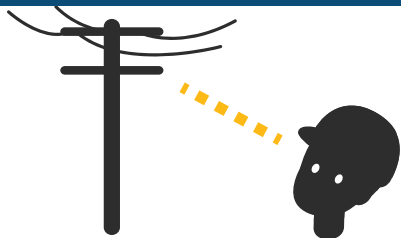


8 LIFE SAVING COMMITMENTS FOR THE JOB

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.

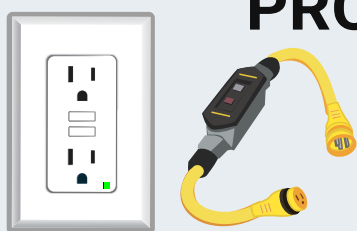
2



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.

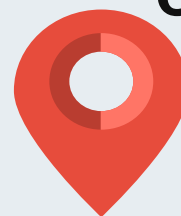
5



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*

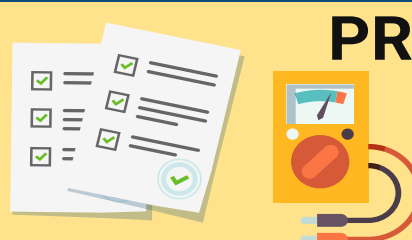
7



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.

*See the latest edition of *NFPA 70E®*, *Standard for Electrical Safety in the Workplace* for additional workplace electrical safety information.