

What does it feel like to get an electric shock when touching objects in winter? Is it dangerous to your health?

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What does **it feel like to get an electric shock when you touch an object ? Why do you get shocked when you touch objects in winter?** Let's find out together!

During the cold, dry winter months, everyday actions like gripping doorknobs, flipping light switches, or touching the metal frame of a car are more likely to cause an unpleasant but harmless static shock.

Static electricity, which results from an imbalance between positive and negative charges, is caused by certain actions, including dragging your feet on a carpeted floor, says John Burkhauser, director of educational programs at Bolt Technology.

Burkhauser explained that "Your body takes in negative charges...". "Negative and positive charges don't like being near each other, so they repel each other."

According to Burkhauser, opposite states attract each other, so when you reach for a doorknob, the negative charge on your body continues to build up until there is enough voltage to allow the charge to 'jump' between your hand and the doorknob in the form of a spark.

Let's explore this phenomenon in more detail in the article below.

What is the phenomenon of getting "shocked" when touching objects in winter?

This phenomenon is called "electrostatic reaction" - it occurs due to an imbalance of electrical charges on the surface of a material. Because of wearing many layers of clothing in winter, friction during contact causes electrical charges to transfer from one object to another, resulting in one object having an excess of negative charge and another having an excess of positive charge. When positive and negative charges come into contact, it creates a discharge, which can cause flashes of light in the dark and crackling sounds when pulled or stretched.



This is also why many people experience a slight tingling sensation when they accidentally touch a metal doorknob. The human body is a very special electrochemical machine, capable of generating a tiny amount of electrical energy. When we accidentally rub against something, we may feel a slight tingling sensation. Therefore, when we accidentally touch a metal doorknob, the negative electrical charge on our body continues to increase until it is enough to produce a weak electrical charge that allows for a buildup of electricity between the hand and the doorknob, causing a slight tingling sensation.

Does electrostatic reaction affect human health?

The sensation of being electrocuted when touching objects does not affect human health. The electric current created by static electricity is a very weak electric field, not strong enough to cause death or harm to health.

How can you avoid getting electrocuted by static electricity in winter?

Here are some simple tips to eliminate static electricity; please take a look.

Increase the humidity in the air.

In winter, the humidity in the air is quite low. You can use a humidifier or misting device to increase the humidity in the air, which helps minimize static electricity and the crackling sounds caused by friction between people and objects.



Pay attention to choosing the right fabric for your clothes.

Clothing made from synthetic fibers like polyester, nylon, and wool, as well as shoes with rubber soles, are common culprits for static electricity. To reduce this, you should wear clothes made from natural fabrics like cotton and leather shoes.

Apply hand moisturizer regularly.

Maintaining and increasing skin moisture will help you avoid static electricity in dry winter weather. Therefore, you should apply hand cream regularly to help your hands retain proper moisture.

Add baking soda to the laundry load.

To prevent "electric shocks" caused by static electricity, you can use baking soda during your regular laundry routine. Baking soda will help block both positive and negative charges, preventing them from generating static electricity. You can add or subtract 1/2 cup of baking soda depending on the amount of clothes being washed.

Soaking clothes in fabric softener can also help prevent static electricity. Additionally, airing clothes is a better way to reduce the risk of static electricity compared to drying them in a dryer.

Use a key or coin to tap on the metal object.

You can use a key or a coin to touch a metal object. The key acts as an intermediate conductor, reducing the intensity of the electrical discharge by dispersing the charge over a larger area.

Use your knuckles, not your fingers.

You can also touch objects with your knuckles first. The knuckles have fewer nerve endings than the fingertips, so the static discharge will not be painful.

Static electricity is generally harmless. However, in certain environments, such as manufacturing facilities or areas with flammable gases like propane, static sparks can pose a serious risk, potentially causing fires or explosions.

People who work with computers or electronic equipment, where lasers are used to study cold atoms, often wear special grounding bracelets connected to metal workstations to prevent static electricity buildup.

Other solutions include grounding mats, heel straps to connect skin to the floor, and static-safe floor materials or coatings.

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