

Electrical Contractor – Safe Work Practices



Job Site Storage and Material Handling

- Position materials between knee and shoulder height.
- Use a forklift or cart to move materials around job site.
- Reduce redundant material handling.
- Use proper lifting techniques.

Injury: Strain/sprain from moving materials around the site.



Handling Wire Spools

- Use a forklift or hoist to move feeder wire (350, 500 MCM).
- Use 2-person team to move spools of MC wire (1000feet 12gage).
- Use proper lifting techniques when handling single strand (THNH).

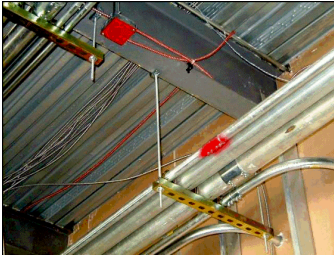
Injury: Strain/sprain from moving or lifting spools of wire.



Pulling Wire

- Use a Mechanical puller (chugger/tugger, pusher, winch, come-along).
- Manually pull wire *only* if size of wire /number of wires /diameter of pipe/ length of pull /number of sweeps, doesn't exceed person's capabilities.
- Lubricate wire at feeder end.
- Feed wire from a spool. Don't cut and drag.

Injury: Strain/sprain from lifting, pulling and feeding wire.



Working with Fasteners and Fixtures (nuts, bolts, clamps, ballast)

- Pre-assemble at waist or ground level, to minimize working overhead.
- Use a ladder or lift to position the work at chest level.
- Use a lift, chain hoist or other means to raise and hold materials in place.
- Select and use the right tool for the job, i.e., cordless driver, ratchet, or wrench (crescent, open, closed, pipe)

Injury: Strain/sprain when using fasteners to assemble hangers, pipes, etc., or when assembling fixtures (boxes, ballast).



Using Ladders and Lifts

- *Select, Setup and Use* a ladder correctly.
- Stepladder: maximum work height = 3 feet above top of ladder.
- Straight ladder: maximum work height = 2 feet above top of ladder.
- Position work at about chest level.
- Don't overreach! Keep your belt buckle inside the rails.

Injury: Strain/sprain from overreaching or awkward posture due to poor ladder or lift positioning.

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