



# Corporate Hazard Identification & Risk Control

HIRA #  
15.31

## Heavy Lifting

|                          |         |                                     |      |                                     |        |                                     |               |                                     |
|--------------------------|---------|-------------------------------------|------|-------------------------------------|--------|-------------------------------------|---------------|-------------------------------------|
| <b>Applicable Zones:</b> | Project | <input checked="" type="checkbox"/> | Yard | <input checked="" type="checkbox"/> | Office | <input checked="" type="checkbox"/> | Asphalt Plant | <input checked="" type="checkbox"/> |
|--------------------------|---------|-------------------------------------|------|-------------------------------------|--------|-------------------------------------|---------------|-------------------------------------|

### HAZARD(S)

- Musculoskeletal Disorders (P)
- Slip, Trip & Fall (P)
- Over Exertion (H)

### PRE-CONTROL RISK

|                 |                  |                               |
|-----------------|------------------|-------------------------------|
| Likelihood<br>3 | Consequence<br>3 | <b>Pre-Control Risk<br/>9</b> |
|-----------------|------------------|-------------------------------|

### CONTROLS

|                       |   |
|-----------------------|---|
| <b>Elimination</b>    | Do not carry anything so large that you cannot see where you are walking                  |
| <b>Substitution</b>   | Use equipment to move material when feasible.   |
| <b>Engineering</b>    | Ask for assistance when moving heavy material.  |
| <b>Administrative</b> | Follow J-AARs SJP for safe lifting techniques.  |
| <b>PPE</b>            | High Visibility Clothing, Hard Hat & Safety Boots at a minimum must be worn at all times. |

### POST CONTROL RISK

|                 |                  |                                |                     |                                |
|-----------------|------------------|--------------------------------|---------------------|--------------------------------|
| Likelihood<br>1 | Consequence<br>3 | <b>Post-Control Risk<br/>3</b> | Risk Reduction<br>6 | Critical or Not Critical<br>No |
|-----------------|------------------|--------------------------------|---------------------|--------------------------------|

#### LEGISLATIVE REFERENCES

O.Reg 213/91: S. 384  
O.Reg 854: S.254

#### OTHER STANDARDS & REFERENCES

J-AAR Manual: P1.4.17  
J-AAR Manual: P1.5.4.17.1