

# Leisure Activity

The Voice of the Networks



## TOP TIPS

- *Look Out, Look Up* for overhead power lines. If possible, always enjoy your leisure activity away from them.
- If the location is unfamiliar to people in your group make sure everyone is aware of the dangers of overhead power lines.
- To find the local electricity network operator, search 'electricity distribution map' on the ENA website at [www.energynetworks.org](http://www.energynetworks.org).
- Warn others to keep well away, especially if any of the overhead power line is touching or is close to the ground.
- Electricity can jump gaps so even getting too close to lines can be dangerous. Many objects can also conduct electricity such as trees, string, rope and water.

In an emergency dial **999** and tell them electricity is involved.

Call **105** if you have a safety concern related to the electricity network or if you spot damage to overhead power lines and substations that could put you, or someone else, in danger.



**DANGER  
OF DEATH**



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MARWOLAETH**



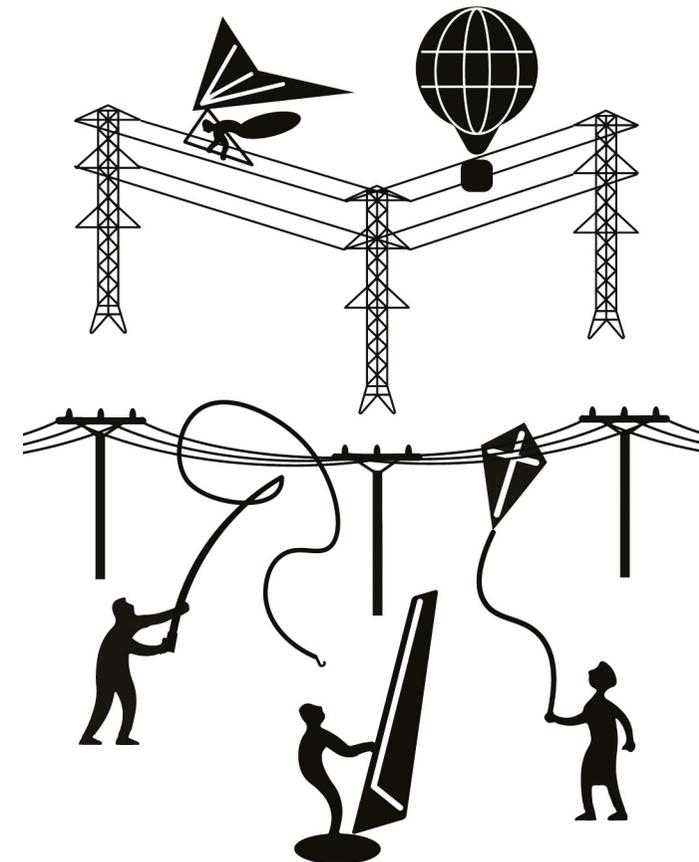
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## Leisure Activity

**Safety advice when taking part in leisure activities near overhead power lines.**



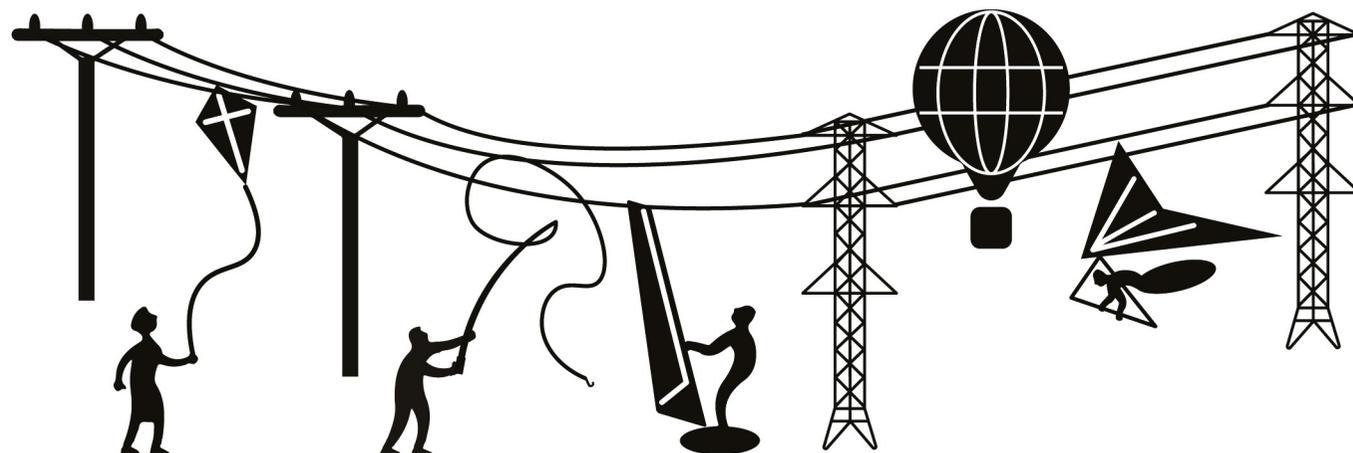
# Leisure Activity

There are overhead power lines criss-crossing the country. Often unnoticed, they are essential to provide electricity to cities, towns, villages and rural communities. They carry voltages ranging from 230 volts (domestic voltage) up to 400,000 volts. Even domestic voltage can be fatal and high voltage electricity can jump large gaps.

The energy network is designed to keep you safe, but people die each year due to accidental contact with overhead power lines, whilst others endure life changing injuries with the lives of their families also suffering as a result.

## GENERAL SAFETY INFORMATION

- Never touch overhead power lines.
- Do not assume that lines on wooden poles are telephone wires; most overhead power lines are supported on wooden poles.
- Most overhead power lines are not insulated.
- Always assume overhead power lines are live, even if they have fallen to the ground, are broken, or are not sparking.
- Almost any material, such as kite string, fishing rod, metal fencing, a TV aerial, even a jet of water, can conduct electricity.
- Stay away from any person or object in contact with an overhead power line and keep others away as touching them could be fatal.
- If your apparatus makes contact with an overhead power line, contact the Emergency Services and the electricity network operator. Do not attempt to retrieve it.
- Rubber boots do not protect you.
- Electricity can jump gaps.
- Damaged lines can stay live or be re-energised automatically or remotely without warning if the electricity network operator is not aware of an incident.
- Ensure you, your family and colleagues are familiar with the yellow and black 'Danger of Death' electricity sign seen on wooden poles, pylons, substations, etc.



### Fishing and water sports on or near water

If there are overhead power lines in the area, where possible, enjoy your activity elsewhere, if not:

- Keep at least 30 metres away from any overhead power lines and cast fishing rods with care.
- Fishing rods and boat masts conduct electricity.
- Take particular care in car parks and on access routes.
- Always carry equipment at a low level, parallel to the ground.
- Rubber boots or waders do not protect you.
- Be mindful of overhead power lines when engaging in any water sports.

### Tents, marquees, caravans and other temporary structures

If possible, avoid pitching a tent or caravan directly under, or close to, an overhead power line.

Be very aware when erecting TV aerials or radio masts on mobile homes or static caravans.

Never attach or tie anything to a wooden pole, pylon or piece of electrical equipment.

Be aware of underground cables when hammering stakes deep into the ground.

If leading a group, ensure everyone understands the danger from overhead power lines.

Do not light fires beneath overhead power lines.

Ensure any unmanned aerial vehicles, or drones, are not flown within the vicinity of overhead power lines.

### Sports grounds

If there are overhead power lines crossing your site and you use tall equipment such as mobile ball stop systems, contact the electricity network operator for free safety advice.

Ensure all users of such equipment are aware they must carry it at a low level, parallel to the ground, and take special care when erecting, dismantling and moving equipment.

### Advice to clubs, sites and activity centres

If there are overhead power lines on your site, contact your local electricity network operator for free safety advice.

Display maps showing the location of overhead power lines and emergency telephone numbers.

Instruct all staff on the dangers of overhead power lines, how to use equipment safely near to them and what to do in an emergency.

### Advice for balloonists

Most charts and maps used by balloonists show major transmission lines, but they do not show many high and low voltage lines which are often mounted on wooden poles. These can be difficult to spot on a sunny day and that can sometimes lead to accidents and injuries.

- *Look Out, Look Up* for overhead power lines.
- Keep well away and think ahead before you take off.
- Make sure you know where overhead power lines are in the vicinity of your departure and arrival location.