

ACTIVITY HAZARDS ANALYSIS

Date Prepared: February 8, 2010

Project: EC-HMQ

Prepared By: Karen M. González

Job: Lifting

Reviewed By: Michael Henry

Risk Assessment Code(RAC):

M

E = Extremely High Risk
 H = High Risk
 M = Moderate Risk
 L = Low Risk

		P r o b a b i l i t y				
		Frequent	Likely	Occasional	Seldom	Unlikely
S e v e r i t y	Catastrophic	E	E	H	H	M
	Critical	E	H	H	M	L
	Marginal	H	M	M	L	L
	Negligible	M	L	L	L	L

Recommended Protective Clothing & Equipment:

Lift Trucks, Cranes, Conveyors, Dollies, Carts, Support Belt/Brace

Seldom, Critical

JOB STEPS	HAZARDS	ACTIONS TO ELEMIMATE OR MINIMIZE HAZARDS	EM 385-1-1 (PARA REF)
Lifting	Injury to the employee	<ol style="list-style-type: none"> 1. When lifting batteries/ nitrogen tanks, use proper leverage and lifting techniques (legs close to the body) 2. Use proper technique when loading weights on measuring rig and loading the rig onto the truck 3. If lifting something together, respect your partner's strength limitations 4. Don't be afraid to ask for help 5. Don't be afraid to offer assistance 	Section 14 NIOSH, Work Practices Guide For Manual Lifting