

Job Safety Analysis Form

501 Westwood Plaza, 4th Floor • Los Angeles, CA 90095
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Picture of task/equipment:	Task:	HEAVY LIFTING (ABOVE 50 LBS)
<p>© Original Artist Reproduction rights obtainable from www.cartoonStock.com</p> <p>IT!</p> <p>SAFETY FIRST!</p> <p>search ID: jrm0038</p> <p>© Rick Enright</p> <p>"Larry...GRUNTI... next time you feel like giving that extra 10 percent of work...would you mind giving it to someone else?...GRUNTI"</p>	Name of Shop or Dept:	
	Job Title(s):	
	Analyzed by:	
	Date:	

Required PPE:

- | | |
|-------------------|-----------------------------|
| 1. Gloves | 3. Steel toe work boots |
| 2. Eye protection | 4. Back brace (if required) |

Required/Recommended Trainings:

- Bi-Yearly Safety Sessions
- Training and demonstrations by EH&S

TASK	HAZARDS	CONTROLS
Removal/ Relocation of Equipment (Motors, Switch Gear, Big spool wire, Sternberg light fixture, Street light Marble light fixture, MCCS, Distribution panel boards)	Heavy Equipment Tripping Surroundings (heights, wet floor, obstacles)	Size up the load & check overall conditions. Check route for clearances and obstacles. Use a handcart or dolly, etc. when possible. Breakdown large & heavy loads. Know your limits. Seek/Ask for help. Take extra care with awkward tasks.
Lifting Equipment (Motors, Switch Gear, Big spool wire, Sternberg light fixture, Street light Marble light fixture, MCCS, Distribution panel boards)	Dropping Equipment Smashing digits Back strain	Make certain your balance is good. Bend the knees. DON'T STOOP. Grip the load with the palms of your hands & fingers. Use your body weight to start the load moving. Keep the arms and elbows close to the body. DON'T TWIST YOUR BODY WHILE CARRYING THE LOAD. Watch where you are going.
Lowering Equipment (Motors, Switch Gear, Big spool wire, Sternberg light fixture, Street light Marble light fixture, MCCS, Distribution panel boards)	Dropping Equipment Smashing digits Back strain	To lower, bend the knees. DON'T STOOP. To deposit the load on a bench or shelf, place it on the edge & push it into position. Make sure your hands & feet are clear when placing the load.
Team Lifting (Motors, Switch Gear, Big spool wire, Sternberg light fixture, Street light Marble light fixture, MCCS, Distribution panel boards)	Dropping Equipment Smashing digits Back strain	Team lifting will be required if the weight, shape, or size of an object makes the job too much for one person. The lifters should be approximately the same size for team lifting. One individual needs to be responsible for control of the action to ensure proper coordination. Load should be lifted simultaneously so the load will not shift to one person. Walk in step to avoid tripping.