



TOOLBOX TALK: Hazard Identification, Recognition & Control

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Hazard identification, recognition and control is essential to making sure we all go home safe! By actively looking for the hazards around us, we can recognize those things or situations that could cause injury or damage, and take measures to prevent that from happening. One good way to do this is to complete a Job Safety Analysis for every task or item of work you will be doing. Breaking down the steps, and looking at what might present a hazard, or a danger, can help everyone have a safe workplace. Ask yourself these three questions:

1. What am I about to do?
2. How can it hurt me or someone else, or cause damage?
3. What am I going to do to prevent harm to myself or others, or prevent damage?

Another way of identifying, controlling, and eliminating hazards is through regularly scheduled or random inspections of the workplace. As conditions and personnel change, it is important to remain aware of how we are working, and the safety measures that are in place for our benefit. By performing regular inspections, we can measure our performance against how we want to be doing and how we are really doing, and adjust accordingly. There are times when we become so used to doing things a certain way, that we don't even realize there might be a safer way to do them. An inspection or audit done on a regular basis can help remind us of the best practices for our tasks.

By following a few simple procedures, you can help in reducing the risk of accidents and losses. These are:

- **Take "5" and look for the hazards. Correct or report any hazards before beginning work.**
- **Focus on the "4" – Falls, Electrocutions, Struck By, Caught Between**
- **Ask yourself the "3" Questions":**
 - *What am I about to do?*
 - *How can it hurt me or someone else?*
 - *What will I do to prevent myself or someone else getting hurt?*
- **Remember "2" Keep "Eyes on Hands, Mind on Task"**
- **"1" Person is all it takes to Make a Difference!**