



Be Bright

Stay Safe

Take the time,  
**to take a look**

Your life can be lost  
within seconds if you  
come into contact  
with electricity.

Every year,  
people are  
killed or seriously  
injured when they  
come into contact  
with high voltage  
electricity.

This can have a far-reaching and  
devastating effect on family, friends  
and colleagues.

Distractions, routine, rushing to start  
activities, these can all impact on how  
we play and compete safely.

Routine, rushing to start activities and  
distractions can all impact our safety  
when fishing.

WOODEN POLES  
CAN CARRY  
TELEPHONE AND  
ELECTRICITY WIRES.  
**NEVER ASSUME**  
THE WIRE IS A  
TELEPHONE WIRE

LINES CAN BE  
**RE-ENERGISED**  
AT ANY TIME

**400,000  
VOLTS**

ELECTRICITY SYSTEMS CARRY  
VOLTAGE UP TO 400,000 VOLTS.  
**EVEN 230 VOLTS (DOMESTIC  
VOLTAGE) CAN BE LETHAL**

**Be Bright**

**Stay Safe**

UK  
Power  
Networks  
Delivering your electricity

**RUBBER BOOTS  
WILL NOT PROTECT YOU!**

**OUR NETWORK** DISTRIBUTES ELECTRICITY THROUGH  
UNDERGROUND CABLES, PYLONS, OVERHEAD POWER  
LINES, SUBSTATIONS AND OTHER EQUIPMENT

National power cut helpline

**POWER CUT?  
CALL 105**

OR CALL US 24 HOURS A DAY ON  
**0800 31 63 105**

**TAKE NOTICE**  
OF ANY YELLOW  
'**DANGER OF DEATH**'  
WARNING SIGNS.  
AND STAY WELL  
AWAY!

REMEMBER  
ELECTRICITY  
**CAN**  
JUMP GAPS

**OVERHEAD  
POWER LINES**  
ARE OFTEN  
UNINSULATED  
(BARE)

TREES, STRING, ROPES,  
SUSPENSION LINES,  
FISHING RODS AND  
WATER **CAN ALL  
CONDUCT ELECTRICITY**

**TOUCHING ANYTHING IN  
CONTACT WITH ELECTRICAL  
EQUIPMENT, EVEN THE LOWEST  
OF VOLTAGES, CAN BE FATAL**

**CARRY OBJECTS AND EQUIPMENT  
HORIZONTALLY AND AT LOW  
LEVEL TO THE GROUND**

## The electricity network is designed to keep you safe. But how safe are you when you are fishing?

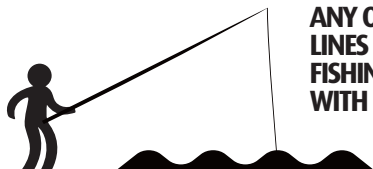
**UK Power Networks** is the country's biggest electricity distributor, making sure the lights stay on for more than eight million homes and businesses across London, the South East and the East of England.

### The safety of our customers and staff is our top priority.

Overhead electricity power lines run across the countryside, supplying local communities with power.

The wires can be on wooden poles as well as metal pylons and carry voltages from 230 volts (domestic supply) up to 400,000 volts. Depending on the voltage the wire will be at different heights above the ground.

Overhead power lines should be 5.2 metres (17 feet) above the ground. However, live equipment fitted on poles may be as low as 4.3 metres (14 feet).



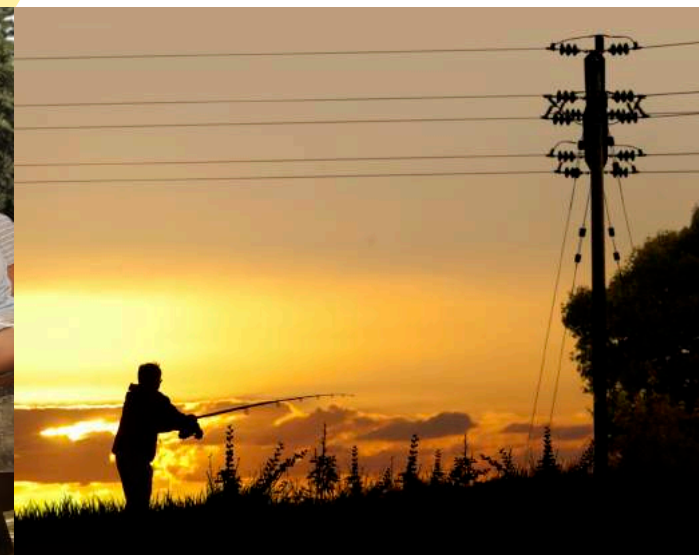
**REMEMBER,  
KEEP AT LEAST  
30 METRES  
AWAY FROM  
ANY OVERHEAD  
LINES AND CAST  
FISHING RODS  
WITH CARE**

## Keep well away - Electricity can kill



### You could be at risk when:

- Using fishing equipment such as fishing rods and their lines. Almost all material can conduct electricity
- Unpacking and packing away equipment - unpack, set up and put away your fishing rod at the water's edge after you have completed your safety checks
- Fishing in low light conditions - overhead power lines can be very difficult to see in low light conditions, especially at night





## How can we help?

If you work or live in the UK Power Networks area contact us or look on our website. We provide free information and advice about the precautions and safe practices to be followed when fishing close to electrical equipment.

Further advice and guidance is available from the Health and Safety Executive (HSE):

**GS6 - Avoidance of Danger from Overhead Lines**

## What to do in an emergency

- Notify UK Power Networks: Dial 105
- Call the emergency services if anyone is injured or there is a fire. Anyone who has received an electric shock should go to hospital as damage may have occurred to the heart
- Never go near or touch any broken or fallen overhead electric power lines
- Never remove anything that is stuck or in contact with the cable



To request your FREE tackle box sticker visit [www.ukpowernetworks.co.uk/internet/en/safety/](http://www.ukpowernetworks.co.uk/internet/en/safety/)

If you are unsure who your network operator is then please visit [www.energynetworks.org](http://www.energynetworks.org)

**Be Bright**

**Stay Safe**

**Where fishing near overhead power lines, care must be taken to ensure everyone's safety.**

- ⚡ Check - look up and around for overhead power lines before starting to fish
- ⚡ If there are overhead lines in the area, where possible, enjoy your activity elsewhere
- ⚡ Always assume power lines are live, even if they've fallen to the ground, are broken, or aren't sparking
- ⚡ If your apparatus makes contact with an overhead line, contact the Emergency Services and the Electricity Company, don't attempt to retrieve it
- ⚡ 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
- ⚡ Take note of any warning signs and stay well away from the marked area. Occasionally signs get knocked over or vandalised - so ALWAYS check for overhead lines yourself
- ⚡ Always make sure your rod is disassembled and held horizontally. Take particular care in car parks and on access routes
- ⚡ Always carry equipment at a low level, parallel to the ground
- ⚡ Tell the fishery owner of any dangerous situation or near miss that you see
- ⚡ Never try to retrieve anything that might be in contact with the Overhead Power Line
- ⚡ Remind family and friends to 'Be Bright & Stay Safe' when fishing

For further advice visit  
[www.ukpowernetworks.co.uk/internet/en/our-services/](http://www.ukpowernetworks.co.uk/internet/en/our-services/)

NATIONAL POWER CUT HELPLINE

**POWER CUT?  
CALL 105**

ADD THIS NUMBER TO YOUR  
TELEPHONE CONTACTS LIST



# Take the time, **to take a look**

**#bebrightstaysafe**



@UKPowerNetworks



/ukpowernetworks

National power cut helpline

**POWER CUT?  
CALL 105**

Or call us  
24 Hours a day on  
**0800 31 63 105**

For safety advice about overhead power lines,  
disconnections and general enquiries, go to:  
[ukpowernetworks.co.uk/internet/en/our-services](http://ukpowernetworks.co.uk/internet/en/our-services)

To request your **FREE** vehicle cab stickers visit  
[www.ukpowernetworks.co.uk/internet/en/safety/](http://www.ukpowernetworks.co.uk/internet/en/safety/)

If you are unsure who your network  
operator is then please visit  
[www.energynetworks.org](http://www.energynetworks.org)

