



Look out, look up

#bebrightstaysafe

 @UKPowerNetworks  /ukpowernetworks

National power cut helpline

**POWER CUT?
CALL 105**

Or call us
24 hours a day on
0800 31 63 105



For safety advice about overhead power lines, disconnections and general enquiries, go to:
www.ukpowernetworks.co.uk/

To request your FREE vehicle cab stickers visit
www.ukpowernetworks.co.uk/internet/en/safety/

If you are unsure who your network operator is then please visit
www.energynetworks.org



ukpowernetworks.co.uk



Look out,
look up



Your life can be lost within seconds if you come into contact with electricity.

Every year, people are killed or seriously injured when they come into contact with high voltage electricity.

This can have a far-reaching and devastating effect on family, friends and colleagues.

Distractions, working long hours, rushing to get the job done, can all impact on how we work and our safety.

Taking time to plan, being prepared and focusing on the way we work can help keep us safe.

Be Bright

Stay Safe

Where equipment or machinery is used near overhead power lines the risk must be considered and controlled in the interest of everyone.

- ⚡ Check - look up and around for overhead power lines before starting work
- ⚡ Contact UK Power Networks for copies of plans showing where power lines are situated and mark this information on site plans
- ⚡ Assess your safe working clearances to overhead power lines. If in doubt, contact the electricity network operator
- ⚡ Ensure everyone working on site, visitors, contractors and casual workers are aware of the location and voltages of the overhead power lines before starting work
- ⚡ If you are erecting scaffolding, tree trimming or planning any other work near to overhead power lines, always contact UK Power Networks for advice on shrouding or disconnections before starting work
- ⚡ Use spotlights or lighting equipment when working in poor visibility or at night
- ⚡ Find out the maximum height of any equipment and machinery that may be used on site when all parts of the machinery are fully extended
- ⚡ Clearly signpost the dangers with high visibility warning notices
- ⚡ Keep overhead power lines in view when moving plant and equipment
- ⚡ Restrict access to work near overhead power lines using barriers

For further advice
and cable maps visit
www.ukpowernetworks.co.uk/

NATIONAL POWER CUT HELPLINE

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CALL 105**

ADD THIS NUMBER TO YOUR
TELEPHONE CONTACTS LIST

How can we help?

If you work or live in the UK Power Networks area contact us or look on our website. We provide free information and advice about the precautions and safe working practices to be followed when working close to electrical equipment.

Further advice and guidance is available from the Health and Safety Executive (HSE):
HSG85 - Electricity at Work – Safe Working Practices
GS6 - Avoiding Danger from Overhead Power Lines



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What to do in an emergency

- **STOP WORK IMMEDIATELY**
- Notify UK Power Networks: Dial 105
- Call the emergency services if anyone is injured or there is a fire. Anyone who has received an electric shock should go to hospital as damage may have occurred to the heart
- Never go near or touch any broken or fallen overhead electric power lines, or any plant, equipment or machinery that is in contact with an overhead power line
- Never remove anything that is stuck or in contact with the cable

If your machinery touches an overhead line:

- Stay inside the vehicle
- Call UK Power Networks, dial 105 and call the emergency services
- Never assume electrical equipment is dead, even if it is fallen or broken

- If it is not possible to stay inside the vehicle **JUMP WELL CLEAR** - so that no contact is made between you, the vehicle and the ground at the same time. **DO NOT CLIMB DOWN**
- Run well clear making leaping strides so that one foot is off the ground at all times
- Do not return to the vehicle. Stay clear - keep everyone away until assistance arrives

WOODEN POLES CAN CARRY TELEPHONE AND ELECTRICITY WIRES. **NEVER ASSUME THE WIRE IS A TELEPHONE WIRE**

LINES CAN BE **RE-ENERGISED** AT ANY TIME

400,000 VOLTS

ELECTRICITY SYSTEMS CARRY VOLTAGE UP TO 400,000 VOLTS. **EVEN 230 VOLTS (DOMESTIC VOLTAGE) CAN BE LETHAL**

Be Bright Stay Safe

RUBBER BOOTS WILL NOT PROTECT YOU!

OUR NETWORK DISTRIBUTES ELECTRICITY THROUGH UNDERGROUND CABLES, PYLONS, OVERHEAD POWER LINES, SUBSTATIONS AND OTHER EQUIPMENT

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OR CALL US 24 HOURS A DAY ON **0800 31 63 105**

REMEMBER ELECTRICITY CAN JUMP GAPS

TAKE NOTICE OF ANY YELLOW 'DANGER OF DEATH' WARNING SIGNS. AND STAY WELL AWAY!

OVERHEAD POWER LINES ARE OFTEN UNINSULATED (BARE)

TREES, STRING, ROPES, SUSPENSION LINES, FISHING RODS AND WATER **CAN ALL CONDUCT ELECTRICITY**

CARRY OBJECTS AND EQUIPMENT HORIZONTALLY AND AT LOW LEVEL TO THE GROUND

TOUCHING ANYTHING IN CONTACT WITH ELECTRICAL EQUIPMENT, EVEN THE LOWEST OF VOLTAGES, CAN BE FATAL

The electricity network is designed to keep you safe. But how safe are you when you are working?

UK Power Networks is the country's biggest electricity distributor, making sure the lights stay on for more than eight million homes and businesses across London, the South East and East of England.

The safety of our customers and staff is our top priority.

Overhead power lines run across the countryside, supplying local communities with power.

The wires can be on wooden poles as well as metal pylons and carry voltages from 230 volts (domestic supply) up to 400,000 volts. Depending on the voltage the wires will be at different heights above the ground.

Overhead power lines should be 5.2 metres (17 feet) above the ground. However, live equipment fitted on poles may be as low as 4.3 metres (14 feet).

**REMEMBER PLANT AND MACHINERY
WITH A LONG BOOM ARM, DIPPER
OR BUCKET CAN INCREASE THE FULL
HEIGHT OF THE MACHINE**



**Keep well away -
Electricity can kill**



You could be at risk when:

- Tree trimming
- Carrying long objects such as ladders
- Erecting or carrying scaffolding poles
- Working at height when roofing, window and gutter cleaning
- Using heavy construction equipment with a long boom arm, dipper or bucket

