



2025 Power Line Safety Scope

Safety Orientation

A safety program containing a general safety overview and safe work practices will be conducted during the scheduled competitor orientation. Attendance is mandatory for all competitors. All personal tools and specialized PPE, including pole-climbing fall restraint device, will be inspected. Pole climbing and proper rigging practices will be reviewed.

Safety Task Analysis

A review will be provided during orientation.

Personal Protective Equipment

All PPE must be appropriate for the task and meet current American National Standards Institute standards, which have been incorporated into the Occupational Safety and Health Administration PPE regulations as follows: Eye and Face Protection ANSI Z87.1; Head Protection ANSI Z89.1; and Foot Protection ANSI Z41.1. There are no ANSI standards for gloves; however, selection must be based on the performance characteristics of the glove in relation to the tasks to be performed or as selected and provided by the competition project manager or defined on the competition "tools-required" list.

Special Safety Requirements

In addition to the standard safety and PPE requirement of the NCC, power line competitors must provide and use the following:

- Lineman boots
- Lineman work gloves (Cut resistant level 4)
- Long sleeve shirt for climbing
- Lineman body belts with a position strap and pole climbers
- Personal fall arrest device for pole climbing

Note: Fall restraint/protection equipment will be inspected prior to the competition; if equipment is not in safe working order it will be removed from service and competitor will use an NCC-provided Buckingham SuperSqueeze for climbing and a standard harness.

Hard hats, hearing protection and safety glasses will be provided and must be worn during the competition. Competitors must furnish prescription safety glasses or will be required to wear goggles.

Cell Phones

No cell phones are permitted before, during or after the competition.

Jewelry and Personal Grooming

Exposed jewelry is not permitted. Examples include (but are not limited to):

- Earrings (stud or dangling)
- Wrist watches
- Rings
- Studs exposed through the nose, jaw, lip, eyebrow or any part of the body that is visible
- Gauges

- Long hair must be contained (under a hat or a hairnet)

Hand Tool and Power Tools

The project manager will also talk about the use of the proper hand tools, i.e., hand saw, coping saw, keyhole saw, hammer, chisels and pry bars and utility knife.

The project manager will go over the proper use of the power tools needed for your projects, i.e., miter box, circular saw, drill and impact driver. **Please visit the link(s) below to review the operators' manual.** Always use your tools in the manner that the manufacturer intended.

- [Milwaukee Cordless Drill](#)

Safety Judging

Prior to the practical performance test, the competition project manager or judges may inspect each competitor's personal hand tools, which must meet all OSHA regulations and standards. For example, "mushroomed" heads on chisels are not permitted.

Judges will be present during the practical performance test to score competitors in such safety areas as the use of personal protective equipment, hand and power tool safety, clean work area, etc. Depending on the severity and/or frequency of a violation or violations, the judges, in consultation with the project manager, have the authority to disqualify competitors.

Note: Competitors continue to be judged during disassembly/cleanup activities and are subject to disqualification or deduction of points for safety violations.

First Aid

All injuries should be reported to the project manager immediately. The project manager will determine the appropriate action, including assistance from on-site EMT personnel.

Fire Extinguisher

A fire extinguisher can be found in or around your competition area, typically in one of the columns. Your project manager will point out the location during your onsite orientation. Competitors should use the following technique to effectively and safely use a fire extinguisher.

Pull: Pull the pin at the top of the extinguisher to break the seal

Aim: Stand at a safe distance from the fire and aim the nozzle low at the base of the fire

Squeeze: Squeeze the handles together to release the extinguishing agent

Sweep: Sweep the extinguisher from side to side to cover all areas the fire may have spread to

Location of Restroom

The project manager will identify the location of the restrooms.

Smoking and Tobacco Procedures

Smoking is only permitted during breaks and you will be escorted to a pre-determined location. There will be no smokeless tobacco allowed during the competition. E-cigarettes and vapor cigarettes will follow the same procedures.

Emergency Evacuation and Exits

At the site orientation, your project manager will go over the emergency evacuation, meeting location plan, fire extinguishers and exits.