## FORMAL HAZARD ASSESSMENT

**TITLE:** Manual Lifting and Carrying  
**FHA #:** 001

<table>
<thead>
<tr>
<th>Positions Considered</th>
<th>Assessment Team</th>
<th>Date Created</th>
<th>Supervisor</th>
<th>Field Operator</th>
<th>Labourer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Moira Brown</td>
<td>May 2, 2022</td>
<td>Moira Brown</td>
<td>Elise Rudd</td>
<td>Marko Fields</td>
</tr>
</tbody>
</table>

### Hazards Associated with Task

Identify hazards (as applicable) presented by: operations, equipment, vehicles, materials, products, working conditions and environment.

### Tasks

| Health | Safety | 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  
|--------|--------|---|--------------------------------|----|---|---|-----------------------------------------------|
| X      | Body Part Contracting Pinch Point | 2 | 2 | 4 | Eng: SWP Ergonomics, Ergonomics Training Program Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP  
| X      | Congested Work Areas Causing a Collision | 2 | 2 | 4 | Eng: SWP Ergonomics, Ergonomics Training Program Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP  
<table>
<thead>
<tr>
<th>Issue</th>
<th>Description</th>
<th>How to Engage Employees</th>
<th>How to Manage</th>
<th>PPE</th>
</tr>
</thead>
</table>
| **Heavy Manual Lifting Causing Worker Injury**             | Eng: Use of Motorized Equipment or Dolly  
Adm: Adequate Amounts of Rest, Stretch and Take Frequent Breaks, SWP Ergonomics, Pre-Use Inspections, New Worker Orientation, ERP, Two-Worker Carry, Safe Manual Lifting/Carrying Techniques  
PPE: Safety Hard Hats, Fire-Resistant Clothing with High Visibility Stripes, Safety Eyewear, Hearing Protection, Protective Footwear, Hand Protection/ Gloves (as required). | 3 3 9         | 2 2 4         | 2 1 2                                    |
| **Exertion Causing Fatigue**                               | Eng: Adequate Amounts of Rest, Stretch and Take Frequent Breaks, Work/Rest Cycle, Job Rotation, SWP Ergonomics, Ergonomics Training Program  
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         | 2 1 2         |                                          |
| **Failure to Use 3-Point Contact**                         | Eng: Handholds, Handrails, Steps  
Adm: Worker Competency Program/ On-The-Job Training, Signage, SWP, Pre-Job Meeting, New Worker Orientation  
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         | 2 1 2         |                                          |
| **Worker Injury Due to Slip, Trip or Fall**                | Eng: Aware of Ground Conditions, Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ER, Safe Manual Lifting/Carrying Techniques  
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         | 2 1 2         |                                          |
| **Poor Visibility / Line of Sight**                        | Eng: Signage, SWP, Housekeeping, Pre-Use Inspections, New Worker Orientation, ERP, Communication Procedures, Truck Headlights and High Beams  
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 | 2 2 4         | 2 1 2         |                                          |
| **Lack of Communication**                                 | Eng: Pre-Job Meeting, Communication Procedures, Journey Management Program  
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         | 2 1 2         |                                          |
|   | Dropping Material | 3 | 2 | 6 |   | Eng: Use of Motorized Equipment  
|   | Resulting in Equipment Damage |   |   |   |   | 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  
|   |   |   |   |   | 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 |
|   | Dropping Material | 3 | 2 | 6 |   | Eng: Use of Motorized Equipment  
|   | Resulting in Worker/ Client Injuries |   |   |   |   | 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  
|   |   |   |   |   | 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 |
Risk Matrix

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.
Disclosure: by signing this formal hazard assessment review record I hereby acknowledge that I have participated in the review of this hazard assessment and understand the tasks, hazards, and controls as they written. I agree that I participated in the review of the hazard assessment and understand the engineering, administrative and personal protective equipment that I must use to protect myself from conducting tasks associated with this hazard assessment.

<table>
<thead>
<tr>
<th>PRINT NAME</th>
<th>POSITION</th>
<th>SIGNATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>