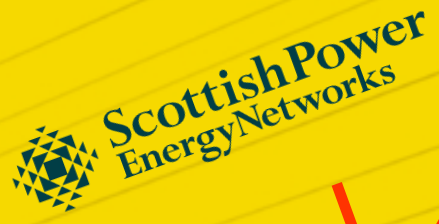


- If someone has come into contact with an Overhead Power Line
- **Do not approach, nor let anyone else approach, damaged or grounded lines.**
  - Contact the police or the local Electricity Company immediately, giving the location of the accident as accurately as possible.
  - **Await advice from the Electricity Company – remember that any line, even if it is grounded, may still be 'live'.**

For further information contact:  
ScottishPower EnergyNetworks New Alderston House  
Dove Wynd Strathclyde Business Park Bellshill ML4 3FF  
Telephone: 01698 413000  
Facsimile: 01698 413070  
Visit us at [www.spenergynetworks.com](http://www.spenergynetworks.com)  
e-mail: [ensafety@spenergynetworks.com](mailto:ensafety@spenergynetworks.com)



# look up - look out - check out list

Each year there are a number of incidents, some fatal, across the country with people involved in sport and leisure activities coming into contact with **Overhead Power Lines.**

The address and telephone numbers of the local offices of the Electricity Companies can be found in the telephone directory under "Electricity".

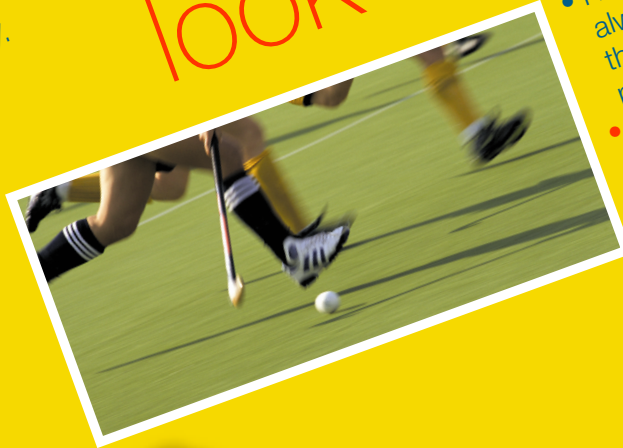


Overhead electric lines carry voltages varying from 415 to 4000,000 volts and are a common sight throughout the country. Coming into contact with an overhead line can cause serious burns and electric shocks, which can be fatal. The following advice is designed to save life and prevent injury.

Prior to setting up field sports activities you must consider a number of issues and "what in the surrounding environment" could harm you. Take just a moment to follow this checklist to ensure you enjoy your activity safely.

- **Look Up! Look Out!**
- Check for Overhead Power Lines in the area where you are going to set up your sports activity.
- Overhead Power Lines are generally mounted on wooden poles but can also be mounted on steel pylons or concrete structures.
- Treat all Overhead Power Lines as being bare and live.
- All materials including poles and nets will conduct electricity, more so if wet or damp. You do not need to come into direct contact with the Overhead Power Lines – electricity can jump over 2 metres.
- Look out for signs, which have been sited near to Overhead Power Lines, which point out the danger.
- Never erect goal posts, mobile ball stop systems, netball posts or other aides and devices directly under or close to an Overhead Power Line.

# look up-look out



- Never carry long objects vertically, always horizontally, parallel with the ground at as low a height as possible.
- During a lightning storm leave the sports field and seek cover indoors.
- Never attach or tie anything off Overhead Power Lines or electrical equipment.
- Activity leaders should ensure that their teams understand the danger, particularly when leading youths and children.
- If there are Overhead Power Lines or Pylons within the area contact the local electricity company for advice on how to proceed.
- Don't light fires beneath Overhead Power Lines.
- Rubber boots or shoes will not protect you.
- **Look Up! Look Out!**

