

Three primary factors affect the severity of the shock a person receives when he or she is a part of an electrical circuit:

- Amount of current flowing through the body (measured in *amperes*).
- Path of the current through the body.
- Length of time the body is in the circuit.

Other factors that may affect the severity of the shock include:

- The voltage of the current.
- The presence of moisture in the environment.
- The phase of the heart cycle when the shock occurs.
- The general health of the person prior to the shock.

Effects can range from a barely perceptible tingle to severe burns and immediate cardiac arrest.

The normal wear and tear on extension and flexible cords can loosen or expose wires, creating hazardous conditions at your site. Cords that aren't the three-wire type, aren't designed for hard usage, or that have been modified, increase the risk of electrical current contact.

### How to Avoid Hazards:

- Use factory-assembled cord sets.
- Use only extension cords that are the three-wire type.
- Use only extension cords that are marked with a designation code for hard or extra-hard usage.
- Use only cords, connection devices, and fittings that are equipped with strain relief.
- Remove cords from receptacles by pulling on the plugs, not the cords.
- Continually audit cords onsite. Any cords not marked for hard or extra-hard use or cords that have been modified, must be taken out of service immediately.



\* Source material taken from [www.osha.gov](http://www.osha.gov).