Continuing Ed Class 4 Hours

Electrical Safety NFPA 70 E

Interstates Construction

1. What is an ARC Flash .5 Hour
   1. Video of Arc Flashes
   2. Pictures/History of One Companies Experiences.
2. Culture of Working in Energized Equipment .25 Hour
   1. Done it this way for years
   2. The suit creates a larger Hazard.
3. Arc Flash Dangers/Injuries .5 Hour
   1. Light
   2. Heat
   3. Concussion
   4. Molten Metal
   5. Sound
   6. Injuries
      1. 30,000 Non-fatal
      2. 1,000 Fatal
4. What Equipment to Work With. .25 Hour
   1. Switchgear
   2. MCC
   3. Meter Sockets
5. Code Requirements from the NEC .5
   1. 110.16
   2. 110.24 A & B
6. NFPA 70 E 2 Hours
   1. Chapter 1
      1. Work Related Procedures
      2. Risk Assessment
      3. In-House People
      4. Host Employer
      5. Contract Employer
   2. Use of Equipment
      1. Testing and Test Equipment
      2. Portable Equipment
      3. GFCI
   3. Establishing an Electrical Safe Working Condition
      1. NFPA 70 E Article 120
         1. LOTO Policy
            1. Must be trained
            2. Employees must follow it
            3. Simple vs Complex LOTO
   4. Article 130 Work Involving Electrical Hazards
      1. De-Energizing the Equipment
         1. Unless it create additional hazards
         2. Is not Possible
   5. Energized work Permit
   6. Boundaries
      1. Shock
      2. Arc Flash
   7. Labels
      1. How to
      2. Read one
   8. Things to Think About
      1. Alertness
      2. Lighting
      3. Location
   9. What changes the effects of ARC Flashes?
      1. Fusing types
      2. Wire Length
      3. Service Types
         1. Solidly Grounded
         2. High Resistant Ground (HRG) Systems
7. PPE Requirements
   1. Having the right protection
      1. PPE is last form of protection
      2. Ratings
8. Qualified Person
   1. Article 100 NEC