The ARRL Safety Code

1. Unplug everything you plan to work on before touching anything behind or inside the radio.
2. Never let anyone turn the power on and off for you when you are working on a radio.
3. Don't work on a radio when you are tired or sleepy. Don't work alone.
4. Never adjust internal electrical components by hand – use the proper plastic or insulated tools. Be sure the insulation is in good condition.
5. Don't touch grounded metal (like radiators or water pipes) or wet floors when you are working on radio equipment. You can get a dangerous shock even if the equipment is grounded, through "ground loops" between different ground points.
6. Never wear headphones while working on radios.
7. Always keep one hand in your pocket when working on radios. That way, if you do touch a "hot" point, the electricity cannot travel across your chest and cause a heart attack.
8. Tell your family how to turn the power off and how to give artificial respiration. Be sure you are up-to-date in first aid.
9. Develop your own safety techniques. Take the time to be careful; death is permanent.