

# The Hazards of Electrical Shock

Electricity follows the easiest path to the ground. If you touch a live electrical part while you are in contact with the ground, current passes through you to the ground, causing a shock.

## Shock can cause...

- ⚡ heartbeat and breathing to stop, leading to death.
- ⚡ muscle contractions that result in falls, broken bones or bruises.
- ⚡ severe internal and external burns.

## The effects of shock depend on...

- ⚡ the type of circuit.
- ⚡ voltage.
- ⚡ how it travels through the body.
- ⚡ how long it lasts.

## To prevent shock, use safe equipment such as...

- ⚡ clean, dry, undamaged cord insulation.
- ⚡ guards to cover energized equipment parts.
- ⚡ fuses, circuit breakers and ground fault circuit interrupters to cut off power during a circuit overload or short circuit.

## And safe work habits...

- ⚡ Keep a distance from exposed wires or parts and report them to a supervisor.
- ⚡ Avoid using equipment in wet conditions.
- ⚡ Always use grounded tools and grounded circuits.
- ⚡ Use protective clothing and devices, such as rubber gloves, safety mats or special tools, when required.