



FORMAL HAZARD ASSESSMENT

TITLE: Manual Lifting and Carrying				FHA #: 001						
Positions Considered:			Assessment Team:			Date Created:		May 2, 2022		
Supervisor Field Operator Labourer			Maira Brown Elise Rudd Marko Fields			Revision #:				
						Last Revision Date:				
Tasks	Health	Safety	Hazards Associated with Task <i>Identify hazards (as applicable) presented by; operations, equipment, vehicles, materials, products, working conditions and environment.</i>	Raw Risk Rating			Controls <i>Consider the Hierarchy of Controls.</i>	Residual Risk Rating		
				Severity	Probability	Overall Risk Rating		Severity	Probability	Overall Risk Rating
Loading Boxes into Trucks in Warehouse	X		Awkward Body Posture / Position	2	3	6	Eng: Use of Motorized Equipment or Dolly Adm: SWP Ergonomics, Ergonomics Training Program Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).	2	2	4
		X	Body Part Contracting Pinch Point	2	2	4	Eng: Adm: SWP Ergonomics, Ergonomics Training Program Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).	2	1	2
			X	Congested Work Areas Causing a Collision	2	2	4	Eng: Adm: Housekeeping, SWP, Sufficient Egress Lighting, Shop Inspections PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).	2	1



	X	Heavy Manual Lifting Causing Worker Injury	3	3	9	<p>Eng: Use of Motorized Equipment or Dolly</p> <p>Adm: Adequate Amounts of Rest, Stretch and Take Frequent Breaks, SWP Ergonomics, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP, Two-Worker Carry, Safe Manual Lifting/Carrying Techniques</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).</p>	2	2	4
Climbing in/out of Truck	X	Exertion Causing Fatigue	2	2	4	<p>Eng:</p> <p>Adm: Adequate Amounts of Rest, Stretch and Take Frequent Breaks, Work/Rest Cycle, Job Rotation, SWP Ergonomics, Ergonomics Training Program</p> <p>PPE:</p>	2	1	2
	X	Failure to Use 3-Point Contact	2	2	4	<p>Eng: Handholds, Handrails, Steps</p> <p>Adm: Worker Competency Program/ On-The-Job Training, Signage, SWP, Pre-Job Meeting, New Worker Orientation</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).</p>	2	1	2
Delivering Materials to Clients	X	Worker Injury Due to Slip, Trip or Fall	2	2	4	<p>Eng:</p> <p>Adm: Aware of Ground Conditions, Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ER, Safe Manual Lifting/Carrying Techniques</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).</p>	2	1	2
	X	Poor Visibility / Line of Sight	2	2	4	<p>Eng:</p> <p>Adm: Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP, Communication Procedures, Truck Headlights and High Beams</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required). Head Lamps If Entering Dim Area</p>	2	1	2
	X	Lack of Communication	2	2	4	<p>Eng:</p> <p>Adm: Pre-Job Meeting, Communication Procedures, Journey Management Program</p> <p>PPE:</p>	2	1	2



	X	Dropping Material Resulting in Equipment Damage	3	2	6	<p>Eng: Use of Motorized Equipment</p> <p>Adm: Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP, Cargo Securement Requirements, Safe Manual Lifting/Carrying Techniques, Temporary Blockades to Prevent Worker Crossing</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).</p>	2	2	4
	X	Dropping Material Resulting in Worker/ Client Injuries	3	2	6	<p>Eng: Use of Motorized Equipment</p> <p>Adm: Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP, Cargo Securement Requirements, Safe Manual Lifting/Carrying Techniques, Temporary Blockades to Prevent Worker Crossing</p> <p>PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required).</p>	2	2	4



Risk Matrix

		Severity		
		1 - Minor	2 - Moderate	3 - Major
Probability	3 - Very Likely	Medium 3	High 6	Extreme 9
	2 - Unlikely	Low 2	Medium 4	High 6
	1 - Rare	Low 1	Low 2	Medium 3

Probability pertains to the extent of how likely it is for the risk to occur.

The 3 risk rating levels for this component are:

1. **Rare** – unlikely to happen or has never happened.
2. **Unlikely** – has the possibility to happen or has happened at least once.
3. **Likely** – almost sure to happen or has happened multiple times.

Severity is to determine the level of effects that the hazard could cause.

The 3 risk rating levels for this component are:

1. **Minor** – can cause injuries/illnesses requiring first aid or negligible property damage.
2. **Moderate** – can cause moderate injuries/illnesses requiring medical aid or moderate property damage.
3. **Major** – can cause irreversible injuries/illnesses or fatality or may cause serious property damage.

Overall Risk Rating

Severity x Probability = Overall Risk Rating

Low - no further action needed; proper control measures are in place.

Medium – proceed with caution and monitor at regular intervals.

High – must be reviewed and reassessed prior to work proceeding.

Extreme – work must be stopped until adequate controls have reduced hazard to an acceptable level.

