

# NBSIA Member Services Safety Bulletin

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## ELECTRICAL SAFETY WHILE WORKING FROM HOME

Overloaded outlets and overused extension cords are leading electrical hazards for homebound adults and children during the COVID-19 pandemic.



With increased use of electrical equipment in many homes such as work laptops, tablets, and phones more than two thirds of those currently working from home are using extension leads or adaptors with the electronic device they're working on. Some of those currently working from home using extension leads or adaptors as part of their setup are 'daisy-chaining' them together. Daisy-chaining involves plugging one extension into another in order to reach further or plug more appliances in and is advised against in all circumstances.

Electrical safety tips to keep you and your home safe from electrical hazards.

1. Avoid overloading outlets
2. Unplug appliances when not in use to save energy and minimize the risk of shock or fire
3. Regularly inspect electrical cords and extension cords for damage
4. Extension cords should only be used on a temporary basis

5. Never plug a space heater or fan into an extension cord or power strip
6. Never run cords under rugs / carpets, doors, or windows
7. Plug in smartly. Make sure cords do not become tripping hazards
8. Keep papers and other potential combustibles at least three feet away from space heaters and other heat sources
9. Make sure you use proper wattage for lamps / lighting
10. Make sure your home has smoke alarms. Test them monthly, change batteries yearly, and replace the unit every 10 years

Wherever you work, it's always important to be safe.

Sources:

<https://www.safetyandhealthmagazine.com/articles/19796-electrical-safety-group-creates-infographic-for-people-working-from-home#:~:text=Unplug%20appliances%20that%20aren't,%2C%20carpets%2C%20doors%20or%20windows.>

<https://www.esfi.org/resource/electrical-safety-while-working-from-home-757>



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