Day One - Safety Training Itinerary

Empower™ Training Services

AT-A-GLANCE

DAY ONE OVERVIEW:

- What is Arc Flash?
- Flash Protection Boundary and Limits of Approach
- Personal Protection Equipment (PPE)
- NFPA Methods of Selecting PPE

2024 NFPA 70E Chapter 1: Electrical Safe Work Practices

WHAT IS ARC FLASH?

- Definition
- Reasons and Overview of Changes to 2024 NFPA 70E
- Methods of Reducing Arc Flash Potential

FLASH PROTECTION BOUNDARY AND LIMITS OF APPROACH

- Electric Shock Potential
  - Unintended Contact with Electricity
  - Electric Shock and Effects on the Human Body
  - Current Limit Tolerances
- Definition of Boundaries and Spaces
  - Flash Protection Boundary
  - Limited Approach Space Boundary
  - Restricted Approach Space Boundary
- Applying Boundaries and Spaces to Electrical Tasks
- OSHA/NEC Distinctions between Qualified and Unqualified Persons
  - Applying the Approach Limits for Unqualified Persons
  - Applying the Approach Limits for Qualified Persons
- Energized Work Permits
  - Work Conditions Requiring Energized Work Permits

PERSONAL PROTECTION EQUIPMENT (PPE)

- Protective Clothing
  - Rating Systems of Clothing
  - Thermal Characteristics of Clothing
  - Flame Resistant vs. Flame Retardant
  - Clothing Care and Wear
  - Characteristics
- Arc Flash Protection
  - Single Layer vs. Multi-Layer
  - Protective Systems
  - Eye/Ear Protection
  - Gloves and Footwear
  - High Visibility Apparel

NFPA METHODS OF SELECTING PPE

- NFPA Methods of Selecting PPE
  - PPE Category Classification
  - Simplified, 2 Category Response
  - Arc Flash Hazards of Electrical Work Procedures
  - Selection of PPE based upon Arc Flash Risk Assessment