Electricity travels in closed circuits, normally through a conductor. But sometimes a person’s body mistakenly becomes part of the electrical circuit. This can cause an electrical shock, because electricity flows between parts of the body or through the body to a ground or the earth.

Electricity will travel through a person because a person usually offers less resistance than the electrical user (i.e., machinery, power tool) that is currently on the circuit.

If the person is touching the ground, that person will form a completed electrical circuit. Now the electricity will prefer to travel through the person (less resistance) and to the ground.

To protect yourself from shock, follow these safe work practices:

- De-energize electrical equipment and tools before inspection or repair
- Keep electrical tools properly maintained
- Exercise caution when working near energized electrical lines
- Use appropriate protective equipment

Remember, your family is counting on you!

**OSHA Electrical Requirements:**

- Worn or frayed electric cords or cables shall not be used.
- Extension cords shall not be fastened with staples, hung from nails, or suspended by wire.
- Electric power operated tools shall either be double-insulated or grounded.

See it, own it!