



Central Maine Power

Power line safety for contractors

Protect yourself from electrical injuries at the job site

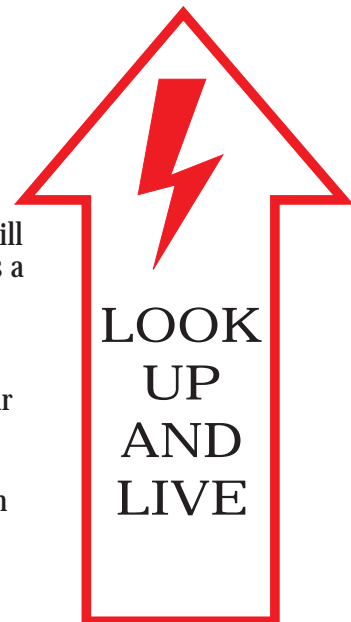


We know you want to finish projects on time and on budget. By making safety a key part of the job, you can avoid delays, prevent accidents, and go home safe at the end of the workday.

Electricity is always seeking a path to ground. If you, your tools, or equipment touch a conductor, you could become part of that path and risk serious injury or death.

Please, don't let this happen to you. Follow these tips to stay safe on the job:

- **Plan ahead.** Check the job site for hazards, and be sure to look up for power lines and electrical equipment.
- **Call CMP for a safety inspection.** Trained CMP personnel will check our equipment and insulate exposed conductors and fittings that might pose a risk to you and your employees.
- **Electric lines are not insulated.** The coating on some lines is not safety insulation. It will not protect you from dangerous electrical shock.
- **Maintain 10-foot clearance.** Keep workers, tools, and equipment at least 10 feet from unprotected power lines and fittings. It's for safety, and it's the law.
- **Look up.** Maintain 10-foot clearance when positioning ladders. Carry ladders horizontally around your job site.
- **Look up.** Maintain 10-foot clearance when using scaffolding, hoists, or cranes.
- **Look up.** Maintain 10-foot clearance when raising the bed of a dump truck.
- **Stand clear.** Don't touch a crane or dump truck operating near power lines. Touching the equipment will put you in the path to ground if it accidentally contacts a power line.
- **Call 1-888-DIG-SAFE.** Utilities will locate and clearly mark underground facilities so you can stay clear and work safely.
- **Protect yourself and others.** Stay alert. Watch out for yourself and others. And don't take shortcuts.



Remember... No line is safe to touch, ever!