

U.S. Department of Agriculture Natural Resources Conservation Service		1. WORK PROJECT/ACTIVITY Lifting and Moving Heavy Objects	2. LOCATION Westwide	3. UNIT Snow Survey
JOB HAZARD ANALYSIS (JHA)		4. NAME OF ANALYST Joe Messina Jeff Anderson	5. JOB TITLE Hydrologist	6. DATE PREPARED 4/20/2007
7. TASKS/PROCEDURES	8. HAZARDS	9. ABATEMENT ACTIONS Engineering Controls * Substitution * Administrative Controls * PPE		
Lifting objects by yourself	Injuring your back and hands The forest service reports that back injuries in the past were the second largest group of injuries incurred by employees nationally. Back injuries are rarely life threatening but are very painful, have long periods of recovery and may have a greater affect on the long term quality of life than most other injuries.	Use proper lifting techniques: <ul style="list-style-type: none"> ○ Warm up to minimize chance of pulled/strained muscles. ○ Consider wearing an velcro abdominal/back support ○ Stand close to load with feet apart. ○ Bend knees, keeping back straight as possible. ○ Firmly grip under the load. ○ Lift with the legs, arms and shoulders, in a gradual and smooth motion. Do not rely on back and stomach muscles. ○ When lifting to or from an elevated surface such as table or shelf, slide the object to the edge of the surface and lift properly. ○ Keep load close to body. ○ Avoid twisting motions ○ Don't try to lift too much weight <ul style="list-style-type: none"> ○ Ask for assistance with heavy/cumbersome objects. ○ Use a mechanical device such as handtrucks or wheelbarrows for heavy objects. ○ Don't let load block your vision. ○ Face the spot where load is to be placed. ○ While keeping back as straight as possible, lower load by bending knees. ○ Avoid placing heavy and unwieldy objects overhead. ○ Watch hands and feet when lifting and lowering objects. 		
Lifting something with a partner		In addition to using proper lifting techniques it is important to communicate with your others to coordinate lifting, moving, and lowering objects with prearranged signals (on the count of three).		
Maintaining footing when carrying heavy objects	Slipping or tripping	<ul style="list-style-type: none"> ○ Wear lug sole boots ○ Watch step ○ Don't get in a hurry ○ Step over logs not on them, ensure footing is firm and stable. ○ Extra care must be exercised on steep slopes with cut brush. ○ Clear a place for footing first. 		
10. LINE OFFICER SIGNATURE		11. TITLE		12. DATE

JHA Instructions

The JHA shall identify the location of the work project or activity, the name of employee(s) involved in the process, the date(s) of acknowledgment, and the name of the appropriate line officer approving the JHA. The line officer acknowledges that employees have read and understand the contents, have received the required training, and are qualified to perform the work project or activity.

Blocks 1, 2, 3, 4, 5, and 6: Self-explanatory.

Block 7: Identify all tasks and procedures associated with the work project or activity that have potential to cause injury or illness to personnel and damage to property or material. Include emergency evacuation procedures (EEP).

Block 8: Identify all known or suspect hazards associated with each respective task/procedure listed in block 7. For example:

- a. Research past accidents/incidents.
- b. Research available Health and Safety Code.
- c. Discuss the work project/activity with participants.
- d. Observe the work project/activity.
- e. A combination of the above.

Block 9: Identify appropriate actions to reduce or eliminate the hazards identified in block 8. Abatement measures listed below are in the order of the preferred abatement method:

- a. Engineering Controls (the most desirable method of abatement). For example, ergonomically designed tools, equipment, and furniture.
- b. Substitution. For example, switching to high flash point, non-toxic solvents.
- c. Administrative Controls. For example, limiting exposure by reducing the work schedule; establishing appropriate procedures and practices.
- d. PPE (least desirable method of abatement). For example, using hearing protection when working with or close to portable machines (chain saws, rock drills, and portable water pumps).
- e. A combination of the above.

Block 10: The JHA must be reviewed and approved by a line officer. Attach a copy of the JHA as justification for purchase orders when procuring PPE.

Blocks 11 and 12: Self-explanatory.

Emergency Evacuation Instructions

Work supervisors and crewmembers are responsible for developing and discussing field emergency evacuation procedures (EEP) and alternatives in the event a person(s) becomes seriously ill or injured at the worksite.

Be prepared to provide the following information:

- a. Nature of the accident or injury (avoid using victim's name).
- b. Type of assistance needed, if any (ground, air, or water evacuation).
- c. Location of accident or injury, best access route into the worksite (road name/number), identifiable ground/air landmarks.
- d. Radio frequencies.
- e. Contact person.
- f. Local hazards to ground vehicles or aviation.
- g. Weather conditions (wind speed & direction, visibility, temperature).
- h. Topography.
- i. Number of individuals to be transported.
- j. Estimated weight of individuals for air/water evacuation.

The items listed above serve only as guidelines for the development of emergency evacuation procedures.

JHA and Emergency Evacuation Procedures Acknowledgment

We, the undersigned work leader and crewmembers, acknowledge participation in the development of this JHA (as applicable) and accompanying emergency evacuation procedures. We have thoroughly discussed and understand the provisions of each of these documents:

SIGNATURE DATE

SIGNATURE DATE
