SOUTHERN BUILDING MATERIAL ASSOCIATION, INC.

Hats ON for Safety

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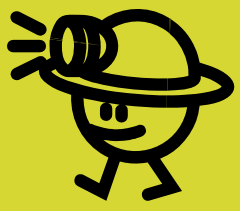

SPECIAL POINTS OF INTEREST:

- **Protect Yourself from Electrical Hazards**
- **Electrical Safety Tips**
- **Electrical Shock**
- **Electrical Shock Symptoms**
- **What to Do for Shock Victim**

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Electric Shock

Unsafe conditions such as defective equipment, loose connections, and carelessness can cause electrical hazards in the workplace. Avoid accidents when working with or near electrical power by following the safety standards set by OSHA and your company.

Protect Yourself from Electrical Hazards

Remember only properly trained, qualified employees should perform electrical jobs. If you must work with electricity, your employer may provide you with special PPE, such as nonconductive head protection, insulated tools, and handling equipment designed to keep you safe from electrical hazards. Remember, it's up to you to use it and maintain it properly.

To remain safe around electricity, don't reach blindly into areas that may contain energized parts, and keep conductive items away from exposed energized parts. Never handle, plug or unplug equipment with wet hands. And remember to read and follow MSDS precautions when handling flammable materials.

Solutions

A variety of possible solutions may be implemented to reduce or eliminate the risk of injury associated with electrical work. Examples of solutions include the use of insulation, guarding, grounding, electrical protective devices, and safe work practices. The following references aid in controlling electrical hazards in the workplace. Controlling Electrical Hazards. OSHA Publication 3075, (2002). Also available as a 350 KB PDF, 66 pages. Provides a basic overview of electrical safety on the job, including information on how electricity works, how to protect against electricity, and how OSHA can help. http://www.osha.gov/SLTC/electrical/solutions.html

Electrical Safety Tips

When it comes to working on or near electrical circuits and equipment, you can't be too careful. Leave electrical jobs to qualified workers who have been specially trained to work on or near exposed energized electrical parts.

- Observe locks, tags, signs, barricades and attendants warning you about electrical hazards
- Don't use equipment that has defective parts or loose connections.
- Use insulated materials and protective shields and barriers to prevent contact with live parts in confined spaces
- Never use adapters

Electrical Shock

An electric shock occurs when a person comes into contact with an electrical energy source. Electrical energy flows through a portion of the body causing a shock. Exposure to electrical energy may result in no injury at all or may result in devastating damage or death.

Burns are the most common injury from electric shock. They are most severe at the points of contact with the electrical source and the ground. The hands, heels, and head are common points.

Information in this newsletter was taken from Workplace Safety, eMedicinehealth.com; webmed.com; osha.gov

Electric Shock Symptoms

A person who has suffered an electric shock may have very little external evidence of injury or may have obvious severe burns. The person could even be in cardiac arrest.

In addition to burns, other injuries are possible if the person has been thrown clear of the electrical source. The person may have internal injuries especially if he or she is experiencing any shortness of breath, chest pain, or abdominal pain.

Symptoms may include:

- Altered level of consciousness
- Bone fractures
- Cardiac arrest
- Headache
- Impaired swallowing, vision, hearing
- Irregular heartbeat
- Muscle contraction
- Muscular pain
- Numbness or tingling in face, trunk, arms and/or legs
- Respiratory distress
- Seizures
- Skin burns

What to do for a Shock Victim

If someone has been shocked, there's a chance they may still be in contact with the source of electricity. Do NOT touch the person or anything he or she is touching. You could become part of electricity's path and be shocked or even killed! Take these three steps:

► Turn off the main power

► Call 911 and tell them it is an electrical accident

► When the victim is not in contact with the source of electricity and you're sure there is no danger, give first aid for electrical injury. This may include CPR.

► Don't touch burns, break blisters, or remove burned clothing. Electrical shock may cause burns inside the body, so be sure the person is taken to a doctor.