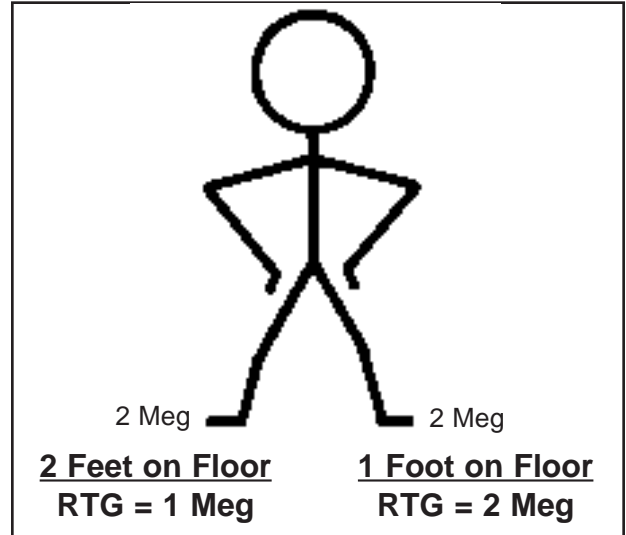
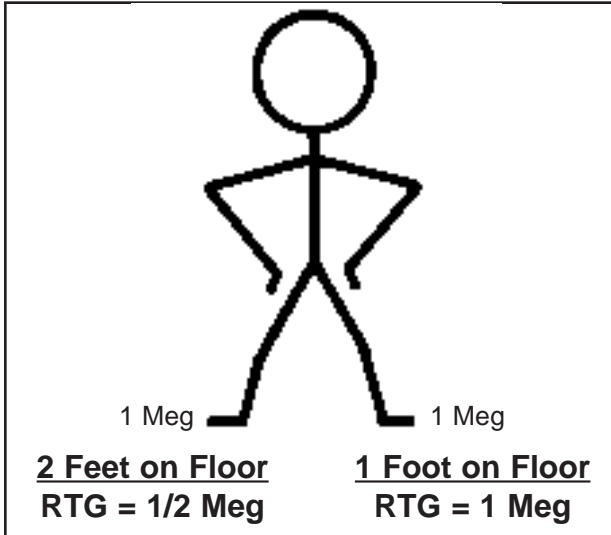


# For Your Information . . .

## Heel Grounders

### 1 Megohm vs. 2 Megohm



1. UL and OSHA recommend a minimum of 1 megohm resistance to ground (RTG) in order to limit current for safety purposes.
2. Wearing one, 1 megohm heel grounder gives you an RTG of 1 megohm.
3. Wearing two heel grounders is recommended because you are grounded with every step instead of every other step.
4. You would never wear a wrist strap every other minute of work.
5. Two heel grounders are recommended for best grounding. Two heel grounders of 1 megohm resistance yield an RTG of 1/2 megohm, NOT 1 megohm.
6. Two heel grounders with a 2 megohm resistor each, yield an RTG of 1 megohm. This is safe and recommended when wearing two heel grounders.
7. By wearing two heel grounders with a 2 megohm resistor you are complying with UL and OSHA at all times. If you are wearing one, 1 megohm heel grounder and pick that foot up, you are not grounded at all. If you wear two, 1 megohm heel grounders and have both feet on the floor, your RTG is only 1/2 megohm and you aren't meeting UL or OSHA standards.

\*Comply with both UL and OSHA.