



AT-A-GLANCE

DAY ONE

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

DAY ONE - NFPA 70E Chapter 1: Electrical Safe Work Practices



WHAT IS ARC FLASH

– 1 Hour

- Reasons and Overview of Changes to NFPA 70E 2018
- Methods of Reducing Arc Flash Potential



FLASH PROTECTION BOUNDARY AND LIMITS OF APPROACH – 3 Hours

- 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 Boundary
 - Restricted Approach 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



DAY ONE - Continued



PERSONAL PROTECTION EQUIPMENT (PPE) – 2 Hours

- 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



NFPA METHODS OF SELECTING PPE – 2 Hours

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