duallanguage labels with graphics to provide hazard warnings and instructions for safe use of ladders.

Safety tip: Prime contractors should ensure through contract language that all subcontractors implement appropriate safety and health programs and training specific to the work to be performed.

DEVELOP INTERACTIVE



- NOTES:
- Refer to Toolbox Talks #1 "What increases your risk of electrocution?" handout [Appendix D]

Classroom exercise #1

- Brief description of accident:
 - Two workers were removing a 36-foot high metal pole CB antenna.
 - One worker stood on a metal pick board between two ladders and unfastened the antenna at the top of the house.
 - The other worker, who was standing on the ground, took the antenna to lay it down in the yard.
 - The antenna made electrical contact with a 7200-volt power transmission line 30 feet 10 inches from the house and 23 feet 9 inches above the ground.
 - The worker handling the antenna received a fatal shock and the other worker a minor shock.
- How would you have prevented this from happening?

Classroom exercise #1

Findings:

 OSHA issued one citation for two alleged serious violations of its construction standards. Had these standards been adhered to, the fatality should have been prevented.

Incident prevention recommendations:

- Note the presence of power lines and be extremely cautious when working near them. Train employees to recognize and avoid electrical hazards (29CFR 1926.21(b)(2)).
- Do not permit employees to work near any part of an electrical power circuit that might be contacted in the course of the work.
- Guard all electrical power circuits against accidental contact by insulating the circuit or de-energizing it or by other effective means that would protect the employee (29CFR 1926.400(C)(1)).

Classroom exercise #2

- Brief description of accident:
 - A lineman was electrocuted while working on grounded deenergized lines.
 - He was working from a defective basket on an articulated boom aerial lift when the basket contacted energized lines that ran beneath the de-energized lines.
 - The defective basket permitted current to pass through a drain hole cut into the body of the basket, then through the worker, and to ground via the de-energized line.
- How would you have prevented this from happening?

Classroom exercise #2

Findings:

 OSHA cited the company for two serious violations and one other than serious violation of its construction standards. Had barriers been erected to prevent contact with adjacent energized lines, the electrical shock should have been prevented.

Incident prevention recommendations:

- Guards or barriers must be erected as necessary to adjacent energized lines (29 CFR 1926.950(d)(1)(v)).
- Existing conditions of mechanical equipment, energized lines, equipment, conditions of poles, and location of circuit must be determined by an inspection or test before starting work. (29 CFR 1926.950(b)(1) and .952(a)(1)).
- Employees must be instructed on how to recognize and avoid unsafe conditions and on regulations that apply to their work environment (29 CFR 1926.21(b)(2)).

Classroom exercise #3

- Brief description of accident:
 - Two workers were spreading concrete as it was being delivered by a concrete pumper truck boom.
 - The truck was parked across the street from the worksite.
 Overhead power lines ran perpendicular to the boom on the pumper truck.
 - One worker was moving the hose (elephant trunk) to pour the concrete when the boom of the pumper truck came in contact with the overhead rover line carrying 7,620 volts.
 - One worker received a fatal electric shock and fell on the other worker who was assisting him.
 - The second worker received massive electrical shock and burns.
- How would you have prevented this from happening?

Classroom Exercise #3

Findings:

- OSHA cited the employer for not instructing each employee to recognize and avoid unsafe conditions which apply to the work and work areas.
- Employer was also cited for operating equipment within 10 feet of an energized electrical, ungrounded transmission lines rated 50 kV or less and not erecting insulating barriers.

Incident Prevention Recommendations:

- Train employees to recognize and avoid unsafe conditions that apply to the work environment [28 CFR 1926.21(b)(2)].
- Avoid operating equipment within 10 feet of electrical distribution or transmission lines rated 50 kV or less unless the line has been deenergized and visually grounded, or unless insulating barriers – not part of or attached to the equipment -- are provided [29 CFR 926.600(a)(6)].

Underground electrical hazards

- High probability of contact:
 - Can be very difficult to find the exact location;
 - Can run many lines parallel and not be detected; and
 - Can be damaged and full of water, increasing hazard;
 - Backhoe operators are most at risk for electrical contact.
 - Laborers using hand tools such as jackhammers and pick axes can have fatal results.
 - The attached photo shows the result of a jackhammer penetrating a 13,000 volt buried electrical cable.

Underground electrical hazards

- Common hazards include:
 - High voltage electrical cables;
 - Temporary power cables; and
 - Transformers.
- Increased risk
 - There are no accurate drawings.
 - No utility locator services are used.
 - Locate service was wrong or incomplete.

Work practices

- Locate underground hazards before digging.
 - Notify utility locators.
 - Hand dig or pothole.
 - Hand dig within 24 inches of utilities.
 - Always use a trained spotter.

Safety tip: You must call your local utility service locator such as Underground Service Alert, Dig Safe, or Miss Utility. Dial 811 for direct connection. Visit this link for more information: http://www.constructionweblinks.com/Industry_Topics/Specifications__Technical_Data/Specification s_and_Technical_D/Earthwork_and_Site_Work__Speci/underground_alert_centers/underground_alert_centers.html

- Typical construction activities most at risk:
- Construction excavation, regardless of depth;
- Jack-hammering/shoveling;
- Well drilling;
- Landscaping;
- Trenching and drilling for piping; and
- Fence installation.
- Always locate and pot hole before using mechanical means to excavate.



Excavation hazards

- Always use a local underground locate service before digging.
- Underground locate services are not an exact science.
 They give you an idea, usually within 24 inches either way, where the buried services are.
- Always hand dig, commonly called "pot holing," to determine the exact location of the buried lines.
- Know and understand what the markings from the local locate service mean.
- Be aware that more than one utility may be buried.

Underground electrical hazards

Preventative measures

- New and improved technologies include:
 - Nonconductive backhoe buckets;
 - Nonconductive tools;
 - New ground penetrating radar; and
 - 3-D underground imaging.

Manholes

 Warning signs and rigid barricades should be promptly placed whenever manholes, handholes, or vault covers are removed.

Energized Control Panels

 Only qualified employees should perform work on or adjacent to energized control panels.

Overloaded circuits

- Electrical exposure hazards can be caused by:
 - Too many devices plugged into a circuit;
 - Damaged tools overheating;
 - Lack of overcurrent protection; and
 - Wire insulation melting wires.
- Each of these can result in fire, exposed electrical current and electrocution.

Wet conditions

- Common in construction
 - Weather or plumbing leaks
- Water conducts electricity
- GFCIs
 - Protect you and others from electrocution
 - Can prevent customer power interruptions

Wet conditions

- Touching a live wire or other electrical component while standing in even a small puddle of water will probably cause a shock, or much worse.
- Damaged insulation, equipment, or tools can expose you to live electrical parts.
- Improperly grounded metal switch plates and ceiling lights are especially hazardous in wet conditions.
- Wet clothing, high humidity, and perspiration increase your chances of being electrocuted.

- Temporary power systems
- System must be checked for:
 - Polarity;
 - Ground continuity; and
 - Ground resistance.
- Each must be verified and found acceptable before energizing.

Temporary power

- OSHA requires GFCIs (preferred) or an assured equipment grounding (AEG) program on construction sites with temporary power.
- Competent person inspection required for:
 - Electrical cord sets;
 - Temporary receptacles; and
 - Equipment connected by cord and plug.

Safety tip: Equipment found damaged or defective during inspection and testing must be tagged as "defective" and not used until repaired or replaced. Inspections must be recorded.

Electrocution Hazards in Construction

Temporary lighting

- Temporary lighting must be:
 - Protected from contact with personnel and equipment; and
 - Protected from damage.
- Never supported by the wire unless designed to do so.
- Replace broken or burned out bulbs immediately!

Electrocution Hazards in Construction

Temporary power vertical clearance

- The vertical clearance of temporary wiring for circuits carrying 600 volts or less should be:
 - 10 feet above finished grade, sidewalks, or from any platform;
 - 12 feet over areas other than public streets, alleys, roads and driveways, subject to vehicular traffic other than truck traffic;
 - 15 feet over areas other than public streets, alleys, roads and driveways, subject to truck traffic; and
 - 18 feet over public streets, alleys, roads, and driveways.

Electrocution Hazards in Construction

Working with overhead lamps

- Fatal fact accident summary No. 60.
 - The employee was attempting to correct an electrical problem involving two nonoperational lamps.
 - He proceeded to the area where he thought the problem was.
 - He had not shut off the power at the circuit breaker panel nor had he tested the wires to see if they were live.
 - He was electrocuted when he grabbed the two live wires with his left hand and then fell from the ladder.

Protection Part 1

- Plan safety into your work routine.
- Never take electrical safety for granted.
- Don't wait until you experience a shock or worse.

GFCIs

- Use ground fault circuit interrupters (GFCI) to prevent electrical hazards.
- A GFCI is designed to protect people from electrical shock.
- A GFCI detects ground faults and interrupts the flow of electric current

- How a GFCI works:
 - An old drill has a loose wire grounding against the metal housing.
 - Wet conditions increase the body's conductivity.
 - There is now a path from the hot wire inside the drill through the worker to the ground.
 - This would typically cause an electrocution, but the GFCI can sense the change in current flow through the body.
 - As soon as the GFCI senses the change, it trips the circuit and cuts off the flow of electricity, saving your life!

GFCI

- First type: Receptacle GFCI
 - Receptacle GFCIs are found on construction work sites, outdoor areas, and other locations where damp conditions could exist.
 - The receptacle GFCI fits into the standard outlet box and protects users against ground faults when an electrical product is connected to the GFCI protected outlet.
 - If the current remains "on" when the "test" button is pushed, the GFCI is not working properly or has been incorrectly installed (miswired). If this is the case, a qualified electrician needs to be contacted to properly wire or replace the GFCI device.

GFCI

- First type: Receptacle GFCI
 - These should be tested after installation and once a month by:
 - Plugging in a test light or power tool and turning "On."
 - Pushing the "Test" button on the receptacle; the "Test" button should pop up and the power to the light or tool should be "Off."
 - Pushing "Reset" to restore power to the outlet.
 - If the above steps worked, the GFCI passed the test and is functioning properly;
 - If the GFCI failed the test, remove it from service.

GFCI

- Second type: Temporary/portable GFCI
- A portable GFCI is an extension cord combined with a GFCI.
- These should be tested prior to each and every use by:
 - Visually inspecting the device for obvious defects and/or broken parts.
 - Plugging in a test light/tool to the extension cord.
 - Pushing "Reset" button on the GFCI device.
 - Pushing "Test" button to verify no voltage at outlet (e.g., the light or tool shuts off).
 - Pushing "Reset" button to verify power is restored.

GFCI

- Third type: Circuit Breaker GFCI
 - The GFCI circuit breaker controls an entire circuit, and is installed as a replacement for a circuit breaker on the main circuit panel.
 - One GFCI circuit breaker can protect the entire circuit.
 - This type of GFCI is installed in panel boxes to give protection to multiple circuits.

TIP: Circuit breaker GFCIs should be tested monthly. Keep in mind that the test will disconnect power to everything on the circuit.

Case Study

- "No GFCI in use".
 - A worker was climbing a metal ladder to hand an electric drill to the journeyman installer on a scaffold about five feet above him.
 - When the victim reached the third rung from the bottom of the ladder he received an electric shock that killed him.
 - The investigation revealed that the extension cord had a missing grounding prong and that a conductor on the green grounding wire was making intermittent contact with the energizing black wire thereby energizing the entire length of the grounding wire and the drill's frame.
 - Also, the drill was not double insulated.

Inspection

- Inspecting Extension Cords & Tools
 - Workers need to inspect extension cords prior to their use for:
 - Cuts or abrasion
 - Damaged insulation
 - Strain Relief
- Sometimes the insulation inside an electrical tool or appliance is damaged.
 - When the insulation is damaged, exposed metal parts may become energized if a live wire inside touches them.
 - Electric hand tools that are old, damaged, or misused may have damaged insulation inside.

Inspection

- Flexible cords
 - Used with temporary and portable lights shall be designed for hard or extra-hard usage.
 - Shall be marked with usage type designation size and number of conductors.
 - Could be marked with a 14/3 meaning the conductor size (AWG) is 14 and the number of conductors is 3.

Power Tools/Equipment

- Use power tools and equipment as designed
 - Tool safety tips include:
 - Never carry a tool by the cord.
 - Never yank the cord to disconnect it.
 - Keep cords away from heat, oil, and sharp edges.
 - Disconnect when not in use and when changing accessories such as blades and bits.
 - Avoid accidental starting. Do not hold fingers on the switch button while carrying a plugged-in tool.

Safety Tip: What are the OSHA requirements?

- Use only equipment that is approved [29 CFR 1926.403(a)]
- Use all equipment according to the manufacturer's instructions [29 CFR 1926.403(b)(2)]

Power Tools/Equipment

- Use power tools and equipment as designed
 - Tool safety tips include:
 - Use gloves and appropriate footwear.
 - Store in dry a place when not using.
 - Don't use in wet/damp environments unless protected by GFCI.
 - Keep working areas well lit.
 - Ensure that cords do not cause a tripping hazard.
 - Remove damaged tools from use immediately.
 - Use double-insulated tools.

Power Tools / Equipment

- Common examples of misused equipment
 - Using multi-receptacle boxes designed to be mounted by fitting them with a power cord and placing them on the floor.
 - Fabricating extension cords with ROMEX wire.
 - Using equipment outdoors that is labeled for use only in dry, indoor locations.

Power Tools / Equipment

- Common examples of misused equipment
 - Attaching ungrounded, two-prong adapter plugs to three-prong cords and tools
 - Using circuit breakers or fuses with the wrong rating for over-current protection, e.g., using a 30-amp breaker in a system with 15 or 20 amp receptacles. Protection is lost because it will not trip when the system's load has been exceeded.
 - Using modified cords or tools, i.e., ground prongs removed, face plates, insulation, etc.
 - Using cords or tools with worn insulation or exposed wires

Power Tools / Equipment

- Additionally,
 - Workers need to know that even when the power system is properly grounded, electrical equipment can instantly change from safe to hazardous because of extreme conditions and rough treatment.



- General
 - Before work begins, be sure that the:
 - equipment/activity is located within a safe working distance from power lines;
 - utility company has de-energized and visibly grounded the power lines or installed insulated sleeves on power lines;
 - flagged warning lines have been installed to mark horizontal and vertical power line clearance distances, and
 - tools and materials used are nonconductive.

- Cranes and other high reaching equipment
 - Be sure the utility company has confirmed the voltage, and therefore the safe working distance from the power lines.
 - Also, if applicable and feasible, use: an observer; an insulated link; a boom cage guard; a proximity device.

- Mobile heavy equipment
 - If provided, use installed rider posts under power lines to avoid working too close to the power lines.

- Ladders
 - ALWAYS use nonconductive ladders and be sure to retract them before moving. You never know when you will encounter stray electrical current.
 - NEVER put yourself at extreme risk of electrocution as the person has in this photo.

- Material storage
 - Ensure that no materials are stored under power lines
 - Use caution tape and signs to cordon off area under power lines

Case Study

- Fatal Fact No. 17, Boom crane truck close to a power line
 - In this incident: Workers were moving a steel canopy structure using a "boom crane" truck.
 - The boom cable made contact with a 7200 volt electrical power distribution line electrocuting the operator of the crane; he was the foreman at the site.

Protection Part 2

- Controlling Hazardous Energies
 - Control of energizing, starting, or stored energy in machinery or equipment which could cause injury to employees

Controlling Hazardous Energies Lockout/Tagout:

- Is an essential safety procedure that protects workers from injury while working on or near electrical circuits and equipment.
- Prevents contact with operating equipment parts such as blades, gears, shafts, etc.
- Prevents the unexpected release of hazardous gases, fluids, or solid matter in areas where workers are present.

LINK: Source: NIOSH Electrical Safety Manual [2009-113]: http://www.cdc.gov/niosh/docs/2009-113

Controlling Hazardous Energies

- Lock Out The practice of using locks to prevent unwanted activation of mechanical or electrical equipment
- Tag Out The practice of using tags <u>with</u> locks to increase visibility and awareness that the lock is protecting someone's life

Controlling Hazardous Energies

- Authorized Person Someone who locks out or tags out machines or equipment in order to perform servicing or maintenance
- Affected Person Someone who operates equipment on which maintenance is performed under lock out/tag out; or an employee that works in an area where servicing and maintenance is being performed

Verify ZERO ENERGY!

- Verify system is de-energized
 - After you have effectively locked and tagged out the equipment, try to start the equipment to verify it won't start.
 - Use test equipment to test the circuits and electrical parts for voltage and current.

Lockout/Tagout Checklist

- Identify all sources of hazardous energy for the equipment or circuits in question.
- Identify backup energy sources such as generators and batteries.
- Identify all shut-offs for each energy source found.

Lockout/Tagout Checklist

- Notify all personnel that equipment and circuitry must be shut off, locked out, and tagged out.
- Shut off energy sources and lock controls in the OFF position.
- Each worker MUST apply his/her individual lock and the individual keys kept with each worker.
- Test equipment and circuitry to ensure zero energy exists.
 - This must be done by a qualified person.

TIP: OSHA 29 CFR 1926.449 defines "qualified person" as: One familiar with the construction and operation of the equipment and the hazards involved.

Lockout/Tagout Checklist

- Deplete stored energy (capacitors) by bleeding, blocking, grounding, etc.
- Apply a lock or tag to alert other workers that an energy source or piece of equipment has been locked or tagged out.
- Make sure all workers are safe and accounted for before equipment and circuits are unlocked and turned back on. Only a qualified person may determine when it is safe to re-energize circuits.

Five Major Causes of Lockout/Tagout Injuries:

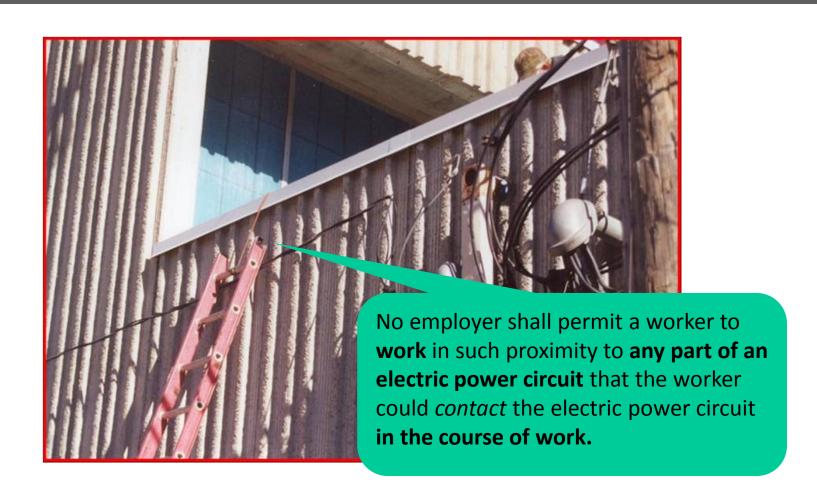
- Accidental restarting of equipment (50%)
- Failure to release residual energy (25%)
- Failure to disconnect from power source (10%)
- Failure to clear work areas before restarting (10%)
- Failure to stop equipment (5%)

Tagout Device Requirements

- Weather Resistant
- Legible and Understandable
- Standard within Facility/Company
- Strong enough to prevent accidental removal
- Attached securely with nylon tie-wraps
- Completed to indicate who applied the device(s)
- Contain appropriate warning such as:
 - "Do Not Operate",
 - "Do Not Close"

Warning Others

- Use barricades to prevent or limit access to work areas with un-insulated energized conductors or circuit parts.
- Use safety signs, safety symbols, or accident prevention tags to warn others about electrical hazards which may endanger them.
- If signs and barricades do not provide sufficient warning and protection from electrical hazards, an attendant shall be stationed to warn and protect employees.



Assured Equipment Grounding Conductor Program

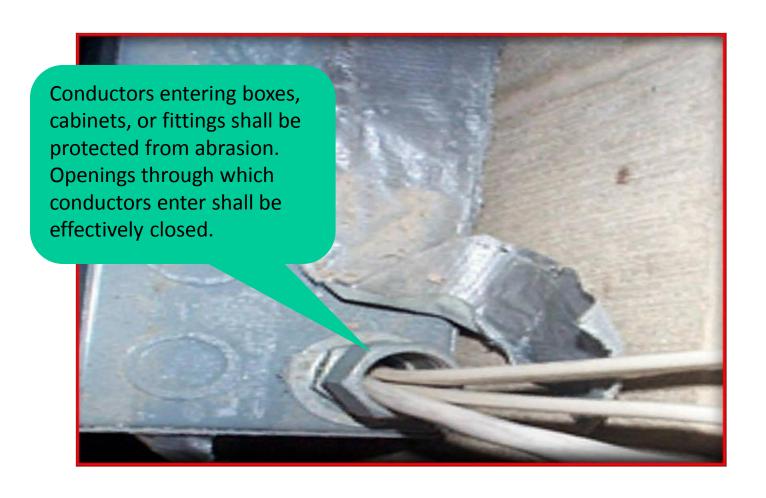
- Program must cover:
 - All cord sets
 - Receptacles not part of a building or structure
 - Equipment connected by plug and cord
- Program requirements include:
 - Specific procedures adopted by the employer
 - Competent person to implement the program
 - Visual inspection for damage of equipment connected by cord and plug

Qualified Persons

- Only qualified persons may work on
 - Electric circuit parts or equipment that has not been de-energized.
 - Such persons must be capable of working safely on energized circuits and must be familiar with the proper use of special precautionary techniques, PPE, insulating and shielding materials, and insulated tools.

Case Study

- Fatal Fact Accident Summary No. 30.
 - An electrician was removing a metal fish tape from a hole at the base of a metal light pole. (A fish tape is used to pull wire through a conduit run.)
 - The fish tape became energized, electrocuting him.



Extension/Flexible Cords:

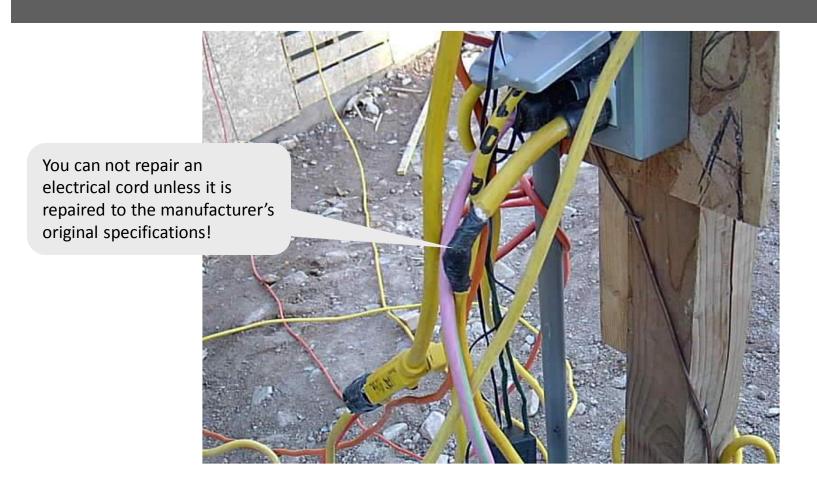
- The normal wear and tear on extension and flexible cords can loosen or expose wires, creating a hazardous condition.
 - Cords that are not 3-wire type, not designed for hard-usage, or that have been modified, increase the risk of contacting electrical current.
 - With the wide use of power tools on construction sites, flexible extension cords are often necessary.

Extension/Flexible Cords:

- Because they are exposed, flexible, and unsecured, they are more susceptible to damage than fixed wiring.
- Hazards are created when cords, cord connectors, receptacles, and cord and plug connected equipment are improperly used and maintained.

Extension/Flexible Cords

- Flexible cords must connect to devices and to fittings in ways that prevent tension at joints and terminal screws.
 - A flexible cord may be damaged by door or window edges, staples and fastenings, abrasion from adjacent materials, or simply by aging.
 - If the electrical conductors become exposed, there is a danger of shocks, burns, or fire.



Extension/Flexible Cords

- When a cord connector is wet, electric current can leak to the equipment grounding conductor and to anyone who picks up that connector if they provide a path to ground.
 - Such leakage can occur not just on the face of the connector, but at any wetted portion.
- High Potential for Electrocution

- Power Cord Hazards
 - Don't cause tripping hazards or create pinch points for cords.
 - If you must run a cord temporarily across the floor, protect your co-workers by covering the cord appropriately.
 - Metal doorways can cause damage to the insulation of the cord when opening and closing, creating an electrocution hazard.

Permissible Use of Flexible Cords

- DO NOT use flexible wiring where frequent inspection would be difficult or where damage would be likely.
- Flexible cords must not
- Run through holes in walls, ceilings, or floors;
- Run through doorways, windows, or similar openings (unless physically protected);
- Be hidden in walls, ceilings, floors, conduit or other raceways.

Classroom Exercise

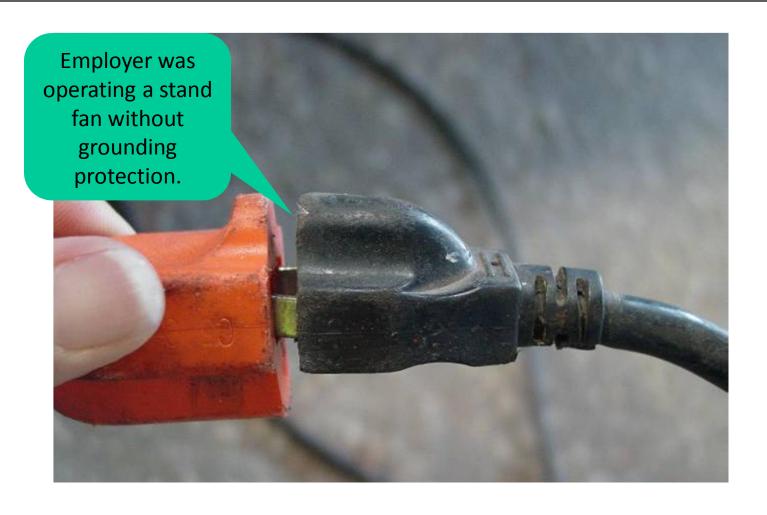
- Ground Pin Missing on Cord's Plug
 - A fan connected to a 120-volt electrical system via an extension cord provided ventilation for a worker performing a chipping operation from an aluminum stepladder.
 - The insulation on the extension cord was worn through and exposed the bare, energized conductor that made contact with the ladder. The ground wire was not attached on the male end of the cord's plug.
 - When the energized conductor made contact with the ladder, the path to ground included the worker's body, resulting in death.

LINK: https://www.osha.gov/SLTC/etools/construction/electrical_incidents/fatexground.html

Extension / Flexible Cords

Classroom Exercises

- Incident #2) Electrical Equipment In Poor Condition
 - An 18-year-old worker was electrocuted when he touched a light fixture while descending from a scaffold
 - The source of the electricity was apparently a short in a receptacle, but it was impossible to make a certain determination due to
 - Extension cords had poor splices, no grounds, and reversed polarity.
 - One hand drill was not grounded, and the other had no safety plate.
 - Most likely scenario was contact between the exposed wires of an extension cord and a screw that protruded from the receptacle, which had its face plate removed.
 - The light fixture, which served as a ground, was known to be faulty for at least five months before the incident.
- Always ensure a functioning ground system is in place before using electrical equipment



Preventing Cord Damage

- OSHA requires all power cords to be protected from mechanical damage and environmental deterioration. This includes:
 - All vehicle and equipment traffic
 - Sharp materials, edges, doorways
 - Excessive sunlight & weather

Topic 3.

- How can I protect myself from electrocution hazards?
 - Use ground-fault circuit interrupters (GFCI).
 - Maintain a safe distance from overhead power lines.
 - Inspect portable tools and extension cords.
 - Use power tools and equipment as designed.
 - Follow lockout/tagout procedures.



Protection Part 4

Fuses and Circuit Breakers

- Fuses and circuit breakers are intended primarily for the protection of conductors and equipment.
- They prevent over-heating of wires and components that might otherwise create hazards for operators.
- They also open the circuit under certain hazardous ground-fault conditions.

- Foot protection
 - Footwear will be marked "EH" if it's approved for electrical work.
 - EH = Electrical Hazard
 - Footwear must be kept dry, even if it is marked "EH"

- Head protection
 - Hard hat (insulated nonconductive)
 - Class B & E.
 - Always wear your hat with the bill forward.
 - Do not store anything in the top of your hat while wearing it.

- Hand protection
 - Rubber insulating gloves
 - Classified by the level of voltage and protection they provide
 - Should always be worn over rubber insulating gloves to provide the mechanical protection needed against cuts, abrasions, and punctures.

- Personal Protective Equipment
 - Use, store and maintain your electrical PPE in a safe, reliable condition.
 - Wear nonconductive head protection wherever there is a danger of head injury from electric shock or burns due to contact with exposed energized parts.
 - Wear protective equipment for the eyes or face wherever there is danger of injury to the eyes or face from electric arcs or flashes or from flying objects resulting from electrical explosion.

- Inspect PPE before each use
 - Electrical PPE with any of the following defects may not be used:
 - If holes, tears, punctures, or cuts are present
 - Texture changes: Swelling, softening, hardening, or becoming sticky or inelastic
 - An embedded foreign object
 - Any other defect that damages the insulating properties

Safe Work Practices

- Working safely with electric equipment requires safe work practices.
 - Planning your work with co-workers
 - allows you to coordinate your work and take advantage of the knowledge of others.
 - helps identify all hazards associated with your task
 - allows a collective response on how to safely mitigate all hazards.
 - ensures good safety communication between coworkers.

Safe Work Practices

- Do not work in wet conditions.
- Avoid overhead power lines.
 - You should stay at least 10 feet away from highvoltage transmission lines.
 - You do not need to contact high voltage lines to be electrocuted as electricity can "jump" air gaps.
- Use proper wiring and connectors
 - Avoid overloading circuits.
 - Test GFCIs monthly.
 - Make sure switches and insulation are in good condition.
 - Never use a plug with the ground prong removed.

How to Respond/Report a Problem

- Do not panic; remain calm.
- In the event of an unsafe condition or personal injury:
 - Contact Emergency Services immediately.
 - 911 or Facilities Emergency number
 - If a person is being shocked, Do Not Touch Them!
 - Try to safely turn off the source of electricity; or
 - Using non-conductive material, try to remove the person away from the electrical source.

Protection Part 4

How to Respond/Report a Problem

- In the event of an electrical fire:
 - Activate the fire alarm system.
 - Alert everyone in the area to evacuate.
 - NEVER use a Type A water extinguisher or water to extinguish an electrical fire. You could be electrocuted!
 - If trained, use a CO₂ or dry chemical fire extinguisher.
 - Remain a safe distance away and wait for the Fire Department to arrive.

- Topic 4
- What is my employer required to do to protect workers from electrocutions?
 - We will now discuss the requirements that employers are mandated to implement and enforce to ensure and maintain a safe and healthful work environment for all of their employees.

Power lines

- Ensure overhead power line safety.
 - Overhead power lines must be de-energized and grounded by the owner or operator of the lines, or
 - Other protective measures must be provided before work is started such as PPE.
 - Protective measures must be designed to prevent contact with the lines.

TIP: OSHA standards for contact with power lines: 29 CFR 1926 Subpart K, Electrical. 1926.416, General requirements 1926.416(a), Protection of employees. For power line safety regarding the operation of cranes and derricks refer to OSHA 29 CFR 1926 Subpart CC

Power lines

- Three major ways employers should control power line hazards:
 - Maintaining a safe distance from lines;
 - Having the power company de-energize and ground the power line(s) with a power company representative at the site; and
 - Having the power company install insulated sleeves (also known as "eels") over power lines.

Power lines

- Training / Information
 - Employers shall train workers on power line hazards and available protective measures.
 - Workers need to be fully informed about what jobs may have electrical hazards and the measures needed to control the hazards.
 - Workers should be reminded that they should always ask questions if they have any doubts about maintaining safe working conditions.

Isolate Electrical Hazards

- Boxes, cabinets, or fittings shall be protected from employee contact, wear and abrasion.
- All openings through which conductors enter shall be effectively sealed or closed.
- Unused openings in cabinets, boxes, and fittings shall also be effectively closed.

Isolate Electrical Parts

- All pull boxes, junction boxes, and fittings shall be provided with covers. Metal covers shall be grounded.
- In energized installations each outlet box shall have a cover, faceplate, or fixture canopy.
- Covers of outlet boxes having holes through which flexible cord pendants pass shall be provided with bushings designed for the purpose or shall have smooth, well-rounded surfaces on which the cords may bear.

TIP: For more information refer to OSHA 29 CFR 1926.405

- The employer's responsibility is to provide either
 - GFCI on construction sites for receptacle outlets in use and not part of the permanent wiring of the building or structure; or
 - A scheduled and recorded assured equipment grounding conductor program on construction sites, covering all cord sets, receptacles which are not part of the permanent wiring of the building or structure, and equipment connected by cord and plug which are available for use or used by workers.

- The employer is required to provide approved ground-fault circuit interrupters for all 120-volt, single-phase,15-and 20-ampere receptacle outlets on construction sites which are not a part of the permanent wiring of the building or structure and which are in use by workers.
- GFCIs monitor the current-to-the load for leakage to ground.
- They are rated to trip quickly enough to prevent electrocution.

- Receptacles on the ends of extension cords must be protected by GFCIs.
 - Also there are GFCI circuit breakers.
 - These protected circuit breakers are installed in the main circuit board. It protects an entire circuit.

Assured Equipment Grounding Conductor Program (AEGCP)

- The AEGCP covers all cord sets, receptacles which are not a part of the permanent wiring of the building or structure, and equipment connected by cord and plug which are available for use or used by employees.
 - OSHA requires that a written description of the employer's assured equipment grounding conductor program, including the specific procedures adopted, be kept at the jobsite.
 - This program should outline the employer's specific procedures for the required equipment inspections, tests, and test schedule.

TIP: OSHA standards for path to ground missing or discontinuous: 29 CFR 1926 Subpart K, Electrical. OSHA Standard. 1926.404, Wiring design and protection 1926.404(b)(1)(i), General

Assured Equipment Grounding Conductor Program

- The required tests must be recorded, and ...
 - The record maintained until replaced by a more current record.
 - The written program description and the recorded tests must be made available, at the jobsite, to OSHA and to any affected employee upon request.
 - The employer is required to designate one or more competent persons to implement the program.

TIP: The requirements which the program must meet are stated in 29 CFR 1926.404(b)(1)(iii), but employers may provide additional tests or procedures or provide GFCIs as noted previously.

Assured Equipment Grounding Conductor Program

- Electrical equipment
 - in the assured equipment grounding conductor program must be visually inspected for damage or defects before each day's use.
 - that is damaged or defective must not be used by the employee until repaired.

Assured Equipment Grounding Conductor Program

- Two tests are required by OSHA.
 - One is a continuity test to ensure that the equipment grounding conductor is electrically continuous.
 - It must be performed on all cord sets, receptacles which are not part of the permanent wiring of the building or structure, and on cord and plug connected equipment which is required to be grounded.
 - This test may be performed using a simple continuity tester, such as a lamp and battery, a bell and battery, an ohmmeter, or a receptacle tester.

AEGCP

- OSHA Standard 29 CFR 1926.404, paragraph (b)(1):
 - Tests performed as required in this OSHA paragraph shall be recorded. This test record shall identify each receptacle, cord set, and cord and plug connected equipment that passed the test and shall indicate the last date it was tested or the interval for which it was tested.
 - This record shall be kept by means of logs, color coding, or other effective means and shall be maintained until replaced by a more current record. The record shall be made available on the jobsite for inspection by OSHA and any affected employee.

LINK: 29 CFR 1926.404(b)(1)(iii)(G)

Tool Maintenance

- The employer needs to ensure that all power tools and equipment are maintained in a safe condition to:
 - ground power supply systems, electrical circuits, and electrical equipment.
 - frequently inspect electrical systems to ensure path to ground is continuous.
 - ensure workers understand to inspect electrical equipment prior to use.
 - ensure ground prongs are not removed from tools or extension cords.
 - ground exposed metal parts of equipment.

Tip: OSHA standards for equipment not used in manner prescribed: 29 CFR 1926 Subpart K, Electrical. OSHA Standard. 1926.403, General requirements. 1926.403(b)(2), Installation and use 1926.951 and Subpart I

Provide Training

- Workers must be trained in and familiar with the safetyrelated work practices that pertain to their respective job assignments. Train employees working with electric equipment in safe work practices to:
 - de-energize electric equipment before inspecting or repairing.
 - use cords, cables, and electric tools that are in good repair.
 - practice lockout/tagout recognition and procedures.
 - use appropriate protective equipment.

LOTO Enforcement

- It is critical that employers Enforce LOTO safety-related work practices. Critical enforcement issues include:
 - Equipment or circuits that are de-energized shall be rendered inoperative and all points where such equipment or circuits can be energized must be locked and tagged out and zero energy verified, before work begins. No Exceptions!
 - Tags shall be placed to plainly identify the equipment or circuits being worked on, and ideally, the person doing the work.

TIP: See OSHA standards 29 CFR 1926.416 and .417

Flexible Cords

- Ensure the proper use of flexible cords.
 - The OSHA construction standard requires flexible cords to be rated for hard or extra-hard usage.
 - These ratings are required to be permanently marked about every foot along the length of the cord.
 - Examples of these codes are: S, ST, SO, and STO for hard service, and SJ, SJO, SJT, and SJTO for junior hard service.
 - Extension cords must be 3-wire type so they will allow the grounding of tools and equipment
 - Limit exposure to moisture by using watertight or sealable connectors.

TIP: Also see OSHA standards 29 CFR 1926.405(g) and 1926.951

Case Study

- "Power Line Kills Worker"
 - Five employees were constructing a chain link fence in front of a house and directly below a 7200-volt energized power line.
 - They were installing 21-foot sections of metal top rail on the fence.
 - One employee picked up a 21-foot section of top rail and held it up vertically.
 - The top rail contacted the 7200-volt line, and the employee was electrocuted.

Summary

 During this lesson, you have been given an overview of major electrocution hazards, ways to protect yourself, and what employers must do to protect workers from electrocution hazards.

Summary

- Thank you so much for your time, attention, and involvement in the session.
 - Important references/sources for this course can be found by clicking on the Safety Tip.
 - These references and sources of information can be helpful as you continue your pursuit of construction safety and health and electrocution hazards and prevention.