

Stored energy in equipment that looks shut down can still kill. Hydraulic, mechanical, electrical and other forms of energy often remain hidden inside machinery after shutdown, and uncontrolled release during maintenance or repair can cause serious injuries or fatalities. This month, we're sharing resources to help you identify and control stored energy on your job site.

Which of the following is considered a form of hazardous stored energy?

- A. Hydraulic pressure trapped in a boom cylinder
- B. A compressed spring under tension
- C. An elevated loader bucket held in position
- D. All of the above

Answer at the end of the email.

KEY ELEMENTS OF STORED ENERGY CONTROL



- **Energy persists after shutdown.** Hydraulic pressure, compressed air, tensioned springs, elevated loads and other sources can remain active within equipment.
- **Uncontrolled release can be fatal.** Crushing injuries, amputations, burns and electrocution are all possible – in 2026, MSHA linked eight mining fatalities to stored energy alone (see Resources below).
- **LOTO procedures are required.** OSHA standards require all stored energy to be relieved, disconnected or restrained before servicing.

Blocking hydraulic booms

Hydraulic systems deserve special attention because pressure can remain trapped even after the engine is shut off.

- **Cylinders, hoses and accumulators hold the load.** These components may continue supporting heavy booms or attachments long after shutdown.
- **Sudden drops can happen without warning.** A leaking valve, damaged hose or accidental control activation can allow a boom or attachment to fall.
- **Never rely solely on hydraulic pressure.** Use manufacturer-approved boom locks, mechanical blocking devices, safety props or cribbing to support raised equipment.
- **Lower attachments to the ground.** Bring booms and loads down whenever possible before beginning work.
- **Relieve pressure and verify zero energy.** Follow the manufacturer's procedures to bleed hydraulic pressure and confirm a zero-energy state before entering the hazard zone.

For more on Stored Energy Control, review our Rockwood Toolbox Talks:

- [Blocking Equipment II](#)
- [Conveyor Belt Splicing Safety](#)
- [Equipment Maintenance: Blocking and Locking](#)
- [Equipment Maintenance: Changing Drive Belts and Chains](#)

SAFETY TIPS OF THE MONTH



Stored Energy Safety Tips

Follow these tips to control stored energy on your site.

- **Identify every energy source.** Check for all forms of stored energy before maintenance begins.

- **Follow LOTO every time.** Establish and apply Lockout/Tagout procedures without exception.
- **Lower and secure raised loads.** Never work beneath a raised hydraulic boom without approved mechanical blocking devices.
- **Release all stored energy.** Bleed hydraulic, pneumatic, spring and electrical energy before servicing.
- **Verify zero energy before entry.** Never bypass safety devices or manufacturer procedures.

TIPS AND RESOURCES



OSHA, MSHA and other resources:

- [LOTO & Stored Energy](#) | OSHA
- [Hazardous Energy Control Resource Guide - Manufacturing](#) | CDC / NIOSH
- [Potential and Kinetic Energy](#) | Youtube Training Videos – WorkSafeBC
- [Mechanical Hazards: Stored Energy - Safety, Health and Wellness in Agriculture](#) | Agricultural Safety and Health CoP
- [2026 MSHA Fatality Executive Brief: Stored Energy and Falling Materials](#) | MSHA



Streamery training videos

Promote safety with these videos available in your Streamery library – included with your policy:

- [Stored Energy: The Hidden Hazard](#) – English and Spanish
- [Lockout/Tagout: Controlling Hazardous Energy](#) – English and Spanish



Free Seat Belt Covers for Your Employees

Enforce employee seatbelt use with these high visibility seatbelt covers, courtesy of Rockwood.

Email: safetyolutions@rockwoodcasualty.com to request yours. Be sure to specify orange or yellow.

QUESTIONS? REACH OUT!

We're here to help you promote safety in the workplace. [Contact Rockwood Loss Control](#) for any support you need.

Thank you for your continued partnership,

Rockwood Loss Control Team
safetyolutions@rockwoodcasualty.com

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ANSWER



Which of the following is considered a form of hazardous stored energy?

D. All of the above



(Missed a previous email? [Click here](#) to see an archive of previous months' safety emails on Rockwood's Loss Control website).