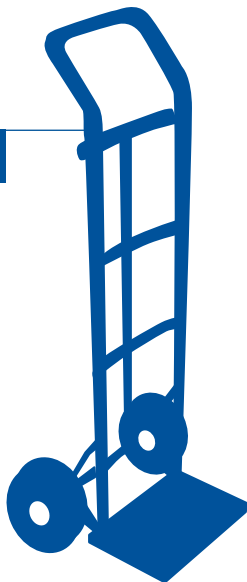


Equipment identification:

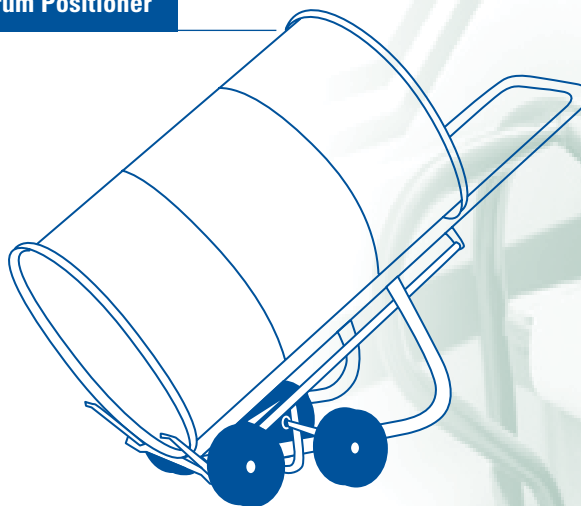
Date :

Non-motorized Material Handling Equipment

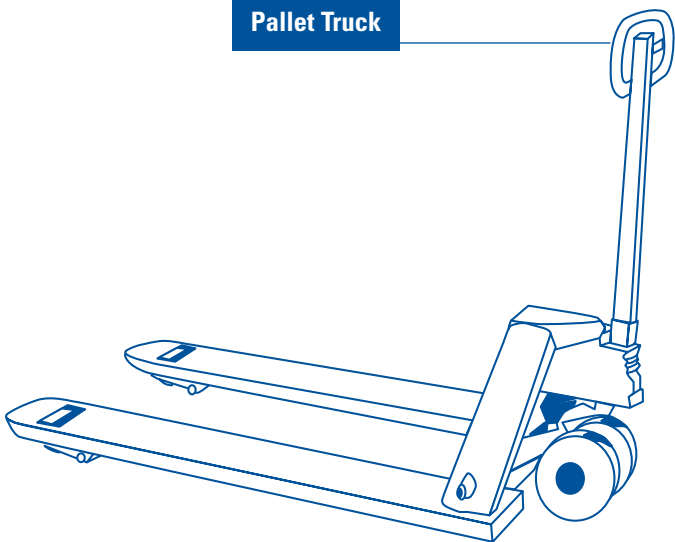
Hand Truck



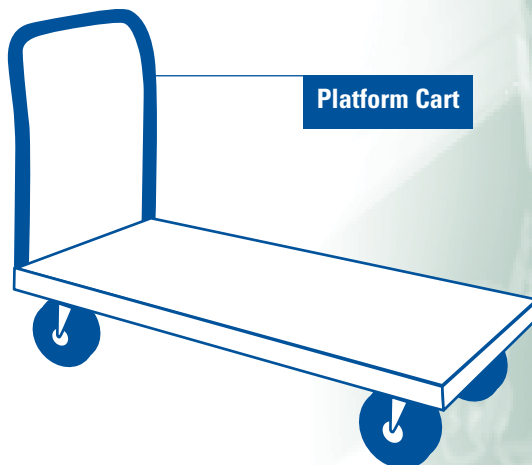
Drum Positioner



Pallet Truck



Platform Cart



SELF-ASSESSMENT FORM

For Occupational Health And Safety



Association paritaire pour la santé
et la sécurité du travail
Secteur fabrication de produits
en métal et de produits électriques
www.aspme.org



Institut de recherche Robert-Sauvé
en santé et en sécurité du travail
www.irsst.qc.ca



It's About Making A Difference.
Industrial Accident Prevention Association
1-800-406-IAPA (4272)
www.iapa.ca

LEGEND

Preventative Measures

- ▶ Procedural Measures
- Orders/instructions

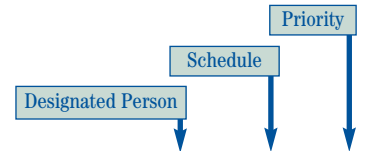
Priority Codes for applying risk measures:

- A. Immediate stoppage and resolution
- B. Resolution as soon as possible
- C. Resolution according to normal company procedures

The suggested preventative measures are based in part from the Workplace Health And Safety Regulations (RSST), from An Act Respecting Occupational Health and Safety (Québec LSST, S-2.1.)

Mechanical Hazards

Most likely injuries: Backaches, crushing, fractures, and sprains.



Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/> N/A	Notes	Desig.	Sched.	Prior.
Risk Factor: Fall, Slipping						
▶ Repair and clean traffic areas: uneven surfaces, holes, slippery floor etc.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Ensure traffic areas are well lit, open and clear of clutter.	<input type="checkbox"/>	<input type="checkbox"/>				
● Wear safety shoes with anti-slip soles.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Falling Objects						
● Stabilize the load.	<input type="checkbox"/>	<input type="checkbox"/>				
● Limit load stack height.	<input type="checkbox"/>	<input type="checkbox"/>				
● Wear CSA-approved safety footwear with steel-capped toes.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Confinement By The Equipment While Traveling						
● Anticipate the required braking distance according to load.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Supply equipment that allows the operator to follow and hold a load down an incline, as well as lead and pull a load up an incline.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Flying Particles Or Fragments						
▶ Install protective screens in the lifting equipment area whenever there is a risk of flying material.	<input type="checkbox"/>	<input type="checkbox"/>				
● Wear CSA-approved safety glasses with lateral protection.	<input type="checkbox"/>	<input type="checkbox"/>				

Notes:

Ergonomic Hazards

Most likely injuries: Back strains, musculo-skeletal disorders

Preventative measures	Implemented <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Desig.	Sched.	Prior.
Risk Factor: Strains During The Transportation Of A Load						
▶ Repair and clean traffic areas: uneven surfaces, holes, slippery floor etc.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Maintain bearings and replace wheels in poor state of repair.	<input type="checkbox"/>	<input type="checkbox"/>				
● Ensure traffic areas are free and clear of clutter.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Reduce the angle of incline by lengthening the slope.	<input type="checkbox"/>	<input type="checkbox"/>				
● Move equipment and load by pushing, except for pallet trucks where pulling is preferred.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Supply motorized equipment when use of non-motorized equipment would require too much effort.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Strain During Handling Equipment - Loading And Unloading						
● Evaluate load weight and centre of gravity before lifting.	<input type="checkbox"/>	<input type="checkbox"/>				
● Handle less bulky items by dividing load into lots if necessary.	<input type="checkbox"/>	<input type="checkbox"/>				
● Stabilize the load, e.g., by immobilizing parts inside a container.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Increase the grip quality (modify or add a handle, increase grip, etc.).	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Supply workstation (table, shelving, etc.) to avoid harmful working positions, e.g., lifting and placing heavy objects from waist height.	<input type="checkbox"/>	<input type="checkbox"/>				
▶ Decrease the time required for handling a load, e.g., by reducing the travel distances.	<input type="checkbox"/>	<input type="checkbox"/>				
● Alternate handling tasks with less physically activities.	<input type="checkbox"/>	<input type="checkbox"/>				
● Ask for help from another worker.	<input type="checkbox"/>	<input type="checkbox"/>				

Notes:
