

# BWC Update

Safety news from the Ohio Bureau of Workers' Compensation

## Safety in a flash

Electric shock is a constant hazard that can literally strike in a flash. Just two seconds of exposure to a small ampere of electricity can lead to severe brain injury, amputated limbs and even death. Some injuries from electrical shock can strike after the electrical current has left the body.

BWC can help protect your workers from the many dangers of working with electricity that can cause injuries on the job. BWC recommends the following control measures to ensure the safety of your workers:

- Ensure employees use all electrically powered equipment and tools according to listing and labeling instructions;
- Develop a lockout/tagout program and policies that prohibit employees from working on energized conductors and equipment;
- Establish policies that require employees and equipment to stay a minimum of 10 feet from any overhead utility wires.

In addition to the advice mentioned above, BWC also offers instructional resources to help protect your employees. These include:

- Safety consulting services;
- Training courses on electrical safety and lockout/tagout practices;
- Videos on electrical safety and lockout/tagout procedures;
- *Safety Talks* on working safely with electricity;
- Educational guides on electric power tools.

BWC can also help protect your workers from other utility industry safety hazards such as:

- Overexertion;
- Slips, trips and falls;
- Getting struck by or striking against objects;
- Cuts and lacerations and punctures.

More information is available about preventing injuries in the utilities industry by [clicking here](#).

Connect with a BWC safety consultant at 1-866-569-7805 or via email at [besafe@ohiobwc.com](mailto:besafe@ohiobwc.com).