

## What should you do if someone receives a severe electric shock?

**D – Danger:** Stay well away from electrical equipment – 8 metres for fallen powerlines. Switch off electricity immediately if possible or call Essential Energy on **13 20 80**. Ensure the area is safe for all concerned before progressing further

**R – Response:** Check for a response, otherwise:

**S – Send for help:** Call **000** for an ambulance

**A – Airway:** Check and clear airway

**B – Breathing:** Check for breathing.

No breathing – start CPR

**C – CPR:** Start CPR

**D – Defibrillation:** Apply defibrillator and follow prompts.

The person will then need to be taken to hospital and monitored.

## What should you do if someone receives a minor electric shock?

1. If a minor electrical shock has occurred seek medical attention. Complications can arise after it has happened, even several hours later, and we can never be sure of the impacts of the electric shock on an individual.

2. Experiencing a shock or tingle from a tap or showerhead isn't normal. It could mean there is an electrical wiring issue in or near your house that might lead to a more dangerous situation.

Call Essential Energy immediately on **13 20 80** to report it, and we will send out a crew member as soon as possible.

## What are the effects of electric shock?

The human body's response to electricity is varied and generally depends on the severity of the shock. These effects include:

1. Tingling sensation
2. Physical response that may cause someone to fall
3. Strong muscular contraction
4. Difficulty breathing
5. Burns
6. Arrhythmia (abnormal heart rhythm)
7. Cardiac arrest
8. Ventricular fibrillation.

## How do you prevent electric shocks?

- > Stay away from fallen powerlines – at least 8 metres
- > Stay clear of any equipment or machinery that comes in contact with powerlines

- > If someone is in a machine or vehicle that is in contact with powerlines – do not approach, instruct them to remain within the vehicle (unless there is a risk of fire) until Essential Energy advises that it is safe to leave the vehicle
- > Call Essential Energy on **13 20 80** if you come across a dangerous electrical situation or if a ball or equipment goes over a substation fence
- > Hire authorised tree trimmers to maintain trees near powerlines or contact Essential Energy for advice
- > Do not attempt electrical wiring or repairs yourself. Always hire a licensed electrician
- > Safety switches are invaluable in preventing electric shocks and electrocutions in homes and businesses. Ask your electrician about installing one, if you don't already have a safety switch
- > Test your safety switches regularly by pushing the test button at least every six months, as it is possible for them to become unserviceable. Licensed electricians can carry out electrical tests on safety switches to check their serviceability
- > Be careful with electrical equipment around water and never stick objects in toasters or power points
- > Turn off appliances before disconnecting them. Hold the plug to remove it – do not pull on the lead.

## Reporting Electric Shocks to the Authorities

All electric shocks should be reported to Essential Energy on **13 20 80**.

SafeWork NSW, NSW Fair Trading, NSW Trade & Investment or other state-based organisations will require notification in accordance with the law, however this will depend on the situation and circumstances.

For more information on electrical safety please visit [essentialenergy.com.au/safety](http://essentialenergy.com.au/safety) or call Essential Energy on **13 23 91**.

### **SAFETY FIRST**

- > Apply first aid as soon as it is safe to do so – switch off the electricity
- > Anyone who has received an electric shock should seek medical attention
- > Install safety switches
- > Do not attempt any electric wiring or repairs yourself. Always call a licensed electrician