



Weekly Safety Tip

Electrical Outlets

Type	Look	Function
Two-Pronged Receptacle		Provides electricity to plugged in appliance.
Grounded Receptacle		Third prong (ground) reduces the risk of electric shock and protects equipment from electrical damage.
Tamper-Resistant Receptacle (TRR)		A built-in shutter system prevents objects from being inserted, except when simultaneous, equal pressure to both slots is provided by a plug.
Arc Fault Circuit Interrupter (AFCI) Receptacle		Reduces the risk of fire, by interrupting power when an arc fault occurs anywhere in the circuit, including within items plugged into it.
Ground Fault Circuit Interrupter (GFCI) Receptacle		Prevents shock by quickly shutting off power to the circuit if the electricity flowing into the circuit differs from that returning, indicating a leakage current.
Surge Suppression Receptacle		Protects sensitive electronic equipment from transient surges.
USB Receptacle		Provides a permanent Universal Serial Bus (USB) connection source.

Often used interchangeably, a "receptacle" is the "female" counterpart to a plug that provides access to electricity while an "outlet" can be any access point to wiring, such as light fixtures or receptacles.

Interesting Fact	Recommended Installation Locations
Installed prior to 1962.	None.
Grounding-type receptacles were first required for all 15- and 20-ampere receptacle outlets in the 1971 edition of the National Electrical Code® (NEC).	Mandated by NEC in all areas unless otherwise specified.
Outlet covers do not provide adequate protection. 100% of children ages 2 to 4 were able to remove one brand of plastic outlet covers from the sockets in less than ten seconds.	Required by the 2008 NEC. Upgrading rooms and areas where children could have access to the outlets is recommended.
The CPSC estimates more than 50% of electrical fires that occur every year could be prevented by AFCIs.	Provides protection from arc faults beyond branch circuit wiring extending to appliances and cords using the receptacle.
GFCIs shut off electric power in the event of a ground fault within as little as 1/40 of a second.	Installed in areas where water and electricity are in close proximity, such as bathrooms, garages, kitchens, laundry areas, and any receptacles located outdoors.
National Electrical Manufacturers Association (NEMA) estimates that 60-80% of surges are created within the building, such as when large appliances, like air conditioners, turn on and off.	Not required by the NEC, though often installed in rooms containing costly devices such as computers, TVs or refrigerators.
Over 10 billion electrical devices in use today charge via a USB cable.	Offers a permanent adaption for devices requiring a USB terminal for power or charging as needed for convenience. Not required by the NEC.

Out with the old: All outlet installation should be performed by a qualified electrician.

Some receptacles may combine more than one technology such as AFCI+TRR, GFCI+TRR, or USB+GFCI.

Weekly Safety Share



Escaping a Submerging Vehicle

What to Do If a Car You Are in Gets Submerged in Water

An ER Doctor breaks down what to do in the emergency situation using the acronym **S-W-O-C**



Dr. Darria Long, a physician from Atlanta, recently shared a post on this, in which she broke down how to **escape the emergency situation through four easy steps, using the acronym SWOC.**

- The **S** in SWOC stands for "**seatbelts off**,"
- the **W** stands for "**windows open**,"
- the **O** stands for "**out of restraints and out of the car**" and
- the **C** stands for "**oldest children out first**."



"Repeat SWOC to yourself. Burn it on your brain, in hopes you'll NEVER EVER need it," Dr. Darria wrote in her post's caption.

Dr. Darria also went into more detail about **common myths** that are associated with cars that become submerged in water.

According to the physician, those in the vehicle should "**NOT rely on glass-breakers**" because "it takes precious time to **FIND** your glass-breaker, AND (2) many modern cars have side windows made with laminated glass (just like the windshield), and glass-breakers will **NOT** break that."

Dr. Darria also noted that "electrical windows **WILL** open," stating, "The issue isn't the electricity - it's pressure. **You just need to open the window before the water has reached 1/3 - 1/2 of the way up** (ideally before the water has even risen to the window level)."

She added that those in the car should **not go out the door**, given that the "water pressure could make it slam back on you, AND this makes the car fill with water **MUCH** faster."



Dr. Darria's tips have been shared amid the Francis Scott Key Bridge collapse that occurred in Baltimore, MD, when the bridge was struck by a container ship.

Eight people were working on the bridge at the time of the collapse. Two people were rescued from the water shortly after, while two bodies were found and the other four remain missing.

All of the men were on a break in their cars when the boat hit.

Attribution: **Nicholas Rice** for **People**

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