

## JOB HAZARD ANALYSIS (JHA): 1 Lifting Heavy Objects

**Required Personal Protective Equipment (PPE):** Leather Gloves, Sturdy Footwear

Sequence of Job Steps	Potential Hazards/ Injury Sources	Safe Action or Procedure
Initial Lifting	Overexertion or strained muscles in arms or back	Use proper lifting technique, bend at knees, keep back straight, lift with legs, keep load close to body.
	Fingers pinched or caught between objects	Wear PPE, enlist help of others.
Walking with Object	Drop heavy object on foot or other body part	Wear PPE, enlist help of others.
	Trip or fall	Ensure firm footing, clear path before walking.
	Overexertion	Enlist help of others, take breaks as needed.
Putting Object Down	Overexertion or strained muscles in arms or back	Use proper lifting technique, bend at knees-keep back straight-lift with legs-keep load close to body.
	Fingers pinched or caught between objects	Wear PPE, enlist help of others.

Analysis By: Daniel W. Watson, VIP Coordinator, Ice Age Trail  
 Approved By: Eric Gabriel, Superintendent (signature on file)