

# SAFETY RULES

There are a few basic rules that electricians must follow to avoid accidents and injuries. By learning them and making them an integral part of your regular routine, you will create a safe working environment for yourself and your co-workers.

1. Remain alert. Think before acting.
2. Work carefully, planning each step of your work and avoid quick movements.
3. Keep work areas dry and free of debris. If necessary, clear the area of loose material or hanging objects and cover wet floors with wooden planking.
4. Avoid live work unless absolutely necessary. Disconnect circuit at its main source, if possible.
5. To make certain a circuit is de-energized, test it with a test light before working on it.
6. Keep tools in good condition, and use them only for their intended purpose. If you are working on a live circuit, only use tools with insulated handles.
7. Make sure that all electrical equipment is properly grounded.
8. Place a rubber barrier or other nonconductive shield around exposed conductors or equipment near the work area.
9. Lift objects carefully, keeping your back straight and using your leg muscles.
10. Wear clothing that fits well. Loose clothing will catch on things in the workspace causing unsafe motion. Clothing that is tight enough to be uncomfortable may be just as unsafe as loose apparel.
11. Always wear rubber boots or rubber-soled shoes and wear gloves whenever possible.
12. Wear safety glasses when using striking tools.
13. Before beginning work, remove jewelry, rings, watches, and any other metal objects or apparel.



This product was funded by a grant awarded under the President's High Growth Job Training Initiative as implemented by the U.S. Department of Labor's Employment & Training Administration. The information contained in this product was created by a grantee organization and does not necessarily reflect the official position of the U.S. Department of Labor. All references to non-governmental companies or organizations, their services, products, or resources are offered for informational purposes and should not be construed as an endorsement by the Department of Labor. This product is copyrighted by the institution that created it and is intended for individual organizational, non-commercial use only.

[www.CHICAGOWOMENINTRADES.org](http://www.CHICAGOWOMENINTRADES.org)