

# Safety First



SDREA Loss Control

## Prevent Electrical Deaths

When you hear the word shock, do you think of the small zap you get when you walk across your carpet with socks on and then touch the television screen? Or how about in the winter when the air is extremely dry and you get a small shock when you touch anything metal?

These are all forms of shocks, but the kind that is the most dangerous is electrical shocks. Electrical shocks can cause serious damage to your body, like burns, or they can even stop your heart.

It is very important to know how to avoid electrical shocks and other injuries, but they cannot always be prevented. In that case, it is vital that someone near a victim of electrical shock knows what to do until emergency medical help arrives.

When someone gets seriously shocked, the very first thing you should do is try to find a way to turn off the source of electricity, like the circuit breaker. If you are unable to turn the power off, try to move the victim from the source of electricity without directly touching the person.

Never attempt to move a person touching a high voltage power line, though. Also, make sure that anything you use to move them will not conduct electricity. Wood or fiberglass work well. Then check for breathing and a pulse.

The second thing you should do is call for an ambulance. After you have help coming, make sure the victim is lying down. If the person is unconscious or is having trouble breathing, this is the time to begin first aid.

When victims are unable to breath on their own, you may need to administer mouth-to-mouth resuscitation. If you do not feel a pulse, or if it is a very weak one, you may also need to begin cardiopulmonary resuscitation (CPR).

It is a good idea to look into first aid and CPR classes for you and your children. The information you learn there could help save a life threatened by an electrical accident or by other dangerous situations.