

## Flexible Cords/Extension Cords

The Occupational Health and Safety Administration (OSHA) calls extension cords “flexible cords,” but you should know that they are the same thing. OSHA only permits the usage of flexible cords in certain situations, which are listed below, and only if necessary.

- Flexible cords should be inspected visually each day prior to use, to look for external defects, such as insulation damage, and for indications of possible internal damage. Repair or replacement of the flexible cord is required when the outer jacket is penetrated or the conductors or their insulation inside are damaged.
- Use of electrical tape to protect nicks or abrasions covers the damage and makes it impossible to visually inspect, so it should not be used.
- Ground prongs may not be cut off or otherwise removed.
- Flexible cords found damaged or defective must not be used until repaired. This is best achieved by tagging the cord with DO NOT USE.

Concerning running extension cords through doors or wall openings, any flexible power cords/cables used to power portable lamps and plug-in type portable construction power tools are permitted under Subpart K to be run through walls, ceilings, or floors, if protection is provided to avoid damage at any pinch points.

Other permitted usage of flexible cords and cables, if necessary, is as follows:

- pendants
- wiring of fixtures
- connection of portable lamps or appliances
- elevator cables
- wiring of cranes and hoists
- connection of stationary equipment to facilitate their frequent interchange
- prevention of the transmission of noise or vibration
- appliances where the fastening means and mechanical connections are designed to permit removal for maintenance and repair

**Sources:** 29 CFR Part 1926 Subpart K (Electrical) and OSHA letters of interpretation

Date of Safety Talk \_\_\_\_\_

Company \_\_\_\_\_

Talk given by \_\_\_\_\_

Signature \_\_\_\_\_

**Attending Employees:**

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**Notes:**

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