

JOB HAZARD ANALYSIS - Task Specific



Workplace Task to be analyzed: Stocking shelves

Department:

McMaster Job Title:

*Supervisor needs to review with worker and both signatures are required below

Date: _____

Reviewed by Supervisor: _____

Employee Signature: _____

Supervisor Signature: _____

McMaster Hazard Category: Ergonomic Hazards

Hazard Type: Repetitive Strain, Weight

JCO# (if applicable):

Loss Potential Rating (please circle): MAJOR **MODERATE** MINOR

*If rated as MAJOR a Standard Operating Procedure (SOP) is mandatory

Required Personal Protective Equipment (please circle):

Head Hearing Breathing Eye Hand Foot Knee Full Body

Sequence of Task	Potential Hazards	Action or Procedure	Required Training
Ensure location is prepared to restock item. E.g. but not limited to: shelves are clean			1) Ergonomics
Lift item	Repetitive Strain on hands, wrists, arms, shoulders, neck, back, and legs	Alternate tasks to allow for rests	
		Ensure proper ergonomic lifting procedures are used.	
Weight	Weight	If item is too heavy to lift get the assistance of another co-worker.	
		Ensure proper ergonomic lifting procedures are used.	