Hazard Assessment and Control: a handbook for Alberta employers and workers
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This handbook is current to May 2020. The law is constantly changing with new legislation, amendments to existing legislation, and decisions from the courts. It is important that you keep up with these changes and keep yourself informed of the current law.

This handbook is for general information only and may be applicable to assist in conducting work site hazard assessments. However, it is critical that you evaluate your own unique circumstances to ensure your hazard assessments accurately reflect the nature of your work site(s). It is recommended you consult relevant professionals (for example health and safety professionals and specialists) to assist in the development of your hazard assessment.

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Hazard assessments and controls help build safe and healthy workplaces. They are at the core of every organization's occupational health and safety program.

The hazard assessment and control process provides a consistent approach for employers and workers to identify and control hazards in the workplace. It allows everyone to focus their efforts in the right areas, and to develop worker training, inspections, emergency response plans, etc. specific to the hazards at their work sites.

Alberta’s Occupational Health and Safety legislation requires employers to conduct hazard assessments and to eliminate the hazards identified. If they cannot be eliminated, the employer must introduce controls to protect against them.

While this handbook outlines the fundamental process for performing hazard assessments, employers will have to customize the process based on their business operations. Hazard assessments must reflect the specific needs of the operation.

Alberta’s Occupational Health and Safety legislated requirements (the law) are highlighted throughout this document along with various opportunities to go above and beyond the legal expectations for better health and safety performance. Not all requirements under the Occupational Health and Safety Act, the regulations and the Occupational Health and Safety Code are discussed in this handbook.
Overview

Why do a hazard assessment?

No matter the size or type of business, there are situations, conditions or things that may be dangerous to the health and safety of workers, or others in the vicinity. Employers, supervisors, workers and other work site parties (for example, prime contractor, contractor), must know what the workplace hazards are in order to address them.

A hazard is a situation, condition or thing that may be dangerous to health and safety.

Common hazards in just about any workplace include things like:

- manual material handling
- slips, trips and falls
- working alone
- workplace harassment
- hazardous chemicals
- back injury
- broken arm
- medical emergency
- absenteeism
- chemical burn

Left unchecked, any one of these hazards has the potential to impact a person’s quality of life in some way for some time.

It’s your responsibility as an employer to ensure workplace hazards are identified, and eliminated or controlled so workers stay healthy and safe on the job.

- use mechanical lift
- keep floors clean and dry
- provide communication device
- provide respectful workplace training
- wear protective gloves
Overview

Hazard assessments are a core part of every occupational health and safety program. They allow the employer to focus their efforts in the right areas, and develop worker training, inspections, emergency response plans, etc., specific to the hazards on their work site(s).

**There’s another good reason for an employer to do hazard assessments: it’s the law.**

An employer must assess a work site and identify exiting and potential hazards before work begins at the work site or prior to the construction of a new work site.

*Occupational Health and Safety Code, Part 2, section 7(1)*

What are the benefits of hazard assessment and control?

Hazard assessments identify hazards so they can be eliminated or controlled before someone gets hurt.

The process of conducting hazard assessments and following through by introducing controls may also:

- **Inspire improvements in day-to-day operations** (for example maintenance, work procedures, worker training, process and design, purchasing, housekeeping). Workers can see how doing simple things like mopping up spills or picking up debris is more important than they might have thought. They become more proactive.

- **Show workers they are important and valued**, and demonstrate employer commitment. Feeling valued can inspire participation and ownership of workplace health and safety.

- **Focus attention on workplace health and safety**. Hazard assessments point to specific areas in need of improvement. They get people thinking—and talking—about health and safety.

- Result in a **more consistent, efficient and effective workplace**. One can expect that lowering the risk of a health and safety incident also lowers the number of productive hours lost to worker illness and/or injury.

- **Lower operating costs**. Fewer incidents means fewer claims filed with the Workers’ Compensation Board. Fewer insurance claims means lower annual premiums.
What are some of the challenges of conducting hazard assessments?

Not all workplace hazards are obvious to everyone. Individuals bring their own experience and judgment to the task of identifying hazards.

Employers who don’t appreciate the importance of hazard assessments are less likely to make them a priority.

The culture (attitudes and behaviours) of a workplace or an entire industry can build up a level of risk tolerance. Risk-taking may be an accepted part of the job. Workers may become complacent and begin to lower their guard over time, as high-hazard activities become familiar. Workers may even disregard the hazardous nature of a task because they take pride in the risky nature of their work.

Employers might overlook the importance of providing proper training and assign people without the skills or experience needed to conduct a hazard assessment.

New workers may simply not have the experience to identify the hazards at their work. More experienced workers may have the most difficulty changing their behaviour. They are sometimes more likely to dismiss occupational health and safety initiatives as unnecessary.
Are there different types of hazard assessments?

When Alberta’s legislation references hazard assessments, it refers to something called a formal hazard assessment.

A **formal hazard assessment** takes a close look at the overall operations of an organization to identify hazards and develop, implement and monitor related controls. Worker jobs or types of work are broken down into separate tasks. Formal hazard assessments are detailed, can involve many people, including the health and safety committee or health and safety representative (as applicable), and will require time to complete.

Some work places also do something called a site-specific hazard assessment (or field-level hazard assessment). **Site-specific hazard assessments** are used to address hazards that show up because of changing circumstances at a work site. They check for hazards before work starts at a site and at a site where conditions change or when non-routine work is added. Any hazards identified are to be eliminated or controlled right away, before work begins or continues.

More information about conducting site-specific hazard assessments is provided at the end of this handbook as an appendix. See p. 31.

This handbook focuses on formal hazard assessments, with step-by-step guidelines on how to conduct them.
A formal hazard assessment involves a detailed look at an organization’s overall operations. All worker jobs or types of work are broken down into separate tasks. The formal process is meant to identify and eliminate hazards. Where it’s not possible to eliminate the hazard, develop, implement and monitor related controls. The end goal is to prevent work-related injuries and illnesses.

Formal hazard assessments are detailed. The process can involve many people and requires time to complete. It takes commitment and resources to do all the necessary steps. The investment is rewarded many times over with improved health and safety for everyone in the workplace.
Formal hazard assessment

Who should participate?

A team approach is necessary. Different people have different ways of seeing things. Workers are the individuals doing the work and are in the best position to provide insight. You must involve affected workers.

An employer must involve affected workers in the hazard assessment and in the control or elimination of the hazards identified.

Occupational Health and Safety Code, Part 2, Section 8(1)

Anyone who is conducting the hazard assessment must receive training so they know how to recognize, evaluate and control hazards. They should also understand the job tasks that they will be evaluating, and the experience/skill level of those who are doing the work.

If you have a health and safety committee or health and safety representative be sure to get them involved. They represent an important part of the internal responsibility system where everyone in the workplace works as a team to ensure a healthy and safe environment.

Consult them throughout the process. Resolve health and safety concerns together.

Health and safety committees and health and safety representatives

Health and safety committees (HSCs) and health and safety representatives (HS representatives) support your workers' right to participate in workplace health and safety discussions and decision-making.

HSCs and HS representatives promote awareness, interest, understanding and co-operation, and are an important part of an organization’s internal responsibility system.

To determine if your organization is required to have an HSC or HS representative, and to learn more about their roles, see the Additional resources section.
Formal hazard assessment

When should you do a formal hazard assessment?

Start the formal hazard assessment early on in the development of your organization’s health and safety program.

An employer must assess a work site and identify existing and potential hazards before work begins at the work site or prior to the construction of a new work site.

Occupational Health and Safety Code, Part 2, Section 7(1)

A formal hazard assessment is the basis for the organization’s entire health and safety program. It outlines the hazards and points to the necessary control measures. This information can be helpful in other parts of a health and safety program, such as worker training, emergency response planning and work site inspections.

Employers will want to keep their health and safety activities in line with the organization’s needs. If you already have controls in place, take the time to go back and conduct a formal hazard assessment to ensure all hazards have been identified and existing controls are effective.

As the organization’s operations expand or changes are made to the way work is performed (in other words before new work sites are constructed and/or equipment, processes or tasks are introduced), additional hazard assessments are required.

An employer must ensure that the hazard assessment is repeated

(a) at reasonably practicable intervals to prevent the development of unsafe and unhealthy work conditions,
(b) when a new work process is introduced,
(c) when a work process or operation changes, or
(d) before construction of significant additions or alterations to a work site.

Occupational Health and Safety Code, Part 2, Section 7(4)
Even when nothing has changed, hazard assessments must be reviewed periodically to prevent the development of unsafe and unhealthy working conditions.

To meet Occupational Health and Safety legislated requirements, the date must be recorded on each hazard assessment. This provides a record of the last revision date and may help determine whether or not the document requires an update.

An employer must ensure that the date on which the hazard assessment is prepared or revised is recorded on it.

Occupational Health and Safety Code, Part 2, Section 7(3)

How do you do a formal hazard assessment?

What follows are the basic steps to conducting a formal hazard assessment. The size and complexity of business operations will influence your approach. You will want to tailor the process to your organization’s specific needs. Make sure everyone involved understands the goals and is familiar with the work processes under review and the experience/skill level of those doing the work.

The template on p. 24 may be helpful when conducting a formal hazard assessment. Be sure to customize this template so it applies to your specific work environment. See also the sample forms provided for reference on pp. 25–30.

The process involves several steps. Taking one step at a time can help it go smoothly.

The formal hazard assessment process – step by step

1. Figure out what people do.
2. List all work tasks or activities for each job.
3. Identify any health and safety hazards related to each task or activity.
4. Find ways to eliminate or control the hazards.
5. Implement the selected controls.
6. Communicate the hazards and follow the controls.
7. Monitor effectiveness of controls.
8. Review and revise the hazard assessment.
Begin by figuring out what people do in the organization.

Start by taking an inventory of all the jobs or work types within the organization.

You might develop or reference a list of positions or work types.

For example, in a supermarket, there are:

- deli counter staff
- bakers
- butchers
- grocery clerks
- buyers
- baggers
- inventory managers
List all work tasks or activities for each job.

From your inventory of all the jobs or work types in the organization, compile a list of related tasks for each.

Talk to the workers and spend time watching them work. Record the tasks or activities they do.

For example, a grocery clerk is responsible for:

- scanning groceries
- bagging groceries
- stocking shelves
- processing payment
- assisting customers
- sweeping/cleaning up spills
Keeping workers healthy and safe involves identifying both health and safety hazards.

A **health hazard** is anything that could harm someone's health, either immediately or over time.

### Health hazards

- loud noises
- repetitive movements
- sun exposure
- chemical exposure

The effects of health hazards are not always immediate. They can take years to appear. For this reason, health hazards themselves are often overlooked in the hazard assessment process.

A worker who is exposed to the sun on a regular basis may develop skin cancer over time. Early identification of sun exposure as a health hazard can introduce controls to minimize the hazard and safeguard the worker's health.

A **safety hazard** is anything that could cause injury or damage. An injury caused by a safety hazard is usually immediate (for example a broken bone, a sprain or a cut).

### Safety hazards

- falling objects
- slippery surfaces
- sharp equipment
- icy roads

Safety hazards tend to get our attention in a hurry. When someone falls and breaks their back, for example, everyone takes note.
Workplace hazards by category

Workplace hazards can be grouped into four categories. They may include, but are not limited to:

**Physical hazards**

- Slippery/uneven surfaces
- Repetitive motions
- Lifting heavy loads
- Extreme temperatures
- Working around moving equipment
- Vibration
- Noise
- Working at heights
- Poor lighting
- Working around vehicles

**Chemical hazards**

- Cleaning products/solvents
- Battery acid
- Vapour (spray paint)
- Hazardous merchandise
- Maintenance products
- Fumes
- Gases (carbon monoxide)
- Byproducts/waste products from a process
In some situations, **the hazard can be a combination of two or more of the above.** More than one category of hazard may be present with each task.
Contributing factors

When thinking about workplace hazards and how to eliminate or control them, consider these four main contributing factors to how hazards impact a workplace and the workers:

**People**
- Are they well trained/competent in performing the work?
- Are they overtired?
- What motivates them (for example speed or quality)?

**Equipment**
- Is equipment/are tools appropriate for the task?
- Is the equipment properly installed?
- Is the equipment properly maintained?
- Are manufacturer’s specifications and operating instructions being followed?

**Materials**
- What materials are being used?
- Are they being handled, stored and disposed of properly?

**Environment**
- Where is your work site (for example an office, vehicle, field, etc.)?
- Does your work environment introduce any health and safety hazards?

Your workplace may have existing tools and information in place to help identify hazards. Hazard reports, incident reports—including potentially serious incident (PSI) reports, equipment preventive maintenance records, first aid logs and inspections can all be used to update hazard assessments on an ongoing basis.
**Formal hazard assessment**

**STEP 4**

Find ways to eliminate or control the hazards.

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**All identified hazards must be addressed.**

You must eliminate hazards wherever you can. Removing tripping hazards or safely disposing of unwanted chemicals are examples of hazard elimination. **If hazards cannot be eliminated, they must be controlled.**

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If an existing or potential hazard to workers is identified during a hazard assessment, an employer must take measures in accordance with this section to

(a) eliminate the hazards, or

(b) if elimination is not reasonably practicable, control the hazard.

**Occupational Health and Safety Code, Part 2, Section 9(1)**

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Your hazard assessment may reveal a lot of hazards. All hazards have to be addressed. It may not be realistic to address them all immediately. Prioritize the hazards you’ve identified and address those that pose the greatest risk right away. **Make sure you introduce interim controls for those hazards that may have to wait for more permanent solutions.**

Some control methods are more effective than others. Alberta’s Occupational Health and Safety Code outlines the hierarchy of controls to follow.
Hazard controls

Combination of controls
If the hazard cannot be eliminated or controlled by using a single control method, the employer may use a combination of engineering, administrative and personal protective equipment to provide a greater level of worker health and safety.

What follows are examples of the various types of controls. They must be implemented in the order stated.

Engineering controls
Next to eliminating a hazard, controlling it at the source is the most effective means of preventing illness or injury to workers.
Administrative controls
When elimination isn’t an option and engineered controls are not feasible, employers are expected to do what they can to introduce controls that change the way people work.

- conduct a site-specific hazard assessment
- develop safe work practices and procedures
- provide training and supervision for workers
- limit exposure time by rotating jobs
- display warning signs

Personal protective equipment
Personal protective equipment (PPE) is an employer’s third line of defense for controlling hazards that cannot be eliminated. It’s introduced only after engineering and administrative controls are found to be unworkable for specific hazards.

- wear approved footwear
- wear safety glasses
- wear respirators
- wear protective gloves
- wear reflective vests

Personal protective equipment can only be effective if workers use it properly. For this reason, employers must provide thorough and proper training related to its use, care and limitations.

An employer must ensure that workers who may be required to use safety equipment or personal protective equipment are competent in the application, care, use, maintenance and limitations of the equipment.

Occupational Health and Safety Regulation, Part 1, section 13(3)

If personal protective equipment is required for any tasks in your workplace, your hazard assessment and control record and/or safe work procedures must say so. These health and safety documents must also spell out the organization’s process for training and monitoring its use.
Once you’ve identified the hazards and selected the best way to eliminate or control them, you need to follow through with action.

- Have a plan to implement the identified controls and to confirm they are effective.
- Be prepared to introduce temporary controls when more permanent solutions will take time to implement.

As an example, you’ll want to provide workers with hearing protection (personal protective equipment) until a sound barrier can be established (an engineering control) to control a noise hazard.

Workers have to know the hazards of their jobs and what to do to stay healthy and safe in light of those hazards. The employer must make sure they know.

Every employer shall ensure...that the employer's workers are aware of ... any health and safety issues arising from the work being conducted at the work site,

*Occupational Health and Safety Act, section 3(1)(b)*
Formal hazard assessment

Share the results at the work site

Make sure all affected workers are aware of and understand the hazards and follow or use the controls.

The methods used to communicate the information to the workers will depend on your organization. Some effective methods may include:

- worker orientation/training sessions
- worker mentorship
- discussing both the hazards and the controls during safety meetings
- using regular internal communication channels or resources (for example health and safety committee/health and safety representative, newsletters, intranet forums)

Employers are required to prepare a report with the results from hazard assessments. This report must include what is being done to eliminate or control the hazards identified.

An employer must prepare a report of the results of a hazard assessment and the methods used to control or eliminate the hazards identified.

**Occupational Health and Safety Code, Part 2, section 7(2)**

The report must be in writing, and it must be readily available for reference at the affected work site.

If a person is required to make a report or plan under this Act, the regulations or the OHS code, the person shall ensure that the report is in writing and a paper or downloaded or stored electronic copy...is readily available for reference...at the work site affected...

**Occupational Health and Safety Act, section 14(7)**
Monitor the controls for their effectiveness.

When we introduce controls, we might end up introducing new workplace hazards. By regularly monitoring and evaluating the controls, confirming workers are following correct procedures, and making sure equipment is appropriate and in good working condition, we can anticipate problems before the health and safety of workers is negatively affected.

- eye protection might fog up, resulting in impaired vision
- engineered sound barriers might have a negative affect on airflow
Review and revise hazard assessments.

The workplace is always changing. To keep workers healthy and safe, employers are required to review an existing hazard assessment and revise it accordingly when a new task, work process, or equipment is introduced, or when there is a significant change to a work site.

Even when nothing has changed, **hazard assessments must be reviewed periodically** to prevent the development of unsafe and unhealthy working conditions.

An employer must ensure that the hazard assessment is repeated

- **(a)** at reasonably practicable intervals to prevent the development of unsafe and unhealthy working conditions,

- **(b)** when a new work process is introduced,

- **(c)** when a work process or operation changes, or

- **(d)** before the construction of significant additions or alteration to a work site.

**Occupational Health and Safety Code, Part 2, section 7(4)**

Make sure to put the date on it.

It’s a legal requirement, but it also helps with record management at your end. You will want to retain up-to-date hazard assessments for the record.
### Formal hazard assessment and control (template)

<table>
<thead>
<tr>
<th>Job/position/work type:</th>
<th>Date of assessment:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Assessment performed by (names):**

<table>
<thead>
<tr>
<th>Reviewed/ revised:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities of the job/position)</th>
<th>Hazards (List all existing and potential health and safety hazards related to the identified tasks)</th>
<th>Controls (List the controls for each hazard: elimination, engineering, administrative, personal protective equipment or a combination thereof)</th>
<th>Date implemented</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Elimination:</strong></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>Eng:</strong></td>
<td></td>
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<td></td>
<td></td>
<td><strong>Admin:</strong></td>
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<td></td>
<td><strong>PPE:</strong></td>
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<td><strong>Elimination:</strong></td>
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<td></td>
<td><strong>Admin:</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>PPE:</strong></td>
<td></td>
</tr>
</tbody>
</table>

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**Formal hazard assessment and control (sample form #1)**

<table>
<thead>
<tr>
<th><strong>Job/position/work type:</strong></th>
<th>Volunteer canvasser</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assessment performed by</strong></td>
<td>Amy Stolz, Mgr Operations; Deb Lefevre, Volunteer Coordinator; Kate Burdett, Admin. Assistant; Manny Bridges, Health and Safety Committee member</td>
</tr>
<tr>
<td><strong>Date of assessment:</strong></td>
<td>March 23, 2020</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Tasks</strong></th>
<th><strong>Hazards</strong></th>
<th><strong>Controls</strong></th>
<th><strong>Date implemented</strong></th>
</tr>
</thead>
</table>
| Driving to/from route | Adverse weather conditions | **Elimination:** Postpone to avoid snow storms and other extreme weather  
**Eng:** Confirm vehicle maintenance, wiper fluid and winter tires  
**Admin:** Schedule campaign for late spring, consult road report; follow organization’s safe work practices on Journey Management | April 3, 2020 |
| Canvassing door-to-door | Slippery surfaces | **Admin:** Volunteer orientation training (video) and policy to reinforce the use of sidewalks and handrails where available  
**PPE:** Wear non-slip footwear | April 29, 2020 |
| | Robbery | **Admin:** Credit card payment enabled to reduce cash donations; direction to surrender cash in the event of robbery, money envelope to discretely store cash donations | April 3, 2020 |
| | Angry residents | **Admin:** Clear identification of volunteer role and organization, policy to avoid knocking on doors with “No Soliciting” signage, policy to refrain from entering homes, canvassers should always be visible from roadway | April 3, 2020 |
| | Working alone | **Elimination:** Require canvassers to go out in pairs  
**Admin:** Confirm working fully charged cell phone before start of shift and emergency contact cell phone numbers  
**PPE:** Personal security alarm | April 3, 2020 |

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### Formal hazard assessment and control (sample form #2)

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<thead>
<tr>
<th>Job/position/work type:</th>
<th>Date of assessment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration/office work</td>
<td>February 15, 2020</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment performed by (names):</th>
<th>Reviewed/revised:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courtney Miller, Branch Manager; Jay Parsons, Sr. Accountant; Mark Phillips, Engineer/Health and Safety Representative</td>
<td></td>
</tr>
</tbody>
</table>

#### Tasks
(List all tasks/activities of the job/position)

<table>
<thead>
<tr>
<th>Tasks</th>
<th>Hazards (List all existing and potential health and safety hazards related to the identified tasks)</th>
<th>Controls (List the controls for each hazard: elimination, engineering, administrative, personal protective equipment or a combination thereof)</th>
<th>Date implemented</th>
</tr>
</thead>
</table>
| Operating PC (general computer tasks) | Extended periods of sitting | Eng: Ergonomic set-up of workstation  
Adm: Take micro-breaks to get up and stretch | April 19, 2020 |
| | Glare from monitor | Eng: Anti-glare screens or monitors | April 20, 2020 |
| Photocopying, faxing, stapling, hole punching | Repetitive motion | Adm: Take breaks as necessary | February 20, 2020 |
| Refilling toners | Contact with chemicals/toner | Adm: Place toner lid from new cartridge on the old cartridge to prevent exposure, WHMIS training  
PPE: Use nitrile gloves | March 4, 2020 |
| Filing | Awkward positions | Adm: Use stool, take breaks to stretch if required | February 20, 2020 |
| | Struck by/crushed | Eng: Cabinet engineered to not allow more than one drawer to be open at a time (prevent tipping)  
Adm: Ensure cabinets are loaded from the bottom up | May 21, 2020 |
| Operating paper shredder | Loose clothing or jewellery could be caught in shredder opening | Eng: Auto shut-off switch/emergency shut off  
Adm: Ensure loose clothing, jewellery, long hair is tucked in before operating, shredded on a different day | February 20, 2019 |

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## Formal hazard assessment and control (sample form #3)

**Job/position/work type:**
Gas station attendant

**Date of assessment:**
February 17, 2020

**Assessment performed by** (names):
Drake Wilde, Owner; Jay Derrington, Attendant; Matt Jordan, Attendant/Health and Safety Representative

**Reviewed/revised:**

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities of the job/position)</th>
<th>Hazards (List all existing and potential health and safety hazards related to the identified tasks)</th>
<th>Controls (List the controls for each hazard: elimination, engineering, administrative, personal protective equipment or a combination thereof)</th>
<th>Date implemented</th>
</tr>
</thead>
</table>
| Cashier                                             | Robbery                                                                                   | Eng: Physical barrier (kiosk) with limited public access, time lock safe on site inside kiosk; panic button installed, maintain good visibility into and out of the work site, video surveillance equipment installed and maintained  
**Admin:** Post signage with max. cash on site message; worker training in safe cash handling procedures; limit the quantity of valuable items (for example, lotto tickets, cash) present | April 29, 2020 |
| Working alone                                       |                                                                                           | **Admin:** Worker training in working alone procedures, clear sightlines, after hours check-in schedule  
**PPE:** Personal emergency transmitter              | April 29, 2020 |
| Washroom maintenance                                | Exposure to chemicals/bio hazards                                                        | Eng: Sharps containers  
**Admin:** WHMIS training, safe work procedures (for example, sharps safe handling procedures)  
**PPE:** Disposable gloves                            | May 8, 2020 |
| Stocking items on shelves                           | Manual handling of materials                                                             | **Admin:** Standard operating procedures for materials handling, safe lifting training | April 29, 2020 |

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### Formal hazard assessment and control (sample form #4)

**Job/position/work type:**
Shipper/Receiver

**Date of assessment:**
January 17, 2020

**Assessment performed by (names):**
- Johannes Wolf, Warehouse Manager
- Boris Phelps, Shipper/Receiver
- Randy Smith, Inventory Control Clerk/Health and Safety Representative

**Reviewed/revised:**

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities of the job/position)</th>
<th>Hazards (List all existing and potential health and safety hazards related to the identified tasks)</th>
<th>Controls (List the controls for each hazard: elimination, engineering, administrative, personal protective equipment or a combination thereof)</th>
<th>Date implemented</th>
</tr>
</thead>
</table>
| Operating compactor/baler | Contact with moving parts | Eng: Equipment safeguards in place as per manufacturer’s specifications  
Admin: Standard operating procedures for safe use of equipment | February 19, 2020 |
| Crushing/cutting |  | Eng: Emergency shutdown switch, alarm  
Admin: Worker training, PPE: Steel-toed footwear, protective gloves | March 9, 2020 |
| Loud noises |  | PPE: Hearing protection | March 23, 2020 |
| Mechanical failure |  | Admin: Pre-use inspection, Preventative Maintenance Policy | February 19, 2020 |
| Repetitive motion |  | Eng: Ergonomic design of processing area  
Admin: Training in safe lifting, scheduled breaks, job rotation | March 6, 2020 |
| Operating forklift | Contact with moving equipment | Eng: Backup alarm  
Admin: Operator safety training | February 19, 2020 |
| Static posture |  | Eng: Adjustable cab ergonomics  
Admin: Scheduled breaks, job rotation | May 13, 2020 |

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# Formal hazard assessment and control

**Job/position/work type:**
Grocery/Back Room Attendant

**Date of assessment:**
January 13, 2020

**Assessment performed by (names):**
Mary Miller, Supervisor; Jessica Hill, Back Room Attendant; Nirmal Sharma, Stockperson/Health and Safety Representative

**Reviewed/revised:**

<table>
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<tr>
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</table>
| Receiving                                            | Unstable load/falling product                                                                  | **Admin:** Worker to assess load for stability. If unstable to move, load off by hand until stable enough to move.  
**PPE:** Worker to wear steel-toed boots             | March 16, 2020                                  |
|                                                      | Trailer shift or trailer movement                                                              | **Admin:** Follow Safe Work Practice: Lock trailer to loading gate                                | April 3, 2020    |
| Stacking/storing overstock onto racking system       | Product falling off racking from heights                                                      | **Admin:** Stack materials appropriately. Heavy items on bottom racks, make sure materials are secured and not leaning, boxes must not be crushed  
**PPE:** Workers to wear hard hats and steel-toed boots | February 28, 2020                              |
| Stacking/storing overstock in coolers and freezers   | Wet/slippery floors                                                                            | **Elimination:** Clean up floors using proper clean-up procedures  
**PPE:** Workers to wear slip-resistant steel-toed boots | March 16, 2020                                  |
|                                                      | Working in cold                                                                                | **PPE:** Wear appropriate cold weather gear                                                    | March 16, 2020    |

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| Pre-trip inspection                                | Exposure to moving equipment                                                                   | **Admin:** Follow Safe Work Practice 001 - Controlled zone for pre-trip inspection (use of pylons)  
**PPE:** Reflective vest                                                                 | January 23, 2020 |
|                                                   | Awkward access points                                                                         | **Eng:** Engine bonnet designed to stay in open position with hydraulic rams in place  
**Admin:** Driver Training Module 11 covers hazards associated with pre-trip inspection  
**PPE:** Coveralls, work gloves, work boots, hard surface bump hat                                                                 | January 23, 2020 |
|                                                   | Exposure to chemicals, fluids                                                                 | **Admin:** Safe Work Practice 002 - Regular laundry of coveralls  
**Admin:** Use of funnels required when filling lubricants, fluids  
**Admin:** Review equipment list to ensure clean lines for transport of water  
**PPE:** Coveralls, work gloves, work boots, eye protection                                                                 | January 23, 2020 |
|                                                   | Icy or slick access points and work steps                                                       | **Admin:** 3 point contact entry and exit of vehicle (Driver Training Module II)                                                                 | January 23, 2020 |
| Travel to site                                    | Adverse weather conditions                                                                     | **Admin:** Consult road report, follow company Safe Work Practice 003 - Journey Management                                                                 | January 23, 2020 |

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Site-specific hazard assessments (also called field-level hazard assessments) are in fact an administrative control used to address hazards that show up as a result of changing circumstances at a work site.

- Site-specific hazard assessments check for hazards before work starts at a site and at a site where conditions change or when non-routine work is added. When workers travel to different work sites to perform work, a site-specific hazard assessment must be performed (for example, a work crew attends the scene of a downed power line to do repairs).

- Site-specific hazard assessments flag hazards identified at the location (for example overhead power lines, poor lighting, wet surfaces, extreme temperatures, the presence of wildlife), or introduced by a change at the work site (for example scaffolding, unfamiliar chemicals, introduction of new equipment).

- Site-specific hazard assessments also check to confirm that existing controls are in place (for example railings, equipment guards, personal protective equipment).

- Any hazards identified are to be eliminated or controlled right away, before work begins or continues.

### Site-specific considerations

**Legend**
- Location-specific hazards
- Changes at the work site

- slippery surfaces
- extreme temperatures
- poor lighting
- overhead powerlines
- wildlife
- unfamiliar chemicals
- introduction of new equipment
- scaffolding
If a site-specific hazard assessment spots a hazard that was overlooked during the formal hazard assessment, the formal assessment should be updated to include it.

Who should be involved?

Those leading a site-specific hazard assessment must be competent in the task. They must understand the goal of the assessment, the work site environment, and the experience and skill levels of those who are working on site. Typically, the foreman or supervisor would take the lead because they have this scope of knowledge and experience.

How often should they be repeated?

Site-specific hazard assessments must be conducted at work site where the work environment itself is subject to change due to changing conditions. Changes in weather, the arrival of new contractors and/or equipment, or the introduction of new work processes can trigger the need for another assessment.

Remember the goal of site-specific hazard assessments is to keep everyone healthy and safe. Reassess your work site as needed to stay on top of changing workplace hazards.

How do you do a site-specific hazard assessment?

There are different approaches to conducting a site-specific hazard assessment. What follows are a few basic steps.

First:

Take a look at the work site and figure out what the tasks are for the day.

You’ll want to consider the nature of the work that is being performed and who is scheduled to be doing it. This includes your workers, but may also include any other persons expected to be working on site that day.
Appendix: Site-specific hazard assessments

Next:
Identify any work site hazards.

Remember, a hazard is any situation, condition or thing that may be dangerous to health and safety.

- slippery surfaces
- uneven ground
- moving equipment or vehicles
- strong wind (blowing debris)
- extreme temperatures
- poor lighting
- missing controls
Appendix: Site-specific hazard assessments

**Materials**
Think about the *materials* being used at the work site, and the processes being followed.

**Equipment**
What kind of *equipment* is or is expected to be on site?

**Environmental conditions**
Are there any *environmental conditions* (for example rain, mud, wind) that could affect the site?

**People**
The *people* themselves should be a consideration here.
- What is the level of skill and experience on site?
- Are workers well trained/competent in performing the work?
- Are they working extra long shifts (likely to be overtired)?
- Are they under pressure to stay on a tight schedule?
- Are visitors on site?

**Then:**
Eliminate or control the hazards you’ve identified.
All of the hazards identified must be either eliminated or controlled before work proceeds.

If an existing or potential hazard to workers is identified during a hazard assessment, an employer must take measures in accordance with this section to

(a) eliminate the hazards, or

(b) if elimination is not reasonably practicable, control the hazard.

*Occupational Health and Safety Code, Part 2, section 9(1)*

Wherever possible, try to *eliminate hazards. If they cannot be eliminated, they must be controlled in the order listed on the following page.*
Appendix: Site-specific hazard assessments

Elimination
When elimination of the hazard is not an option (in other words weather conditions are beyond an employer’s control), Alberta’s Occupational Health and Safety Code (Part 2, Section 9(2–5)) establishes the hierarchy of controls to follow:

1st choice
Engineering controls –
Isolate people from the hazard.
- erect tarps to protect from the elements
- introduce guardrails
- cover an open hole

2nd choice
Administrative controls –
Change the way people work.
- put up signage
- adjust work schedule (delay outdoor work if possible)
- review/follow safe work procedures (from formal hazard assessment)

3rd choice
Personal Protective Equipment (PPE) –
Protect worker with personal protective equipment.
- wear cut-resistant gloves
- wear hard hats
- wear reflective vests
- wear eye protection
- wear safety harness
- wear approved footwear

Combination of controls
If the hazard cannot be eliminated, or controlled by using a single control method, use a combination of engineering, administrative and personal protective equipment to provide a greater level of worker health and safety.
And:  
**Be sure to communicate the results.**

To stay healthy and safe, all affected workers need to be aware of and understand the hazards—and follow the controls.

Every employer shall ensure, as far as it is reasonably practicable for the employer to do so, …that the employer’s workers are aware of…any health and safety issues arising from the work being conducted at the work site.

*Occupational Health and Safety Act, Part 1, section 3(1)(b)*

It is the supervisor’s responsibility to inform workers.

Every supervisor shall…advise every worker under the supervisor’s supervision of all known or reasonably foreseeable hazards to health and safety in the area where the worker is performing work,

*Occupational Health and Safety Act, Part 1, section 4(b)*

The template and sample form on the next few pages cover the essential parts of a site-specific hazard assessment. You will want to customize the template so it applies to your specific work environment. If your organization faces a lot of common hazards in your work processes, consider including those as part of your form.

Every employer shall keep readily available all health and safety information and provide that information to

(a) the joint work site health and safety committee or health and safety representative at the work site,

(b) the workers, if there is no joint work site health and safety committee and no health and safety representative, and

(c) the prime contractor, if there is one.

*Occupational Health and Safety Act, Part 2, section 14(2)*
### Site-specific hazard assessment and control (template)

| Company name: |  |
| Work to be done: | Date of assessment: |
| Task location: | Emergency meeting location: |

Identify the tasks and hazards below, and the plans to eliminate/control those hazards

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities)</th>
<th>Hazards (List both health and safety hazards and consider surrounding area)</th>
<th>Controls (List the controls for each hazard: Eliminate, Engineering, Administrative, Personal Protective Equipment)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Elimination:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eng:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Admin:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PPE:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Elimination:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eng:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Admin:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PPE:</td>
</tr>
</tbody>
</table>

Please print and sign below (all members of the crew) prior to commencing work

By signing this form, you acknowledge that you understand the hazards and how to apply the methods to eliminate or control the hazards.

<table>
<thead>
<tr>
<th>Worker’s name (print)</th>
<th>Signature</th>
<th>Worker’s name (print)</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supervisor’s name (print):</th>
<th>Supervisor’s signature:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Site-specific hazard assessment and control (sample form)

<table>
<thead>
<tr>
<th>Company name: AB Vac Services</th>
<th>Date of assessment:</th>
<th>May 13, 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work to be done: Loading water on site</td>
<td>Task location: North Yard</td>
<td>Emergency meeting location: NE parking lot</td>
</tr>
</tbody>
</table>

#### Identify the tasks and hazards below, and the plans to eliminate/control those hazards

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities)</th>
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<th>Controls (List the controls for each hazard: Eliminate, Engineering, Administrative, Personal Protective Equipment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrival at site</td>
<td>Concurrent work - Multiple vehicles entering and exiting yard area where task is to be completed</td>
<td>Admin: Work area to be cordoned off with pylons - staff made aware of hazards. PPE: Wear high-visibility vests.</td>
</tr>
<tr>
<td>Setting up job</td>
<td>People present in work area conducting inspection</td>
<td>Admin: Workers provided orientation. Workers required to stay with assigned staff throughout job. PPE: Wear high-visibility vests, safety glasses and hard hats.</td>
</tr>
<tr>
<td>Preforming the job</td>
<td>Slip and fall as hole is being dug</td>
<td>Elimination: Remove trip hazards. Eng: If ground becomes too muddy add traction with gravel. Admin: Watch footing. PPE: Wear cleats/slip-resistant steel-toed boots.</td>
</tr>
</tbody>
</table>

Please print and sign below (all members of the crew) prior to commencing work

By signing this form, you acknowledge that you understand the hazards and how to apply the methods to eliminate or control the hazards.

<table>
<thead>
<tr>
<th>Worker’s name (print)</th>
<th>Signature</th>
<th>Worker’s name (print)</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Allanovic</td>
<td>Mark Allanovic</td>
<td>Mark Zuckborj</td>
<td>Mark Zuckborj</td>
</tr>
<tr>
<td>Steve Jobs</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Supervisor’s name (print): Sylvester Stanley | Supervisor’s signature: Sylvester Stanley |

---

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# Site-specific hazard assessment and control (sample form)

**Company name:** Grab and Go Grocery

**Work to be done:**
- Installation of new rotisserie oven

**Date of assessment:** October 1, 2020

**Task location:** Deli

**Emergency meeting location:** NW corner of parking lot

## Identify the tasks and hazards below, and the plans to eliminate/control those hazards

<table>
<thead>
<tr>
<th>Tasks (List all tasks/activities)</th>
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<th>Controls (List the controls for each hazard: Eliminate, Engineering, Administrative, Personal Protective Equipment)</th>
</tr>
</thead>
</table>
| Remove old rotisserie oven       | Greasy surfaces and floors                                                | **Eliminate:** Clean the oven. Clean any visible grease off floor.  
  **Engineering:** Tape the oven shut and wrap in plastic wrap to contain any residue.  
  **PPE:** Wear appropriate steel-toed boots. |
|                                 | Awkward lifting/position                                                 |  
  **Engineering:** Use a cart to transport oven.  
  **Admin:** 2 person lift. Follow safe work procedures for lifting. |
| Install new rotisserie oven      | Awkward lifting/position                                                 |  
  **Engineering:** Use a cart to transport oven.  
  **Admin:** 2-person lift. Follow safe work procedures for lifting.  
  **Exposure to electricity**   |  
  **Engineering:** Lock out electrical for oven until fully installed. |

## Please print and sign below (all members of the crew) prior to commencing work

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<td>Bradley Smith</td>
<td></td>
<td>Emma Rose</td>
<td></td>
</tr>
<tr>
<td>Hannah Kvame</td>
<td></td>
<td>Angela Martin</td>
<td></td>
</tr>
</tbody>
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<th>Supervisor’s name (print): Sylvester Stanley</th>
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Additional resources

**Government of Alberta – Health and safety committees and representatives**
ohs-pubstore.labour.alberta.ca/LI060

**Government of Alberta – Occupational Health and Safety and the Internal Responsibility System**
ohs-pubstore.labour.alberta.ca/LI051

**Government of Alberta – Occupational health and safety starter kit**
ohs-pubstore.labour.alberta.ca/BP035

**Government of Alberta – OHS Act, Regulation and Code**
alberta.ca/ohs-act-regulation-code.aspx

**Canadian Centre for Occupational Health and Safety (CCOHS) – Hazard control**
ccohs.ca/oshanswers/hsprograms/hazard_control.html

**Canadian Centre for Occupational Health and Safety (CCOHS) – Job safety analysis**
ccohs.ca/oshanswers/hsprograms/job-haz.html
Occupational health and safety legislation

This handbook is current to May 2020. It references:


Occupational Health and Safety Regulation, AR 62/2003 with amendments up to and including AR 51/2018

Occupational Health and Safety Code, AR 87/2009 with amendments up to and including AR 213/2018 (current as of January 1, 2019)


The current occupational health and safety legislation is available on the website at:

alberta.ca/ohs-act-regulation-code.aspx


qp.alberta.ca

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Edmonton, AB T5K 2P7

780-427-4952

780-452-0668

qp@gov.ab.ca
Contact us

Occupational Health and Safety Contact Centre

Edmonton and surrounding area: 780-415-8690
Toll-free in Alberta: 1-866-415-8690

For the deaf or hard-of-hearing (TTY)

In Edmonton: 780-427-9999
Toll-free in Alberta: 1-800-232-7215

Or connect with us online

Website
alberta.ca/ohs

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