Follow these safeguards to prevent electrical injuries

1. Ground all circuits
   If you find one that’s not properly grounded, flag it and repair immediately. Check condition of electrical tools before use.

2. Avoid metal ladders
   Instead, use ladders made from nonconductive materials.

3. Don’t overload electrical sockets
   Limit extension cord use and make sure the ground prong is in good shape on all cords.

4. Use personal protective equipment
   Rubber gloves, boots, eye protection, flame-resistant clothing, and hard hats can all make a difference.

5. Use insulated tools
   And remove damaged tools from your toolbox or work area so others don’t mistakenly use them.

The higher the voltage, the greater the damage

- 3 mA = painful shock
- 10 mA = muscles contract
- 30 mA = temporarily paralyzed lungs
- 50 mA = heart dysfunction (fatal)
- 100 mA to 4 amps = fatal

mA = milliamperes

Note: Both high voltage and high current can be fatal.