



Electricity is a well-known risk. Yet, it is not usually understood that a low voltage shock of just 240 volts might, in some situations, be sufficient to kill. Numerous people have unintentionally entered an electrical circuit and experienced an electric shock. Yet, the location and duration of the electrical current's travel throughout the body will determine how serious a damage might be.

How does the body react to an electric current?

- The neurological system could temporarily paralyze, causing breathing to halt.
- The heart stops beating, which causes the body's blood circulation to cease.
- Internal bleeding, burns, and damage to the muscles and nerves.

Injuries would also happen as a result of several connected factors:

- BURNS from electrical fires or arcing.
- SLIPS AND FALLS after contacting electrical equipment and losing their equilibrium.
- Cuts or mechanical injuries brought on by unexpected machinery starts.

In order to safeguard employees from the risks associated with electricity, relevant legislation places a number of restrictions on businesses. As a reminder, there are a few unbreakable laws that must be adhered to in order to protect both you and others:

- Never presume a circuit is out of power. Always perform tests before working.
- It is not permitted to use live equipment.
- PPE (personal protective equipment) should be worn or used.
- Physically "lock off" any potentially connecting devices.
- Inspect the cables and machinery.
- Verify that earth loads and earthing are adequate.
- Report errors and take corrective action.
- Check the Earth leakage breaker once a month.
- BURNS from electrical fires or arcing.
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Safety is morally "the right thing to do" and strategically "the intelligent thing to do"!

