

8-HOUR ARC FLASH AND ELECTRICAL SAFETY IN THE WORKPLACE

COURSE DESCRIPTION



ELECTRICAL SHOCK SAFETY

- 1. Electrical Safety Facts**
- 2. Effects of Electricity on the body**
- 3. Regulatory requirements**
- 4. Creating an Electrically Safe Condition**
 - Isolating sources
 - Lock-out and Tag-out
 - Training
 - Planning
 - Risk assessment
 - PPE
- 5. Live - Dead – Live Verification Technique**
 - Selecting and use and inspection of test equipment
- 6. Shock Protection Boundaries**
- 7. Qualifications**
 - Qualified vs Unqualified
- 8. Energized Work Permits**
- 9. Safe use of portable tools and equipment**
 - GFCI use and testing
 - Assured grounding program
- 10. Care and use of Protective Equipment**
 - Selecting the proper insulating PPE
 - Maintaining PPE
- 11. Safety Related Work Practices**
 - Insulated Tools
 - Removing of conductive articles
 - Barriers and Barricades
 - Job Briefs
 - Shock assistance techniques
- 12. Hands-on exercise**
 - Creating and electrically safe condition

ARC FLASH SAFETY

- 1. Arc Flash Safety Facts**
- 2. Definition of an arc flash**
 - Arcing fault
 - Bolted short circuit
- 3. Determine the cause of arc flash**
 - Equipment condition
 - Human interaction
- 4. Arc Flash Risk Assessment**
 - Recognizing a hazard
 - Appropriate safety practices
 - Arc Flash Boundary
 - PPE requirements
- 5. Understanding the arc flash label**
 - Incident energy
 - Working distance
- 6. PPE Requirements**
 - Labels
 - Care and maintenance
 - Levels
- 7. Hands-on exercises**
 - Identifying arc flash hazards and taking appropriate actions in accordance with NFPA 70E requirements.
- 8. Written exam**