

# ELECTRICAL SHOCKS

## SAFETY TALK

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Electrical shocks kill and injure thousands of people each year. While dry skin provides a natural barrier to electrical currents, wet skin — even from perspiration — reduces resistance to zero. Taking proactive steps to prevent electrical shocks in and around your work site is essential.

### HELPING VICTIMS

Knowing how to help an electrical shock victim is crucial to electrical safety. Learn these steps:

1. Stop the current flowing from the circuit through the victim's body.
2. If the victim is still in contact with the current, disconnect or de-energize the circuit.
3. If the circuit cannot be stopped, use a nonconductive item (like dry clothing, dry rope, or a dry stick) to remove the victim from the current source.
4. Call 911.
5. Check to see if the victim's heart or breathing has stopped.
6. Provide first aid until help arrives.

### PREVENTION CHECKLIST

- Is a Class C fire extinguisher available to put out electrical fires? Never use water to put out an electrical fire. Water can cause a fatal shock. Instead, shut off the power source immediately.
- Are there electrical hazards in and around your work site?
- Are circuits overloaded?
- Is all electrical equipment kept away from water or dampness?
- Do you check electrical cords before, during, and after each use for signs of wear or defects?
- Are all switches tagged out and locked before you work on equipment?
- Are rubber gloves and boots worn when electrical equipment is worked on at your work site? Staying dry is vital to preventing electrical shock.

### THINGS TO THINK ABOUT

1. When and where is an electrical shock most likely to occur at your work site?
2. Can our employees quickly stop an electrical current?
3. Are there any specific points or problems you wish to discuss?

## ACCIDENTS ARE PREVENTABLE. LEARN MORE AT [GRINNELLMUTUAL.COM](http://GRINNELLMUTUAL.COM).

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