

Job Safety Analysis/Risk Assessment/PPE Assessment

Location: Evergreen Lodge	Department: All Departments	Activity/Process being assessed: Lifting Objects
JSA Reference #: FL010		Assessors: Assistant General Manager

General Precautions: Before moving or lifting any object, always assess its weight in the context of your own strength. Wear a back brace to provide additional support for the lower back.

ID	Job Tasks	Potential Hazard	How to Control Hazard
1	Lifting object. Saving yourself from injury is more important than avoiding damage to what you're lifting	Back injury Foot injury from dropping heavy object	Bend knees to lessen pressure on the lower back Use legs as the source of power to lift object Solicit the help of others or employ tools if object is too heavy to be lifted by one person Get a secure hold on object Wear gloves to aid in a secure grip Wear steel-toed shoes, or similar
2	Transporting object	Back Injury Slipping on wet or slick floor	See above for more information Evaluate condition of floor along path from origin to destination Do not move heavy loads until floor is dry
3	Setting object down	Back injury Foot injury from dropping heavy object	Bend knees to lessen pressure on the lower back Use legs as the source of power to lift object Solicit the help of others or employ tools if object is too heavy to be lifted by one person Get a secure hold on object Wear gloves to aid in a secure grip Wear steel-toed shoes, or similar
4	Reporting Accidents/Injuries:	None	Immediately report all accidents to Management.
Required Training:		Lifting Heavy Objects	
Required Personal Protective Equipment (PPE):		Back Brace, Steel toed shoes	
Persons Affected: Operator Other Worker (including leased labor) Outside Contractor			

I understand & will adhere to the steps, hazards & controls as described in this JSA.

I understand that performing steps out of sequence may pose hazards that have not been evaluated, nor authorized.

I will contact my supervisor prior to continuing work, if the scope of work changes or new hazards are introduced.

I understand I have the authority and responsibility to stop work I believe to be unsafe.