

EFFECTS OF ELECTRICAL CURRENT IN THE HUMAN BODY	
Current	Reaction
Below 1 Milliampere	Generally not perceptible
1 Milliampere	Faint Tingle
5 Milliampere	Slight shock felt. Not painful but disturbing. Average individual can let go. Strong involuntary reactions can lead to other injuries.
6 to 25 Milliampere (women)	Painful shocks. Loss of muscle control.
9 to 30 Milliampere (men)	The freezing current or “let go” range. If extensor muscles are excited by shock, the person may be thrown away from the power source. Individuals cannot let go. Strong involuntary reactions can lead to other injuries.
50 to 150 Milliampere	Extreme pain, respiratory arrest, severe muscle reactions. Death is possible.
1.0 to 4.3 Amperes	Rhythmic pumping action of the heart ceases. Muscular contraction and nerve damage occur; death is likely.
10 Amperes	Cardiac arrest, severe burns, death is probable.

Use your electrical smarts and follow these safety Do’s and Don’ts:

Do’s	Don’ts
<ul style="list-style-type: none"> ✓ Only use plugs that fit the outlet. ✓ Make sure that electrical connections are tight. ✓ Check that the wire insulation is in good condition. ✓ Keep machines and tools properly lubricated. ✓ Use extension cords only when necessary and only if they are rated high enough for the application. ✓ Use waterproof cords outside. ✓ Only use approved extension lamps. ✓ Leave at least 3 feet of workspace around electrical equipment for instant access. ✓ Keep your work area clean. Be especially careful with oily rags, paper, sawdust, or anything that could burn. ✓ Follow manufacturer’s instructions for all electrical equipment. ✓ Leave electrical repairs to skilled maintenance personnel and licensed electricians. 	<ul style="list-style-type: none"> ✓ Don’t overload outlets or motors. ✓ Don’t let grease, dust, or dirt build up on machinery. ✓ Don’t place cords near heat or water. ✓ Don’t run cords along the floor where they can be damaged. ✓ Don’t touch anything electric with wet hands. ✓ Don’t put anything but an electric plug into an electric outlet. ✓ Don’t use temporary wiring in place of permanent wiring.
<p>If the equipment that is installed within your jurisdiction is not NRTL-Listed, AHJ inspectors are well advised to be more vigilant about the hazards of electric shock and should require a third-party inspection by an accredited test Lab.</p>	

For more information, Please contact

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