

## Arc Flash and Electrical Safety Seminar



### WARNING

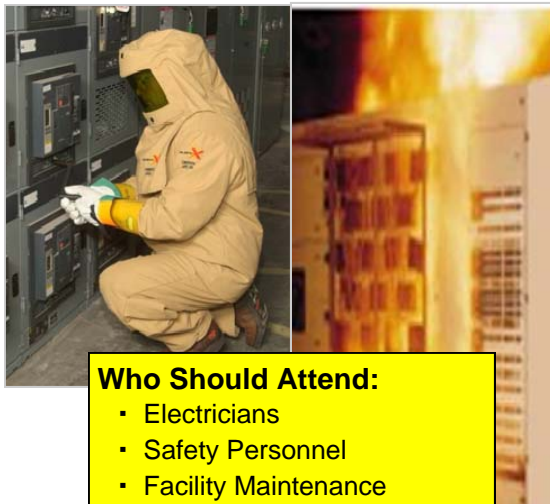
#### Arc Flash and Shock Hazard Appropriate PPE Required

3' - 4" Flash Hazard Boundary  
4.9 cal/cm<sup>2</sup> Flash Hazard at 18 Inches  
#2 PPE Level  
Cotton underwear plus FR shirt and FR pants

0.48 kV Shock Hazard when cover is removed  
3' - 6" Limited Approach  
1' - 0" Restricted Approach - Class 00 Voltage Gloves  
0' - 1" Prohibited Approach - Class 00 Voltage Gloves

Equipment Name SWG-2A

IEEE 1584 Hazards; Project 1289A -- Safety Procedure #A6D24 --  
EasyPower File: "Plant-A6.dez" -- Date: September 9, 2003



#### Who Should Attend:

- Electricians
- Safety Personnel
- Facility Maintenance
- Management Personnel
- Repair Technicians
- Engineers
- Operations Personnel

**Qualifies for 8 hours of Continuing  
Education Credit for Electrical  
License Renewal - OR & WA**

### Course Outline

- Electrical Hazards - Arc Flash, Arc Blast & Shock
- Causes & Consequences of Injuries
- Financial Impact of Injuries
- Safety Planning and Goal Setting
- Standards and Recommended Practices - NFPA 70, 70E, 70B, OSHA 1910 Subpart I, J & S
- Installation Practices for Worker Safety
- Maintenance Practices for Worker Safety
- Lockout/Tag out
- Key Considerations for Arc Flash Hazard Analysis
- Proper System Labeling
- Personal Protective Equipment (PPE) - Selection, Application, Limitations, Standards and Ratings
- Safety Tools and Equipment
- Meter Safety
- Arc Flash and Shock Protection Boundaries
- Energized Work Permits
- Justification for Energized Work
- Minimizing Risks and Hazards
- Owners Responsibility for Contractors
- OSHA and NFPA 70E Training Requirements
- Safety Program Development & Implementation

### Representative Attendee Comments:

- Electrician: "you covered a lot of information in 8 hours - very well done"
- Electrical Supervisor: "one of the best classes on electrical safety I have attended"
- Plant Electrician: "instructor was very knowledgeable and answered all questions thoroughly"
- Plant Electrician: "informative & useful. Life saving potential"
- EH&S Safety Professional: "great class, more facilities managers should attend"
- Hospital Engineer: "I would recommend this class to anyone"
- Facilities Engineer: "been in electrical business for 34 years and never had a seminar this informative"

**Thursday, Nov. 10, 2011 8:00AM - 4:30PM**  
**Comfort Suites Hotel Conference Room**  
**15929 S.E. McKinley Avenue (Right off I -205 )**  
**Clackamas, OR 97015**  
**Rooms Available - call Hotel at 503-723-3450**

**APS**  
**Advanced Power Solutions**

www.PowerSafetyPRO.com  
(503) 558-8158

# OSHA AND NFPA 70E

## Arc Flash and Electrical Safety Seminar

### APS PowerSafetyPRO™

**Course Description** - This one-day electrical safety training course provides the participant with an understanding of safe work place practices from industry standards and recommended practices, including NFPA 70E, IEEE, NEC and Fed OSHA requirements. The course includes: workbook, video clips, group exercises and demonstrations.



### Objectives:

- Understand the hazards of working with and around electricity including Arc Flash, Blast and Electrical Shock.
- Learn how to identify potentially hazardous conditions.
- Review industry standards & recommended practices and apply selected NFPA 70E tables.
- Understand the difference between “qualified” and “non-qualified” personnel.
- Review the role of proper system installation and maintenance for worker safety.
- Personal Protective Equipment (PPE) selection / application.
- Discuss safe work practices and Energized Work Permits.
- Walk away with a “hit list” of items to improve safety.

### The Course Instructor

- *Is a licensed electrical professional with over 20 years of experience.*
- *Has developed and instructed safety training courses for a wide variety of industries & organizations.*
- *Has coached multiple Fortune 1000 companies through compliance.*
- *Develops electrical safety programs and practical tools to help workers*

**REGISTER TODAY FOR THIS INFORMATIVE SEMINAR...** Fax 503-558-8405  
Questions: 503-558-8158 or [IndustrySolutions@PowerSafetyPRO.com](mailto:IndustrySolutions@PowerSafetyPRO.com)

**Attendees:**

|                   |                                       |                           |
|-------------------|---------------------------------------|---------------------------|
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| <b>Company:</b>   | <b>P.O. #:</b>                        | <b>\$:</b>                |
| <b>Card #:</b>    | <b>Expiration Date:</b>               | <b>Card: MC Visa Amex</b> |
| <b>Signature:</b> | <b>3 Digit code (back of card #):</b> |                           |
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| <b>City:</b>      | <b>State:</b>                         | <b>Zip:</b>               |
| <b>Email:</b>     | <b>Phone:</b>                         |                           |

**Investment: \$299** call APS for multiple person discount Class Date: 11/10/11 Location: Clackamas, OR

Please register by Monday - Nov. 7, 2011.

- Cancellation, Substitutions and No Shows: Cancellations are accepted up to 11/7/11. Cancellations after 11/7/11 are subject to 50% cancellation fee. Substitutions are accepted at no additional charge. No Shows are Invoiced at full course rate. Course has a satisfaction guarantee—contact us.

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