

# 8 LIFE SAVING COMMITMENTS FOR THE JOB

Electricity is one of the **leading causes of workplace injuries and deaths**. Even for **non-electrical workers**. Following these commitments can **help save your life**.

## FOR ALL WORK AROUND ELECTRICITY

- 1 LOOK**  


I will always **look up and around** before I start work. I will **stop work and reassess** if I see power lines or anything that can shock me or others.
- 2 INSPECT**  


I will only **use undamaged cords, plugs, and power sources**. If it is cut, cracked, broken, or damaged in any way, I will not use it.
- 3 PROTECT**  


I will only plug my equipment into a **GFCI-protected outlet or cord**.
- 4 CHOOSE**  


I will only use **fiberglass ladders** when ladders are needed.
- 5 COMMUNICATE**  


I will **let my customers know about the work** I am doing on their site before I start.
- 6 CHECK IN**  


I will always **have a buddy, or I will make sure someone knows where I am** on the job and what I am working on.

## FOR ELECTRICAL WORK

- 7 TURN IT OFF**  


I will always **turn off the power before doing any electrical work** and make sure it can't be turned on. If I need to test or work on live equipment, I will **follow our safety plan and procedures**.
- 8 PROVE IT**  


I will **prove through accurate testing that the power is dead** before I start working and I will **test the tester**.

D. Martin and N. Scott, "Breaking Through the Electrical Fatality Plateau with Eight Electrical Life Saving Commitments," presented at the IEEE Electrical Safety Workshop, 2026.