

U.S. Department of Interior Bureau of Land Management	WORK PROJECT/ACTIVITY: Physical Training	LOCATION: Utah	UNIT: Salt Lake District
JOB HAZARD ANALYSIS (JHA)	NAME OF ANALYST:	JOB TITLE:	DATE PREPARED:

TASKS/PROCEDURES	HAZARDS	ABATEMENT ACTIONS
		Engineering Controls * Substitution * Administrative Controls * PPE
Course or travel	1.Traffic, weather 2.Uneven, loose surfaces	Wear high visibility clothing, run against traffic, use caution when crossing roadways, do not use headphones Be alert, watch and plan next steps, avoid wet surfaces, know travel route, use well-fitting shoes
Health and fitness	1.Injury and illness	Medical testing, review "Fitness and Work Capacity" publication, maintain regular fitness schedule throughout the year
Warm up	1.Soreness/strains	Stretching and gradual increase in intensity (body temp, circulation, respiration)
Running and Jogging	1.Soreness/sprains 2.Falls, blisters, shin splints	Proper warm up, pace yourself, identify hazards on route, inform supervisor of travel route, run with partners, use good running shoes, gradually build distance and speed, use cool down to avoid soreness, cramps, or more serious complications
Downhill running	1.Knee problems	Minimize downhill running, jog slowly
Fluids	1.Dehydration, heat stress	Drink 1 to 2 cups of water before exercise, drink frequently during exercise, continue replacing fluids after exercise, limit caffeine consumption, replace salt and potassium
Emergency procedures	1.Illness/injury	Activate EMS (911), and/or notify SLIFC/supervisor

LINE OFFICER SIGNATURE	TITLE	DATE
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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 the Health and Safety Code, FSH 6709.11 or other appropriate literature.
- 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 crew members 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 crew members, 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
