

Electrical Safety Toolbox Talk

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A ready-to-run 5-minute crew talk · Electrical Safety Awareness · OSHA 29 CFR 1910 Subpart S

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How to run this talk (5 minutes): Use this before work around energized equipment, panels, cords, or tools. Read each talking point aloud, then ask the discussion questions and let the crew answer. Close with the one rule, point out where your electrical safety program, arc-flash labels, and PPE are kept, and pass the sign-in sheet on page 2. This is an awareness refresher — it does **not** replace your employer's electrical safety training, and it does **not** make anyone a **qualified person**. Work on or near exposed energized parts is for qualified persons only.

The Hazards — Shock, Arc Flash, Arc Blast

- **Electricity kills at surprisingly low levels.** Currents well under one amp can stop the heart. **Even 120/208-volt systems are potentially fatal** — low voltage is not “safe” voltage.
- **Shock** happens when your body becomes part of the circuit. **Arc flash** is essentially an explosion — intense heat (thousands of degrees), a burst of light, and a spray of molten metal. **Arc blast** is the pressure wave that can throw a worker across a room.
- **Wet conditions, damaged insulation, and missing grounds** multiply the danger. Water and electricity are a deadly combination.
- **“Qualified” vs. “unqualified”:** a **qualified person** is trained and demonstrates the skills and knowledge to work safely on or near energized parts. If that's not you, **stay clear** — keep the required approach distance and let a qualified person handle it.

De-Energize, Verify, Ground

- **Establish an electrically safe work condition** whenever feasible: disconnect, **lock out/tag out**, and then **verify zero energy** with a properly rated tester — test the tester on a known live source first (“live-dead-live”).
- **Watch for stored and induced energy:** capacitors, batteries, and backfeed. Discharge/ground where the procedure requires.
- **Working energized is a last resort** — only when de-energizing introduces greater hazard or is infeasible, under an energized-work permit and by qualified persons with the right PPE.

Arc-Flash Labels & PPE

- **NFPA 70E** is the consensus standard behind OSHA's electrical requirements. It drives the **shock and arc-flash risk assessment** and the PPE that follows.
- **Read the arc-flash label** on the equipment: it shows the boundaries and the required arc-rated PPE. If there's no label or you don't understand it, **stop and ask a qualified person**.
- **Use arc-rated/FR clothing and rated PPE** for the task — face shield/hood, arc-rated gloves over rubber insulating gloves, and hearing protection as specified. Everyday clothing is not protection.
- **Use the right insulated, rated tools** and rubber insulating equipment; inspect them before use and take damaged gear out of service.

Everyday Electrical Safety

- **Inspect cords and tools** before use — no cracked insulation, exposed wire, or missing ground pins. Tag and remove damaged equipment.
- **Use GFCI protection** in wet/damp locations and on construction sites. Don't defeat the ground pin or daisy-chain power strips.
- **Maintain clearance around panels** (keep the working space in front of electrical equipment clear) and keep panel covers on. Treat every conductor as live until verified dead.
- **Only qualified persons open panels or work on circuits.** Report hot switches, burning smells, buzzing, or scorch marks — don't investigate energized equipment yourself.

Discussion — Ask the Crew

1. Where on *our* site is arc-flash a real risk — and who is qualified to open those panels?
2. What does “verify zero energy” mean, and why do we test the meter before and after?
3. You find a cord with cracked insulation and a missing ground pin. What do you do?
4. Why is a 120-volt circuit still dangerous enough to kill?

The one rule to remember today: De-energize, lock out, and verify zero energy before you touch it — and if you're not a qualified person for the task, keep your distance and get one. Read the arc-flash label and wear the rated PPE; when in doubt, treat it as live.

This talk is a refresher, not the required training. OSHA 29 CFR 1910 Subpart S (with NFPA 70E) requires electrical safety training appropriate to the hazard, qualified-person determinations, and arc-flash risk assessment. The **Electrical Safety Training Kit** adds the full video (available in English or Spanish), quiz & answer key, certificates, and sign-in sheets — reusable for every new hire. [SafetyVideos.com/Electrical_Safety_Video_p/78.htm](https://www.safetyvideos.com/Electrical_Safety_Video_p/78.htm)

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Summarizes selected federal requirements and recognized safe practices as of July 2026 (OSHA 1910 Subpart S incl. 1910.331–.335; NFPA 70E is a consensus standard; construction is 29 CFR 1926 Subpart K); not a complete compliance program. Also follow the manufacturer's instructions, your electrical safety program, and any applicable state-plan or local requirements. © SafetyVideos.com

Toolbox Talk Sign-In Sheet

Attendance record · Electrical Safety Toolbox Talk · OSHA 29 CFR 1910 Subpart S

Date

Location / Facility

Presented by

#	Name (print)	Signature	Job title / Department
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By signing above, each attendee acknowledges they participated in this electrical safety toolbox talk on the date shown. Retain this sheet with your training records. **Note:** attendance at a toolbox talk is not electrical safety training and does not make anyone a qualified person — keep it with, not in place of, each worker's formal training records under OSHA 29 CFR 1910 Subpart S / NFPA 70E.