

CONTENTS

Foreword	xv
Preface	xvii
Acknowledgments	xx

Chapter 1. Hazards of Electricity

1.1

Introduction / 1.1
Hazard Analysis / 1.1
Shock / 1.1
Description / 1.1
Influencing Factors / 1.2
Arc / 1.7
Definition and Description / 1.7
Arc Energy Release / 1.8
Arc Energy / 1.8
Arc Energy Input / 1.11
Arcing Voltage / 1.12
Arc Surface Area / 1.12
Incident Energy / 1.13
Arc Burns / 1.15
Blast / 1.15
Affected Body Parts / 1.18
General / 1.18
Skin / 1.18
The Nervous System / 1.20
Muscular System / 1.21
The Heart / 1.21
The Pulmonary System / 1.22
Summary of Causes—Injury and Death / 1.23
Shock Effect / 1.23
Arc-Flash Effect / 1.23
Causes of Injury / 1.24
Causes of Death / 1.24
Protective Strategies / 1.24
References / 1.25

Chapter 2. Basic Physics of Electrical Hazards

2.1

Introduction / 2.1
Electromagnetism / 2.1
Introduction / 2.1
The Four Fundamental Forces (Interactions) of Nature / 2.1
The Electromagnetic Spectrum / 2.4

CONTENTS

Electrical Properties of Materials / 2.5	
Conductors / 2.5	
Nonconductors / 2.7	
Physics Considerations in Electrical Fault Conditions / 2.8	
Risks / 2.8	
Bolted Fault / 2.8	
Arcing Fault / 2.9	
Review of Foundational Approaches to Interpreting Arcing Phenomena / 2.11	
Summary / 2.15	
References / 2.15	

Chapter 3. Electrical Safety Equipment

3.1

Introduction / 3.1	
General Inspection and Testing Requirements for Electrical Safety Equipment / 3.1	
Flash and Thermal Protection / 3.2	
A Note on When to Use Thermal Protective Clothing / 3.2	
Thermal Performance Evaluation / 3.2	
Clothing Materials / 3.4	
Non-Flame-Resistant Materials / 3.4	
Flame-Resistant Materials / 3.5	
Work Clothing / 3.6	
Flash Suits / 3.9	
Head, Eye, and Hand Protection / 3.9	
Head and Eye Protection / 3.10	
Hard Hats / 3.10	
Safety Glasses, Goggles, and Face Shields / 3.12	
Rubber Insulating Equipment / 3.13	
Rubber Gloves / 3.14	
Rubber Mats / 3.17	
Rubber Blankets / 3.18	
Rubber Covers / 3.21	
Line Hose / 3.22	
Rubber Sleeves / 3.23	
In-Service Inspection and Periodic Testing of Rubber Goods / 3.25	
Hot Sticks / 3.41	
Description and Application / 3.41	
When to Use / 3.43	
How to Use / 3.43	
Testing Requirements / 3.44	
Insulated Tools / 3.44	
Description and Application / 3.44	
When to Use / 3.45	
How to Use and Care For / 3.45	
Barriers and Signs / 3.46	
Barrier Tape / 3.46	
Signs / 3.46	
When and How to Use / 3.46	
Safety Tags, Locks, and Locking Devices / 3.48	
Safety Tags / 3.48	
Locks and Multiple-Lock Devices / 3.48	
Locking Devices / 3.49	
When and Where to Use Lockout-Tagout / 3.51	
Voltage-Measuring Instruments / 3.51	
Safety Voltage Measurement / 3.51	
Proximity Testers / 3.52	

CONTENTS

Contact Testers /	3.53
Selecting Voltage-Measuring Instruments /	3.55
Instrument Condition /	3.55
Low-Voltage Voltmeter Safety Standards /	3.57
Three-Step Voltage Measurement Process /	3.57
General Considerations for Low-Voltage Measuring Instruments /	3.59
Safety Grounding Equipment /	3.60
The Need for Safety Grounding /	3.60
Safety Grounding Switches /	3.60
Safety Grounding Jumpers /	3.62
Selecting Safety Grounding Jumpers /	3.64
Installation and Location /	3.68
Ground-Fault Circuit Interrupters /	3.71
Operating Principles /	3.71
Applications /	3.72
Arc-Fault Circuit Interrupters /	3.73
Safety Electrical One-Line Diagram /	3.74
The Electrician's Safety Kit /	3.74
References /	3.78

Chapter 4. Safety Procedures and Methods

4.1

Introduction /	4.1
The Six-Step Safety Method /	4.1
Think—Be Aware /	4.2
Understand Your Procedures /	4.2
Follow Your Procedures /	4.2
Use Appropriate Safety Equipment /	4.2
Ask If You Are Unsure, and Do Not Assume /	4.2
Do Not Answer If You Do Not Know /	4.3
Job Briefings /	4.3
Definition /	4.3
What Should Be Included? /	4.3
When Should Job Briefings Be Held? /	4.3
Energized or De-Energized? /	4.3
The Fundamental Rules /	4.3
A Hot-Work Decision Tree /	4.4
After the Decision Is Made /	4.6
Safe Switching of Power Systems /	4.6
Introduction /	4.6
Remote Operation /	4.7
Operating Medium-Voltage Switchgear /	4.11
Operating Low-Voltage Switchgear /	4.15
Operating Molded-Case Breakers and Panelboards /	4.19
Operating Enclosed Switches and Disconnects /	4.21
Operating Open-Air Disconnects /	4.23
Operating Motor Starters /	4.26
Energy Control Programs /	4.27
General Energy Control Programs /	4.28
Specific Energy Control Programs /	4.28
Basic Energy Control Rules /	4.28
Lockout-Tagout /	4.30
Definition and Description /	4.30
When to Use Locks and Tags /	4.31
Locks without Tags or Tags without Locks /	4.31
Rules for Using Locks and Tags /	4.31

CONTENTS

Responsibilities of Employees / 4.32	
Sequence / 4.32	
Lock and Tag Application / 4.33	
Isolation Verification / 4.33	
Removal of Locks and Tags / 4.33	
Safety Ground Application / 4.34	
Control Transfer / 4.34	
Nonemployees and Contractors / 4.36	
Lockout-Tagout Training / 4.36	
Procedural Reviews / 4.36	
Voltage-Measurement Techniques / 4.37	
Purpose / 4.37	
Instrument Selection / 4.37	
Instrument Condition / 4.38	
Three-Step Measurement Process / 4.39	
What to Measure / 4.39	
How to Measure / 4.41	
Placement of Safety Grounds / 4.42	
Safety Grounding Principles / 4.42	
Safety Grounding Location / 4.43	
Application of Safety Grounds / 4.47	
The Equipotential Zone / 4.48	
Removal of Safety Grounds / 4.49	
Control of Safety Grounds / 4.49	
Flash Hazard Calculations and Approach Distances / 4.51	
Introduction / 4.51	
Approach Distance Definitions / 4.51	
Determining Shock Hazard Approach Distances / 4.51	
Calculating the Flash Hazard Minimum Approach Distance (Flash Protection Boundary) / 4.53	
Calculating the Required Level of Arc Protection (Flash Hazard Calculations) / 4.56	
Introduction / 4.56	
The Lee Method / 4.56	
Methods Outlined in NFPA 70E / 4.58	
IEEE Std 1584-2002 / 4.59	
Software Solutions / 4.60	
Required PPE for Crossing the Flash Hazard Boundary / 4.60	
A Simplified Approach to the Selection of Protective Clothing / 4.61	
Barriers and Warning Signs / 4.61	
Illumination / 4.65	
Conductive Clothing and Materials / 4.66	
Confined Work Spaces / 4.66	
Tools and Test Equipment / 4.67	
General / 4.67	
Authorized Users / 4.68	
Visual Inspections / 4.68	
Electrical Tests / 4.68	
Wet and Hazardous Environments / 4.69	
Field Marking of Potential Hazards / 4.69	
The One-Minute Safety Audit / 4.70	
References / 4.72	

Chapter 5. Grounding and Bonding of Electrical Systems and Equipment 5.1

Introduction / 5.1	
Electric Shock Hazard / 5.1	
General Requirements for Grounding and Bonding / 5.2	
Grounding of Electrical Systems / 5.2	
Grounding of Electrical Equipment / 5.8	

CONTENTS

Bonding of Electrically Conductive Materials and Other Equipment / 5.8
Performance of Fault Path / 5.10
Arrangement to Prevent Objectionable Current / 5.10
Alterations to Stop Objectionable Current / 5.10
Temporary Currents Not Classified as Objectionable Current / 5.10
Connection of Grounding and Bonding Equipment / 5.10
Protection of Ground Clamps and Fittings / 5.11
Clean Surfaces / 5.11
System Grounding / 5.11
Purposes of System Grounding / 5.11
Grounding Service-Supplied Alternating-Current Systems / 5.11
Conductors to Be Grounded—Alternating-Current Systems / 5.13
Main Bonding Jumper / 5.13
Grounding Electrode System / 5.13
Grounding Electrode System Resistance / 5.16
Grounding Electrode Conductor / 5.17
Grounding Conductor Connection to Electrodes / 5.18
Bonding / 5.20
Equipment Grounding / 5.21
Equipment to Be Grounded / 5.21
Grounding Cord- and Plug-Connected Equipment / 5.21
Equipment Grounding Conductors / 5.22
Sizing Equipment Grounding Conductors / 5.23
Use of Grounded Circuit Conductor for Grounding Equipment / 5.24
Ferroresonance / 5.27
Summary / 5.28

Chapter 6. Electrical Maintenance and Its Relationship to Safety

6.1

Introduction / 6.1
The Safety-Related Case for Electrical Maintenance / 6.1
Overview / 6.1
Regulatory / 6.2
Relationship of Improperly Maintained Electrical Equipment to the Hazards of Electricity / 6.2
Maintenance and the Potential Impact on an Electrical Arc-Flash / 6.2
Hazards Associated with Electrical Maintenance / 6.4
The Economic Case for Electrical Maintenance / 6.4
Reliability-Centered Maintenance (RCM) / 6.6
What Is Reliability-Centered Maintenance? / 6.6
A Brief History of RCM / 6.6
RCM in the Industrial and Utility Arena / 6.7
The Primary RCM Principles / 6.7
Failure / 6.9
Maintenance Actions in an RCM Program / 6.9
Impact of RCM on a Facilities Life Cycle / 6.10
Conclusion / 6.12
The Eight-Step Maintenance Program / 6.12
Introduction / 6.12
Step 1—Plan / 6.12
Step 2—Inspect / 6.13
Step 3—Clean / 6.13
Step 4—Tighten / 6.14
Step 5—Lubricate / 6.14
Step 6—Test / 6.14
Step 7—Record / 6.15
Step 8—Evaluate / 6.15
Summary / 6.15

CONTENTS

Frequency of Maintenance / 6.15	
Determining Testing Intervals / 6.16	
Condition-Based Maintenance (CBM) / 6.16	
Introduction / 6.16	
The Elements of CBM / 6.17	
Data Analysis Methods for CBM / 6.17	
Maintenance Requirements for Specific Equipment and Locations / 6.21	
General Maintenance Requirements / 6.21	
Substations, Switchgear, Panelboards, Motor Control Centers, and Disconnect Switches / 6.21	
Fuse Maintenance Requirements / 6.22	
Molded-Case Circuit Breakers / 6.23	
Low-Voltage Power Circuit Breakers / 6.25	
Medium-Voltage Circuit Breakers / 6.26	
Protective Relays / 6.27	
Rotating Equipment / 6.30	
Portable Electric Tools and Equipment / 6.30	
Personal Safety and Protective Equipment / 6.30	
Electrical Safety by Design / 6.31	
Introduction / 6.31	
Including Safety in Engineering Design Criteria / 6.31	
Improved Engineering Standards / 6.33	
Conclusion / 6.34	
References / 6.34	

Chapter 7. Regulatory and Legal Safety Requirements and Standards

7.1

Introduction / 7.1	
The Regulatory Bodies / 7.1	
International Electrotechnical Commission (IEC) / 7.1	
American National Standards Institute (ANSI) / 7.3	
Institute of Electrical and Electronics Engineers (IEEE) / 7.5	
National Fire Protection Association (NFPA) / 7.5	
American Society for Testing and Materials (ASTM) / 7.6	
American Society of Safety Engineers (ASSE) / 7.7	
Occupational Safety and Health Administration (OSHA) / 7.8	
Other Electrical Safety Organizations / 7.15	
The National Electrical Safety Code (NESC)—ANSI C-2 / 7.16	
General Description / 7.16	
Industries and Facilities Covered / 7.16	
Technical and Safety Items Covered / 7.16	
The National Electrical Code (NEC)—ANSI/NFPA 70 / 7.17	
General Description / 7.17	
Industries and Facilities Covered / 7.18	
Technical and Safety Items Covered / 7.18	
Electrical Equipment Maintenance—ANSI/NFPA 70B / 7.18	
General Description / 7.18	
Industries and Facilities Covered / 7.19	
Technical and Safety Items Covered / 7.19	
Standard for Electrical Safety in the Workplace—ANSI/NFPA 70E / 7.19	
General Description / 7.19	
Industries and Facilities Covered / 7.20	
Technical and Safety Items Covered / 7.21	
American Society for Testing and Materials (ASTM) Standards / 7.21	

CONTENTS

Occupational Safety and Health Administration (OSHA) Standards / 7.21
Overview / 7.21
General Industry / 7.24
Construction Industry / 7.25

Chapter 8. Accident Prevention, Accident Investigation, Rescue, and First Aid

8.1

Introduction / 8.1
Accident Prevention / 8.1
Individual Responsibility / 8.1
Installation Safety / 8.2
Power System Studies / 8.4
First Aid / 8.8
General First Aid / 8.8
Resuscitation (Artificial Respiration) / 8.13
Heart-Lung Resuscitation / 8.13
Automated External Defibrillator (AED) / 8.15
How an AED Works / 8.17
When Should an AED Be Used? / 8.17
How to Use an Automated External Defibrillator / 8.18
What Risks Are Associated with Using an Automated External Defibrillator? / 8.18
Key Points about Automated External Defibrillators / 8.18
Rescue Techniques / 8.19
General Rescue Procedures / 8.19
Elevated Rescue / 8.21
Confined-Space Rescue / 8.21
Ground-Level Rescue / 8.35
Accident Investigation / 8.37
Purpose / 8.37
General Rules / 8.39
Data Gathering / 8.40
Accident Analysis / 8.41

Chapter 9. Medical Aspects of Electrical Trauma

9.1

Introduction / 9.1
Statistical Survey / 9.1
Nonoccupational Electrical Trauma / 9.5
Fatality- and Injury-Related Costs / 9.5
Electrical Events / 9.6
Electrocution and Electrical Fatalities / 9.7
Medical Aspects / 9.9
Nonelectrical Effects in Electrical Events / 9.11
Survivor Experience / 9.12
Worker Reflexes / 9.12
Triage and Medical Evacuation / 9.13
Stabilization and Initial Evaluation / 9.14
Medical and Surgical Intervention / 9.15
Hospitalization Experience / 9.15
Outpatient Care / 9.17
Rehabilitation Focus and Return to Work Planning / 9.17
Reentry to Employment Settings / 9.17
Plateau in Recovery / 9.18
References / 9.19
Further Reading / 9.20

Chapter 10. Low-Voltage Safety Synopsis

10.1

Introduction / 10.1	
Low-Voltage Equipment / 10.1	
Extension Cords / 10.2	
Electric Hand Tools / 10.3	
Current Transformers / 10.5	
Grounding Low-Voltage Systems / 10.6	
What Is a Ground? / 10.6	
Bonding versus Grounding / 10.6	
Voltage Hazards / 10.7	
System Grounds / 10.9	
Equipment Grounds / 10.11	
Ground-Fault Circuit Interrupters / 10.14	
Arc-Fault Circuit Interrupters / 10.14	
Safety Equipment / 10.15	
Overview / 10.15	
Hard Hats / 10.15	
Eye Protection / 10.15	
Arc Protection / 10.18	
Rubber Insulating Equipment / 10.19	
Voltage-Testing Devices / 10.19	
Safety Procedures / 10.21	
General / 10.21	
Approach Distances / 10.21	
Voltage Measurement / 10.21	
Locking and Tagging / 10.22	
Closing Protective Devices after Operation / 10.22	
Electrical Safety around Electronic Circuits / 10.22	
The Nature of the Hazard / 10.22	
Special Safety Precautions / 10.23	
Stationary Battery Safety / 10.24	
Introduction / 10.24	
Basic Battery Construction / 10.25	
Safety Hazards of Stationary Batteries / 10.26	
Battery Safety Procedures / 10.26	
Electrical Hazards of the Home-Based Business / 10.26	
Electrical Hazards in the Home / 10.28	
Working Alone / 10.29	
Working with Employees / 10.29	
Evaluating Electrical Safety / 10.30	
Electrical Safety Checklists / 10.30	
Electrical Inspections by Professionals / 10.31	

Chapter 11. Medium- and High-Voltage Safety Synopsis

11.1

Introduction / 11.1	
High-Voltage Equipment / 11.1	
Current Transformers / 11.1	
Grounding Systems of over 1000 V / 11.3	
What Is a Ground? / 11.3	
Bonding versus Grounding / 11.4	
Voltage Hazards / 11.4	
System Grounds / 11.5	
Equipment Grounds / 11.7	

CONTENTS

Safety Equipment / 11.8
Overview / 11.8
Hard Hats / 11.8
Eye Protection / 11.8
Arc Protection / 11.9
Rubber Insulating Equipment / 11.9
Voltage-Testing Devices / 11.9
Safety Procedures / 11.12
General / 11.12
Approach Distances / 11.12
Voltage Measurement / 11.14
Locking and Tagging / 11.14
Closing Protective Devices after Operation / 11.14

Chapter 12. Human Factors in Electrical Safety

12.1

Introduction / 12.1
Overview / 12.4
Defense in Depth / 12.4
Evolution of Human Factors / 12.5
Visualization / 12.7
Cognitive Ergonomics / 12.9
Summary / 12.13
References / 12.13
Recommended Readings / 12.14

Chapter 13. Safety Management and Organizational Structure

13.1

Introduction / 13.1
Changing the Safety Culture / 13.1
Electrical Safety Program Structure / 13.3
Electrical Safety Program Development / 13.4
Company Electrical Safety Team / 13.4
Company Safety Policy / 13.5
Assessing the Need / 13.5
Problems and Solutions / 13.6
Program Implementation / 13.6
Examples / 13.6
Company Safety Procedures / 13.9
Results Assessment / 13.9
Employee Electrical Safety Teams / 13.9
Reason / 13.9
Method / 13.9
Safety Meetings / 13.10
Who Attends / 13.10
What Material Should Be Covered / 13.11
When Meetings Should Be Held / 13.11
Where Meetings Should Be Held / 13.11
How Long Meetings Should Be / 13.12
Evaluation of Safety Meetings / 13.12
Outage Reports / 13.12
Safety Audits / 13.13
Description / 13.13
Purposes / 13.13

Procedure / 13.14
The Audit Team / 13.15
Audit Tools / 13.15
Follow-Up / 13.35
Internal versus External Audits / 13.35

Chapter 14. Safety Training Methods and Systems

14.1

Introduction / 14.1
 Safety Training Definitions / 14.1
 Training Myths / 14.2
 Conclusion / 14.3
Comparison of the Four Most Commonly Used Methods of Adult Training / 14.3
 Introduction / 14.3
 Classroom Presentation / 14.5
 Computer-Based Training (CBT) and Web-Based Training (WBT) / 14.6
 Video Training / 14.8
 Conclusion / 14.9
Elements of a Good Training Program / 14.9
 Element 1: Classroom Training / 14.9
 Element 2: On-the-Job Training (OJT) / 14.11
 Element 3: Self-Training / 14.12
 Conclusion / 14.12
On-the-Job Training / 14.13
 Setup / 14.13
 Implementation / 14.14
 Evaluation / 14.15
 Conclusion / 14.15
Training Consultants and Vendors / 14.16
 Canned Programs and Materials / 14.16
 Tailored Programs / 14.16
 Training Analysis / 14.17
 Evaluating Training Vendors and Consultants / 14.17
 Conclusion / 14.18
Training Program Setup—A Step-by-Step Method / 14.18
 Introduction / 14.18
 Background / 14.18
 A Plan / 14.21
 Analyze / 14.21
 Design / 14.23
 Develop / 14.24
 Implementation / 14.25
 Evaluation / 14.25
 Modification / 14.26

Glossary G.1

Index I.1