

THE BASICS

1. Personal Protective Equipment (PPE):

It is the policy of Meiners Electric, that hardhats and safety glasses be worn at all times unless a variance is given by the Safety Director or Project Manager. Additionally, proper PPE will be worn at all times as needed to perform your duties. If you are in doubt about what type of PPE is required to perform a job, **STOP** and ask your Foreman or Safety Director before proceeding.

2. Electrical Safety:

OSHA requires that all exposed electrical circuits (Greater than 50 volts) be at least 8' (feet) above floor level. Otherwise, they are to be properly covered as to not present an electrical shock hazard.

Note: If other crafts or personnel are working off ladders or other elevated platforms hanging conduit, ducting, etc. We must assume that the 8' (foot) rule cannot be maintained and therefore we must properly cover and eliminate the exposure to electrical shock.

1. This requirement includes, but is not limited to:

● Panelboards, load centers, switchgears, etc:

- ◆ Conductors entering boxes, cabinets, or fittings. Conductors entering boxes, cabinets, or fittings shall be protected from abrasion, and openings through which conductors enter shall be effectively closed. Unused openings in cabinets, boxes, and fittings shall also be effectively closed.
- ◆ Setup barricades to limit access to areas that may pose a shock, electrocution or arc flash hazard.
- ◆ Identify hazard areas with proper signage identifying the hazard(s).
- ◆ **KEEP** unqualified personnel away at all times.

● Wall receptacles and light switches:

- ◆ Covers are to be in place prior to energizing the circuit and are to stay in place. We **will not** remove any cover to allow other crafts to perform their jobs unless the circuit is de-energized. (This is an OSHA requirement)



● Temporary Lighting:



- ◆ Receptacles for uses other than temporary lighting shall not be installed on branch circuits which supply temporary lighting. Receptacles shall not be connected to the same ungrounded conductor of multiwire circuits which supply temporary lighting.
- ◆ Temporary lights shall not be suspended by their electric cords unless cords and lights are designed for this means of suspension.
- ◆ All lamps for general illumination shall be protected from accidental contact or breakage. Metal-case sockets shall be grounded.

3. Housekeeping:

- Do Not block aisle-ways, stairways, emergency routes, etc.
- Clean as you go
- Stack and block materials neatly
- Remove unneeded tools and materials from the job site.

4. Scissor and Boom Type Work Platforms

1. **Scissor Lifts:** OSHA does not require personal fall protection equipment for scissor lifts if the safety chain/gate is secured and the railing is intact.



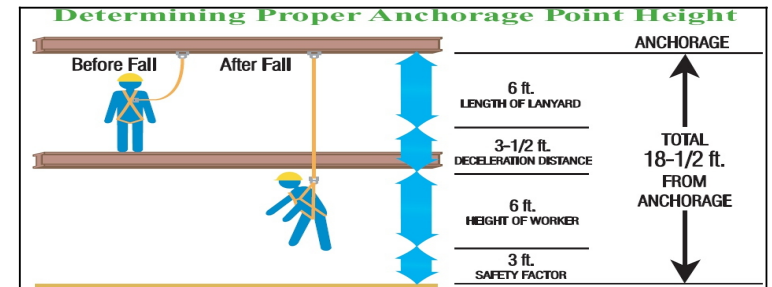
● Exception(s):

- ◆ Our clients may require personal fall protection when in a scissor lift. Always check before starting work
- ◆ If there are any missing or damaged sections of railing, fall protection must be utilized.

2. **Boom Lifts:** OSHA requires that personnel working in boom lifts utilize "Ejection Protection". This type of protection ensures that personnel working from the basket cannot be ejected. Retractable and positioning lanyards will be used for this purpose (Do not use shock absorber or tire back lanyards in a boom lift).

5. Fall Protection:

1. **Anchorage** are used for attachment of personal fall arrest equipment shall be independent of any anchorage being used to support or suspend platforms and capable of supporting at least 5,200 pounds per employee attached.
2. **Shock Absorber or Tie Back Lanyards** are time tested devices that when properly setup, will provide protection in a fall situation. When using these types of lanyards, extra care must be taken to calculate fall distances. (See Graphic Below)



3. **Retractable (YoYo)** automatically limit free fall distance to 2 feet or less and are preferred over traditional lanyards at Meiners' Electric due to their flexibility. Traditional lanyards should only be used when retractables are not available. When using a retractable, always stay aware of your swing distance (anchorage point to harness connection)

4. Rescue

- **When planning work requiring the use of a full body harnesses, care must be taken to identify rescue procedures for workers.** In the event of a fall where an employee is caught by his personal fall protection equipment, measures must be taken to immediately and safely bring the employee back to solid ground.

Following a fall, Orthostatic intolerance may be experienced by workers using fall arrest systems suspended in a harness. The sustained immobility may lead to a state of unconsciousness. Depending on the length of time the suspended worker is unconscious / immobile and the level of venous pooling, the resulting orthostatic intolerance may lead to death.