

How to Test a GFCI

1. Plug the GFCI into the power source
2. If there is not a built in indicator light, plug a safe tool such as a battery charger into the GFCI and ensure it is receiving power
3. Press the TEST button on the GFCI; the appliance should turn off
4. Press the RESET button on the GFCI; the appliance should receive power again

If there is no error in the TEST/RESET, the GFCI is ready to be used. If the TEST does not interrupt the power, or the RESET does not work, the GFCI should be tagged out and removed from service.

Recommended Sizes for Extension Cords

GAUGE	RATING	AMPS
16/2	LIGHT DUTY	13A (0'-50') 10A (50'-100')
16/3	LIGHT DUTY	13A (0'-50') 10A (50'-100')
14/3	MEDIUM DUTY	15A (0'-50') 13A (50'-100')
12/3	HEAVY DUTY	15A (0'-100')
10/3	HEAVY DUTY	15A (0'-100')

\$332,257

The estimated amount of total costs per electrical shock injury. (Provided by the National Council on Compensation Insurance, Inc.)



Extension Cords

Best Practices for Safe Use

Seven Simple Rules to Prevent Electrical Cord Incidents

Behind falls, electrical incidents are the leading cause of death in the construction industry. Additionally, they are among the most costly as well. Let's look at some general rules to keep extension cord use safe.

1. ALWAYS use a ground fault circuit interrupter. GFCIs monitor the flow of the current. When a "leak" is detected, they disconnect the power preventing an electrical incident. Some outlets have GFCI protection built in (usually found in areas where water can be present) and some entire circuits are GFCI protected inside the breaker box. If you aren't sure if the outlet or circuit is protected, use an external GFCI. This plugs into the outlet, and your extension cord or tool plugs into it.
2. NEVER connect extension cords together to increase length; also known as daisy chaining. Extension cords are rated for the current they can safely handle by their length. Plugging two cords together essentially reduces the safe working load by half. If a 100' cord is not long enough, a portable power unit must be used.
3. To tape, or not to tape. Per OSHA, "worn or frayed electrical cords or cables shall not be used." Superficial nicks and abrasions, ones that do not expose the underlying insulation and do not allow the cord to bend more than normal are not considered to be worn or frayed.

If you want to apply electrical tape to the area, you are allowed to. However, it is not recommended as this prevents continued inspection of the minor damage.

4. NEVER affix extension cords to walls or ceilings using staples, nails, tacks, screws, etc. Beyond the obvious possibility of damage to the cord, doing so is considered a "permanent installation" by OSHA, and is not allowed.
5. NEVER run extension cords through door ways. There are enough opportunities for slips, trips, and falls as is. Adding an extension cord in a high traffic area is a bad idea.
6. NEVER leave extension cords wrapped, rolled, or piled up when in use. The current moving through the cord generates a significant amount of heat, which is easily dissipated when the cord is stretched out as intended. Leaving the cord wrapped up causes the heat to build up, leading to damage and a possible electrical incident.
7. ALWAYS inspect cords before each use. If there is a ground prong, is it intact? Are there major cuts to the insulation? Are there any major kinks or hard bends? Is there any sign of over-heating on the connector ends? Cords with damage other than minor abrasions to the outer layer should be tagged out and removed from use.

Contact Safe Workforce today for your safety and training needs!

