

Video 2: Proactive Hazardous Energy Identification

Work = Risk

Every job starts with job prep and pre-job planning, a critical part of the process is identifying hazards before work begins. Energy-based hazard recognition uses the Energy Wheel to guide safety meetings and help workers scan the environment for potential dangers. It is key to identify hazards **before** the work begins and **before** they cause harm. Every day on the job you are interacting with hazardous energy. Hazardous energy can come from the work itself; it is in your equipment and materials – it is everywhere.

This guide is a companion to the **Proactive Hazardous Energy Identification** video.

Get the most out of the safety video

01

Before watching the video, discuss with your team:

- How is risk an inherent part of your work? (Work = Risk)
- What types of hazardous energy do you encounter in your daily work and operations?
- How can we be sure that all hazards have been identified?

02

Watch the safety video

Watch the video and discuss hazardous energy types.

- How would you use the Energy Wheel at your workplace to identify hazards?
- What types of hazardous energy can be easily missed at your job site?
- What warning signs should alert you to changes in energy or movement?

03

Discuss with your team

- Ask yourself and the team if any information was surprising, confusing or already known.
- When was the last time you paused work because something changed?
- How is your team adapting to maintain safe operations?

04

Key takeaways

- Research has confirmed that almost 50% of hazards may not be identified before and during initial hazard assessment activities.
- The Energy Wheel is used after the initial hazard assessment to expose unidentified workplace hazards.
- New, unanticipated hazards can emerge, pausing work and reassessing risk is critical.

05

Review additional resources

- [Energy Wheel](#)