

May 2019

Dear RETRO Members;

May is **National Electrical Safety Month** and is sponsored by ESFI.org, an organization dedicated exclusively to promoting electrical safety in the home, school, and workplace. Their annual campaign is educating people about the steps that can be taken in order to reduce the number of electrically-related fires, fatalities, injuries, and property loss which can be found [here](#).

First topic is: **Overexertion** - Overexertion injuries generally fall into two categories – sprains (stretching or tearing ligaments) and strains (stretching or tearing tendons or muscles). These types of injuries have been associated with lifting, repeated bending at the waist with twisting, long term bending at the waist, pushing/pulling, carrying, reaching, long term poor posture (either sitting or standing) and sitting while absorbing vibration through the body (for example, while driving a truck). Proper posture, body mechanics and ergonomics can lessen overexertion injuries. Because it is important that the demands of the job match the capabilities of the worker, extra training may be required to perform a job safely. Additional information is available in; [RASI Library](#) or [RASI SAFETY TV](#) If you have additional questions or need help, please contact me.

The second item is: **Electrical Safety** - Improperly using electrical equipment can create very serious hazards for workers. Special safety features built into equipment often are rendered ineffective when equipment is manipulated or misused. This can harm workers and damage the equipment.

Please review the following tips about common types of equipment misuse:

- Do not fabricate extension cords with Romex wire.
- Replace all cords or tools with worn insulation or exposed wires.
- Never modify cords or tools by removing ground prongs, face plates or insulation.
- Ensure equipment labeled for *dry, indoor* use is never used outside or in damp conditions.
- Do not attach an ungrounded, two-prong adaptor plug to three-prong cords and tools.
- To ensure worker safety, only use equipment that is approved to meet all OSHA standards and use it in accordance with the manufacturer's instructions.
- Limit the use of extension cords where possible.

You can find some short electrical safety videos on [RASI SAFETY TV](#)

Also, [SAFEME Automotive](#) has a basic electrical lesson.



Thinking safety for you,

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