

Electrical SWMS Cheatsheet

All 20 hazards & controls for general electrical installation and switchboard work.

1. Contact with energised electrical parts

- Isolate and lock out/tag out supply before work starts
- Test before touch on every circuit, every time
- Live work only performed under permit by a licensed electrician where isolation is not possible
- Insulated tools used for all electrical work

3. Falls from height accessing roof space or cable trays

- Compliant ladder or EWP used, not standing on structure
- Harness and anchor point for roof access above 2 metres

5. Electric shock from faulty or wet test equipment

- Test equipment inspected and tagged before use
- RCD protection confirmed before use in wet areas
- Testing avoided in wet weather or standing water
- Damaged leads or equipment taken out of service immediately

2. Arc flash or explosion at switchboard

- Arc-rated PPE worn for switchboard work
- De-energise switchboard before opening where possible
- Access restricted during any unavoidable live testing

4. Fire risk from faulty wiring or hot work

- Correct cable sizing and circuit protection applied
- Fire extinguisher available on site
- Combustible materials kept clear of any hot work

6. Manual handling injury from cable drums and switchboard equipment

- Mechanical aids (drum stands, trolleys) used for heavy cable runs
- Team lift used for switchboards and distribution boards over 20kg
- Repetitive cable-pulling tasks rotated between crew members

7. Working in confined roof spaces or ceiling cavities

- Atmosphere and heat checked before entry
- Ventilation maintained during roof space work
- Check-in schedule kept for extended roof access
- Egress path kept clear at all times

9. Exposure to asbestos in older switchboards or ceiling insulation

- Suspect material identified and left undisturbed until tested
- Licensed asbestos removalist engaged if asbestos is confirmed
- Work stopped and area isolated if suspect material is found

11. Struck by mobile plant or vehicles on active construction sites

- High-visibility clothing worn at all times on site
- Site traffic management plan followed
- Spotter used when working near reversing plant

13. Falls from ladders during fit-off and testing

- Ladder rated and inspected before use
- Three points of contact maintained at all times
- Ladder set up on stable, level ground at the correct angle

8. Cuts and lacerations from stripping and cutting tools

- Cable knives and strippers kept sharp and guarded
- Cut-resistant gloves worn for cable preparation
- Tools inspected before each use

10. Dust exposure from drilling, chasing or cutting for cable routes

- On-tool dust extraction used for drilling and chasing
- P2 respirator worn for extended dust-generating tasks
- Work area ventilated during and after cutting

12. Noise exposure from power tools

- Hearing protection worn for high-noise tools
- Task duration near loud tools limited where practical
- Low-noise tool selection used where available

14. Electric shock or burns from live testing where isolation is not possible

- Live work permit completed and authorised before starting
- Only performed by a licensed electrician using insulated tools and rated PPE
- Second person present during any live work

15. Damage to existing underground services during external cable runs

- Dial Before You Dig search completed before excavation
- Services located and marked before digging
- Hand digging used within the exclusion zone of marked services

17. Heat stress working in roof spaces or outdoors in summer

- Hydration breaks scheduled during hot conditions
- Work rescheduled to cooler parts of the day where practical
- Roof space work time limited in extreme heat

19. Contact dermatitis or skin irritation from cable insulation and PPE

- Gloves worn when handling cable and insulation materials
- Hands washed before eating, drinking or touching the face
- Any reaction reported and reviewed before work continues

16. Struck-by or trip hazards from other trades working nearby

- Work coordinated with the site supervisor and other trades
- Exclusion zone maintained around active electrical work
- Trailing leads and offcuts cleared from walkways

18. UV exposure during outdoor installation work

- Sun-protective clothing and hat worn
- Sunscreen applied and reapplied through the day
- Shade used for breaks where available

20. Working alone on isolated sections of the job

- Check-in procedure maintained with office or supervisor
- Mobile phone carried and charged at all times
- Lone work avoided for live testing or roof space entry

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This cheatsheet is a starting point only — review and adapt controls for your actual site conditions before use; it is not a substitute for a competent person's own risk assessment.