

Job Safety Analysis Form

Picture of task/equipment:	Task:	LIFTING AN OBJECT
	Name of Shop or Dept:	
	Job Title(s):	
	Analyzed by:	
	Date:	
Required PPE:		
N/A		
Required/Recommended Trainings:		
1. Bruin Safety Training		
TASK	HAZARDS	CONTROLS
1. Prepare for lift	1a. Weight 1b. Clutter 1c. Shape and container integrity	1a1. Know weight of object 1a2. If too heavy or has awkward shape, ask for assistance 1a3. Use lifting aid - i.e. dolly 1b1. Good housekeeping 1c1. Assess load and ensure integrity
2. Lifting	2a. Back strain 2b. Falling 2c. Falling objects (around you)	2a1. Keep back straight 2a2. Keep load balanced 2a3. Use leg and abdominal muscles 2a4. No twisting or excess force 2a5. Get firm grip 2b1. Dry floor and good housekeeping 2c1. Good housekeeping
3. Moving with load	3a. Slip/Trip/Fall 3b. Drop load	3a1. Clean nonslip shoes and no clutter 3b1. Put load down when too heavy
4. Put down load	4a. Back strain 4b. Falling 4c. Falling objects (around you)	4a1. Keep back straight 4a2. Keep load balanced 4a3. Use leg and abdominal muscles 4a4. No twisting or excess force 4a5. Get firm grip 4b1. Dry floor and good housekeeping 4c1. Good housekeeping