

Video 6: Managing High Hazards with HECA

How protected are you from harm at work?

In heavy equipment maintenance, controlling high-energy hazards is key for safety. The High Energy Control Assessment (HECA) is an innovative way to focus on the most dangerous hazards, what we call Stuff That Can Kill You (STCKY) and corresponding safeguards.

This guide is a companion to the **Managing High-Hazards with HECA** video. It will help you identify and monitor high energy hazards to bring focus to where both direct and alternative controls are needed.

Get the most out of the safety video

01 Before watching the video, discuss with your team:

- What do we see at our site: Are high-energy hazards clearly identified during our tasks?

02 Watch the safety video

Pause the video during any reflection questions. If there are no questions – use the “hook” statement/inquiry at the beginning of the video as a discussion point.

- How protected are you from harm at work? What might be missing?

03 Discuss with your team

- Was any information in the video surprising or confusing?
- Choose one area of your business to discuss with your team:
 - What high-energy hazards are present?
 - Are we comfortable with the controls that are currently in place?

04 Key takeaways

- HECA helps teams proactively manage serious injury and fatality risk.
- It brings structure and clarity to what to look for and how to measure it.
- The conversations around HECA are just as valuable as the scores.
- Engagement and dialogue lead to shared understanding and stronger action.
- Direct controls should be targeted and effective so that, even if human error occurs, the hazard remains mitigated
- Safety becomes a continuous improvement journey, not a one-time audit.

05 Review additional resources

Start practicing the use of HECA today as practice provides a steady learning curve in the management of high-energy hazards. Learn more at [Predictive Analytics/HECA | CSRA](#)