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| **Incident Risk Assessment Worksheet** | | | | **1. Incident/Activity Name**  **Daily Physical Training** | | | | **2. Location** | | | | | |
| **Identification of Hazards and**  **Risk Assessment** | | | | **3. Name and Title of Analyst** | | | | **4. Date** | | | | | |
| **5. Pre-Mitigation** | | | | | | **6. Mitigation or Abatement Action**  (Engineering, Administrative, PPE, Avoidance, Education, etc) | | | | **7. Post-Mitigation** | | | |
| **8. Hazard** | 9.Hazard Probability | **10. Severity Code** | **11.**  **RAC** | |  | | | | 12.Hazard Probability | | 13. Severity **Code** | 14. RAC | 15. Acceptable **Yes/No** |
| Improper  Warm Up |  |  |  | | * Warm up 10-15 minutes prior to actual exercise * Use proper stretching techniques * Use equipment properly | | | |  | |  |  |  |
| Poor or improper equipment |  |  |  | | * Ensure proper shoes/boots for P/T exercise * Ensure clothing is appropriate for existing weather conditions * Exercise equipment is functioning properly according to Manufacturers specs | | | |  | |  |  |  |
| Unfit for Duty |  |  |  | | * Have passed Medical Standards Program fit for duty exam * Have passed the Work Capacity Test * Daily assessment of personnel prior to initiating daily training * Don’t allow to participate in daily training, or send home | | | |  | |  |  |  |
| Improper Diet  &  Hydration |  |  |  | | * Encourage eating well balance meal prior to daily activity * Drink 1 quart of water 30 minutes prior to physical training * Encourage education of workforce on energy drinks effects & avoid energy drinks * Use nutritionist to educate workforce on proper nutrition techniques | | | |  | |  |  |  |
| **Hazard** | Hazard Probability | **Severity Code** | **RAC** | | **Mitigation or Abatement Action**  (Engineering, Administrative, PPE, Avoidance, Education, etc) | | | | Hazard Probability | | Severity **Code** | RAC | Acceptable **Yes/No** |
| Trails, Logging Roads, and secondary Roads |  |  |  | | * Always run/hike facing traffic * Wear clothing to allow for high visibility * Run in groups or pairs (buddy system) * Warn personnel of oncoming traffic or hazards * Alert personnel of uneven terrain, overhead obstructions * Be aware of insects, animals, and other users such horseback riders, bikes, and other hikers | | | |  | |  |  |  |
| Injured Employee |  |  |  | | * Always run/hike in group or pairs * Ensure communication for group should accident occur (cell or radio) * Notify Dispatch of travel route or hiking area prior to leaving office/warehouse * Conduct a self-assessment prior to warm up to ensure capability of meeting physical training task * Determine response times to definitive care prior to physical training | | | |  | |  |  |  |
| Traffic |  |  |  | | * Select test course without traffic. * Arrange for traffic control to eliminate traffic hazard. * Make sure test subjects are briefed about traffic hazard and controls implemented prior to the test * Always run facing traffic * Avoid running on congested roads * Never run on narrow or non-existent shoulders | | | |  | |  |  |  |
| **Hazard** | Hazard Probability | **Severity Code** | **RAC** | | **Mitigation or Abatement Action**  (Engineering, Administrative, PPE, Avoidance, Education, etc) | | | | Hazard Probability | | Severity **Code** | RAC | Acceptable **Yes/No** |
| Physical Overexertion |  |  |  | | * Provide prospective participants information about the test and describe how to prepare for it 6-8 weeks prior to WCT participation * Applicants complete the appropriate Health Screen documents ie HSQ, or Medical Standards Program exam prior to WCT participation. * Brief WCT participants on administration, rules, and safety requirements prior to the test -- WCT Administrator will answer questions concerning the test. * Make them understand they are to quit and get help from one of the Test Administrators on the course if they begin to feel ill during the test. * Test Administrators and Emergency Services Personnel (EMT) monitor personnel for illness, injury, or duress during WCT. * Test Administrator is to terminate test if indicated by level of subject distress. * Provide prospective participants official time for fitness training where policy permits. * Schedule tests when environmental conditions are most favorable. * Have a person currently qualified as an EMT (advanced life support and other EMS equipment) on site when testing is done. | | | |  | |  |  |  |
| Cold Temperature  &  Adverse Weather |  |  |  | | * Make sure Test Administrators knows symptoms of cold-related physical effects and are prepared to treat them. * Inform prospective test subjects on how to dress for the conditions and include information in the pre-test briefing. | | | |  | |  |  |  |
| **Hazard** | Hazard Probability | **Severity Code** | **RAC** | | **Mitigation or Abatement Action**  **(Engineering, Administrative, PPE, Avoidance, Education, etc)** | | | | Hazard Probability | | SeverityCode | RAC | AcceptableYes/No |
| Cold Temperature  &  Adverse Weather |  |  |  | | * Locate an indoor facility suitable for testing if conditions warrant. * Postpone testing if conditions warrant. * Locate a suitable test surface. Consider indoor facility, plowed airport, plowed road or other safe area * Postpone testing if conditions warrant. | | | |  | |  |  |  |
| Heat Stress |  |  |  | | * Make sure Test Administrators understand the effects of exercising in heat, ran recognize the symptoms of heat stress, and how to treat it. * Where possible, schedule tests for the most favorable environmental conditions. Use the Heat Stress chart, *Fitness and Work Capacity*, 2nd Edition, (p. 29). Avoid the "High" range. * Inform prospective test subjects on how to dress for the conditions and include the information in the pre-test briefing. * Make sure test subjects are aware of the need for acclimatization. Provide time for employees to become acclimatized if conditions of their employment permit. * Test Administrators include heat stress information in the test briefing if appropriate. * Provide water at key points along the test course if conditions dictate. * Test Administrators monitor all test subjects for signs of heat stress, terminate test if is stress is indicated, and are prepared to provide treatment needed. | | | |  | |  |  |  |
| **Hazard** | Hazard Probability | **Severity Code** | **RAC** | | **Mitigation or Abatement Action**  (Engineering, Administrative, PPE, Avoidance, Education, etc) | | | | Hazard Probability | | Severity **Code** | RAC | Acceptable **Yes/No** |
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| **Agency Administrators Signature and Date** | | | | | | | **Preparers Signature and Date** | | | | | | |