

CRITICAL TASK?

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f checked, follow SWP 26.1 F					
checked, follow 5 VVP 26.1 F					

All lone workers must conduct a briefing with your team, supervisor, crew lead, senior operator or

team, supervisor, crew lead, senior operator or person in charge.					
Pre-Job Checklist					
Three Planes Check (front & back, side to side, up & down) for hazards conducted?					
	Yes		N/A		
Permit needed?					
LOTO	Yes		N/A		
Are all associated parts and i state, to avoid harm/injury?	machine	ery in a	zero-e	nergy	
Electrical Lockout	Yes		N/A		
Valve Lockout	Yes		N/A		
Mechanical Blockin	g Yes		N/A		
Hot Work	Yes		N/A		
Excavation	Yes		N/A		
Confined Space	Yes		N/A		
Radiation Work	Yes		N/A		
Energized Electrical Work	Yes		N/A		
Is Fall Protection required?					
	Yes		N/A		
Proper Safety Equipment & Tools available?					
	Yes		N/A		
Communicated work with other(s) in area?					

Energy Supply Job RISK Briefing Form

EMERGENCY COMMUNICATION

CHANNEL / NUMBER:	
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Date: Work Order #

Equipment / Unit:

Location:

HEC Lockbox(es) #:

Prepare, discuss and review the job plan with team before beginning work and when a change is introduced.

Specific	Work	to be	Performed	on	this	Job:

Emergency Equipment Location		NAMES OF WORKERS RECEIVING BRIEFING:		
lo	dentified (Yes or N/A)	(Please Print Names Legibly)		
AED	Shelter in Place / Assembly Area	You have the responsibility to provide constructive feedback anytime you observe a person performing an activity that could result in injury.		
<u> </u>				
Fire Extinguisher	First Aid Kit			
Eyewash Station	Safety Shower			
Exit	Other			
		Name of Person Filling Out This Form:		

hydration target for each hour of work. Maximum Minutes Worked Work Level **Hydration Target** Temperature Between Hydration Breaks < 80 Normal 8 - 12 oz / hour 80 - 85Normal 8 - 16 oz / hour 86 - 90Normal 50 12 - 20 oz / hour 91 - 95 45 16 - 24 oz / hour Normal ≥ 96 40 24 - 32 oz / hour Normal

The table below gives general guidance on length of time between water breaks and a corresponding

If you are performing heavy or excessive work you will need to increase your hydration level and take more frequent water breaks.

People with a history of renal insufficiency or congestive heart failure need to be cautious of over hydrating.

Feels Like Te	Hydration Target	
Beginning of Shift/Task		
Middle of Shift/Task		
End of Shift/Task		

High Energy States – Have you identified and controlled any High Energy States present? 3. 1. 2. Are you at risk for contact ≥ 50 Volts Gravity (anything suspended **i**te∈ Are you working with or Are you at risk for an Are you exposed to slips, with mechanized around equipment with volts over your work zone)? trips, fall from heights? Ø Arc Flash? equipment? higher than 50? Electrical Contact Fall from Elevation with Source 7. 9. 6. 10. Are you carrying out a task Are you vulnerable to Are you at risk for contact Are you working with or ≥ 5' Are you exposed to F ≥ 150*F substances with high with an explosion risk? 郊 with steam of any around flammable sources? pressure? temperatures? temperature and pressure? Explosion 13. 11. 12. Are you travelling over 30 JOB HAZARD ASSESSMENT Are you at risk for exposure Are you at risk for contact ≥ 30 mph ❸ MPH? to toxic chemicals or with mobile equipment? ი—ი Identify job/task steps and the associated hazards/controls. radiation? ligh Dose of Toxic and Workers on Foot Control(s) Hazards (Identify PPE, Work Procedures, HEC Procedures, SWP/Programs, and special precautions) Steps / Tasks of Job (List High Energy State numbers from above, if applicable, and any other hazards) *For high energy hazards, Best Practice is to have a minimum of two barriers in place.