

Safety Tips

Being Safe Around Electricity

Electricity always tries to get to the ground. If you get in the way, electricity could go through you to get there! Contact with electricity can cause:

- ↻ Electrical Shock – this is when electrical current passes through the body. Even a small shock can be frightening and painful.
- ↻ Burns – Electric current can burn the skin, nerves, muscles and tissues in the body.
- ↻ Death – A severe electric shock can cause problems with a person's breathing and heartbeat, possibly leading to death.

Remember, electricity is very safe – as long as you respect it and are careful!

Outdoors

Never touch any outdoor wires with your body or any object. You should know that:

- ↻ Outdoor wires may not be covered with insulating material to protect you.
- ↻ Birds can sit on wires because they are not “grounded” (no part of them is touching the ground.) Remember, electricity is always seeking a path to the ground.
- ↻ Linemen wear special clothing and use special equipment to protect them when working on power lines and other equipment.

Remember these tips when you're playing with kites, model planes or balloons!

- ↻ Stay away from electric wires and anything that touches them. Fly your kite or model plane in an open space, such as a field or park.
- ↻ Use only non conducting materials to make a kite. Use plastic, paper, wood and string. Be sure your kite doesn't contain wire, metal or foil.
- ↻ Never climb a utility pole or nearby tree if your toy gets caught in power lines. Call your electric utility if you need help.
- ↻ Do not fly toys in the rain or in a storm. Wet strings or wires can conduct electricity.

↻ Do not release metallic balloons outside. They are dangerous conductors of electricity.

More ways to be safe outdoors:

↻ Watch out for overhead wires when you're around trees, or if you're using a ladder, pool skimmer or any long object.

↻ Look before you climb any tree to be sure no wires run through it or near it. Even if wires are not touching the tree, they could touch after your weight is added to the branch.

↻ Keep electrical appliances and toys away from water, including: rain, wet ground, swimming pools, sprinklers and hoses.

↻ Make sure tools and appliances are approved for outdoor use. They are made with heavier wiring, special insulation and three-way grounded plugs.

↻ Be on the alert for damaged plugs and cords on outdoor electrical appliances and fixtures. Don't touch them or use them if they are damaged.

Indoors

Always be careful when you use any electrical appliance or toy inside your home. Remember these tips:

↻ Never put your finger or anything other than an electrical plug in an outlet.

↻ Pull by the plug not the cord when unplugging an appliance.

↻ Don't use an electrical appliance when you're wet, have wet hands or you're standing in water. Be sure outlets near water sources have GFCIs (ground fault circuit interrupters.)

↻ Limit the number of appliances plugged in to each outlet.

↻ Be alert for damaged plugs and cords. Don't touch them! Tell an adult.

↻ Do not place electric cords so that they run through doorways or under carpets.

Electrical Storms

Lightning is powerful electricity in the air. Knowing what to do during an electrical storm can help keep you safe.

↻ Get inside a building, if possible. Keep away from windows and open doors.

- ↻ Do not use electrical appliances or the telephone. Lightning can travel through the wires going into your home.**
- ↻ Avoid trees, poles and other tall objects. Also avoid large metal objects. These things are targets for lightning.**
- ↻ Go to low ground and crouch down low if you're caught outdoors.**
- ↻ Stay out of the water – never go swimming or boating during a storm.**

What to do in an Electrical Emergency

- ↻ Downed Wire: Stay away from all downed wires – even if there are no sparks. Do not touch anything or anyone that is touching a downed wire. Get help right away.**
- ↻ Downed Wire Touching A Vehicle: If you are inside the vehicle, wait inside for help. If you must get out, jump clear without touching the ground and the vehicle at the same time. Shuffle, do not run away. If you are a witness, stay clear and call for help.**
- ↻ Electrical Fire: Get help right away. Unplug the faulty appliance or turn off the power, if possible. Never throw water on an electrical fire!**
- ↻ Electrical Shock: Never touch a person who is being shocked. Unplug the faulty appliance or turn off the power, if possible. Call for help immediately.**

Safety Programs for Schools and Civic Organizations

Central New Mexico Electric Cooperative will provide electrical safety programs to schools, civic organizations and those involved in emergency services upon request. Call 505-832-4483 or in state toll-free 1-800-339-2521 or [email](#) CNMEC.