Task:	Date:						
① STOP	Date.		Y or N	NA			
Do I have the required skills and knowledge to perform task? Does a procedure exist?				+ $+$			
Do I understand the steps required	- 	+ $+$					
Are my tools and equipment in goo	- - - - - - - 	+ $+$					
Do I have the correct PPE and is F	- - - - - - - 	+ $+$					
Do I have the correct FFE and is F	- - - - - - - 	+ $+$					
Do I have the required permit of at Do I have a clear plan in mind?	- - - - - - - 	+ $+$					
Have I checked for any environme	ntal hazarde2		- - - - - - - 	+ $+$			
(e.g. power lines, traffic, work surfa		aditions)		"			
Can the work be moved to a safer				$+$ \Box			
② LOOK FOR THE HAZARD	Yes	No					
Have I reviewed the hazard menu?	2						
Will I be operating equipment with Am I or others at risk from the operation				H			
Is there a manual material handling		H					
		H					
Will I need to isolate energy sources by LOTO?				H			
Will I be working at height? Is a harness necessary? Have I reviewed the area for potential fire hazards?				H			
③ ASSESS THE RISK							
What is the risk level? (E= Extreme, H= High, M=Modera	E [М					
(L= Extreme, ri= riigh, M=Modera	ie, L= Low)	Contact Your Supervisor	нП				
Soverity							
Severity or consequence Likelihood Negligible Minor Moderate Major Catastrophic							
Likelihood Negligible Minor M Almost	loderate Major	Catastrophic					
Certain L M	H E	E					
Likely L M	н н	E					
Possible L M	м н	н					
Unlikely L M	м м	M					
Rare L L	L L	M					
(4) MAKE THE CHANGE	Have I identified & controlled hazards so I'll be safe?						
MAKE THE CHANGE Have Lidentified & controlled haza	102 20 111 06 8316	The controls or changes I have put in place:					
Have I identified & controlled haza							
Have I identified & controlled haza							
Have I identified & controlled haza The controls or changes I have put							
Have I identified & controlled haza The controls or changes I have put Do I feel safe performing tasks?							
Have I identified & controlled haza The controls or changes I have put							

Hazard Menu						
Animals, Insects	Air Quality	Cold	Confined Spaces	Electricity		
Elevated Work: falls	Ergonomics	Fire/Hot Work	Flying Debris/Particles	Foul Weather (Storms, Hurricanes, Floods, Tornados – likely or predicted)		
Excavations /Trenches	Hazardous Materials	Heat	Hydraulic Systems (Pressure)	Lighting		
Noise	Overhead Power Lines	Public Exposure	Remote Location/Limited Communication	Rigging		
Road Traffic	Slips/Trips on Vehicle	Uneven surfaces, holes, poor footing	Vehicles/Equipment	Water (Lakes, Rivers etc.)		