

JOB HAZARD ANALYSIS (JHA)		Date: August 12, 2008	
Park Unit: North Country National Scenic Trail			
JOB TITLE: Lifting Heavy Objects		JHA Number: NOCO-01	Page 1 of 1
Job Performed By: Various VIPs	Analysis By: Daniel W. Watson	Work Supervisor: Various	Approved By:
Required Standards and General Notes:			
Required Personal Protective Equipment:	Leather Gloves, Sturdy Footwear		
Tools and Equipment:			
Sequence of Job Steps	Potential Hazards/ Injury sources	Safe Action or Procedure	
1. Initial Lifting	O = Strained back/arm muscles, etc. CB = Fingers pinched by object	Use proper lifting technique, bend at knees-keep back straight-lift with legs-keep load close to body Wear PPE, enlist help of others	
2. Walking with Object	SB = Drop heavy object on foot or other body part FS = Trip or fall O = Overexertion	Wear PPE, enlist help of others Ensure firm footing, clear path before walking Enlist help of others, take breaks as needed	
3. Putting Object Down	Same as Step 1.	Same as Step 1.	

Injury Source for the middle column: SB= Struck By, SA = Struck Against, CBY = Contacted By, CI = Caught in, CB = Caught Between, CO = Caught On, FB = Fall to Below, CW = Contacted With, O = Overexertion or Repetitive Motion, FS = Fall at the Same Level, BR = Bodily reaction E = Exposure to Chemical, Noise etc.