

Video 5: Positive Control Of Hazardous Energy

When high energy levels are involved, the risks increase. For example, a struck-by incident like a swinging load. Energy levels depend on the force applied, the weight of the object, and the pressure exerted, which affects how energy is transferred or transformed. Understanding these basic differences can help anticipate risk in planning and executing work.

This guide is a companion to the **Positive Control of Hazardous Energy** video. It is to help you, and your team learn more about the steps you can take to verify the effectiveness of a control.

Get the most out of the safety video

01 Before watching the video, discuss with your team:

- Think of a time when you were working on a routine task, and something unexpected happened. What made the situation more dangerous than it first appeared?

02 Watch the safety video

- Hazard controls save lives; but how do you know when the control is going to be effective to mitigate the risk for the worker?
- Think about the associated hazards and controls that are in place at your workplace.

03 Discuss with your team

- Is there a system in place for continuous improvement of energy control measures?
- Are regular inspections conducted to check the effectiveness of safeguards?

04 Key takeaways

- Use the Energy Wheel to help identify additional hazards in your workplace.
- Conduct an inventory of high energy hazards at your site.
- Know the difference between direct and alternative controls and where they apply in your workplace.

05 Review additional resources

- [Energy Wheel](#)
- [Line of Fire](#)
- [Construction Safety Research Alliance](#)