



Insulate and Isolate Techniques for the Rubber Glove Method

The Insulate and Isolate (I&I) Technique for the Rubber Glove Method allows for the effective use of I&I equipment and procedures to provide the necessary level of safety when performing live line work on energized lines and equipment. Properly performed I&I techniques used in conjunction with the necessary Insulating Personal Protective Equipment (IPPE) and Insulating Protective Equipment (IPE) will allow a qualified worker to work safely on and around energized equipment. IPPE includes rubber gloves and sleeves; IPE includes blankets, line hose, hoods, plastic covers, etc. The isolation technique is used to physically separate the employee from all sources of energy, both mechanically and electrically.

- Only qualified line workers are permitted to encroach Minimum Approach Distances (M.A.D.) using this best practice.
- Before getting into a working position where any conductive object or part of the body can extend into the M.A.D., use appropriately rated IPPE/IPE.
- For URD equipment, observe the 'Lock to Lock' Best Practice criteria.
- Observe the 'Cradle to Cradle' Best Practice criteria when working from an aerial lift.
- Install properly rated IPE in the order of 'nearest first' and remove in reverse order.
 - Energized or de-energized part(s) may have to be temporarily covered to install IPE on all necessary components.
 - Uncover the part to be worked on only after all necessary IPE in the work zone has been installed.
 - Install/remove IPE so that the worker is not exposed to contact from energized conductors or second points of contact.
 - Line workers will NEVER turn their backs on exposed energized conductors or second points of contact within M.A.D.

The benefits of this best practice are that it reduces electrical contact injuries and eliminates electrical arc flash injuries for a safer work environment while maintaining the reliability of the electrical system.

Read the complete Best Practice at: [Insulate and Isolate Techniques for the Rubber Glove Method](#)