

SAFE WORK PROCEDURE

_____ Pulling Cable in Cable Tray _____

This task may only be performed by trained personnel

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Hazards Present:	Personal Protective Equipment (PPE) or Devices Required:	Additional Training Requirements:
Sharp edges on tray Working at heights Tight/Confined areas Low head room	Wear proper glove for the task Hard hats Safety eyewear Steel toed footwear Fall arrest harness	Fall arrest training Aerial work platform – if used

Safe Work Procedure:

1. *Stretch before beginning work to help prevent strains from repetitive movement and working in tight areas*
2. *Plan cable run, placing personnel at required points*
3. *Designate one person to lead cable pull*
4. *Check your position for any sharp edges, head bangers, pinch points ect.*
5. *Pull cable in a measured steady pace as directed by cable pull leader*
6. *Take breaks as required if a long pull or heavy cable*
7. *When finished secure cable to cable tray*
8. *Clean up any debris*

Guidance Documents/ Standards / Applicable Legislation / Other:

CEC2009
Section 14 of 217/2006
Section 28 of 217/2006

This Safe Work Procedure will be reviewed any time the task, equipment, or materials change and at a minimum every three years

All procedures obtained from operator manuals or other samples must be thoroughly reviewed to ensure they are accurate for your workplace and your jobs!