



# How various levels of electric shocks affect the body and how to recover ?





When an electric current touches or flows through the body, this is known as an electric shock. It can happen wherever there is live electricity. The effects of an electric shock range from none at all to severe injury and death.





## Electrical currents cause four main types of injuries:

**Flash:** A flash injury typically causes superficial burns. These occur due to the heat of an arc flash, which is a type of electrical explosion. The current does not penetrate the skin.

**Flame:** These injuries occur when an arc flash causes a person's clothes to ignite. The current may or may not pass through the skin.

**Lightning:** These involve short but high voltage electrical energy. The current flows through a person's body.

**True:** The person becomes part of the circuit, and the electricity enters and exits the body.

The symptoms of electric shock depend on many factors. Injuries from low voltage shocks are most likely to be superficial, whereas prolonged exposure to electrical current may cause deeper burns.



Depending on the severity of the electrical injury, its immediate effects may include:

- burns
- irregular heartbeat
- seizures
- tingling or prickling sensations
- loss of consciousness
- Headaches



Some people may notice unpleasant sensations but not have apparent physical damage, whereas others may experience a lot of pain and have obvious tissue damage.

Those who have not experienced a significant injury or cardiac abnormalities within 24–48 of the electric shock are unlikely to develop them.





More severe outcomes can include:

coma

heart attack

respiratory arrest





The symptoms may include:

Psychological	Neurological	Physical
post-traumatic stress disorder (PTSD)	memory loss	pain
depression	concentration difficulties	fatigue
anxiety	tingling sensations	headaches
insomnia	fainting	night sweats
reduced attention span	loss of balance	muscle spasms
panic attacks	sciatica	stiff joints



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## First aid

Do not touch the person, as they may be in contact with the electrical source.  
Call Experts.

If it is safe to do so, turn off the source of electricity. If it is not safe, use a non conducting object made of wood, cardboard, or plastic to move the source away.

After removing the electrical source, check the person for a pulse, and determine whether they are breathing. If the person has no pulse, begin CPR immediately.

If the person is faint or pale, lay them down with their head lower than their body and elevate their legs.

A person should neither touch any burns nor remove burned clothing.





## Summary



The human body conducts electricity.

Disconnect the power supply before trying to help someone suffering from an electric shock.

Be especially careful in wet environments and around fallen power lines, they may still be conducting electricity even if they are broken or not moving.

Always hire a licensed electrician for all electrical work around the home.





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*Thank  
You*