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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
 |  |  |  |  |
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| 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.
 |  |  |  |  |
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|   |   |   |   |  |   |   |   |   |
|   |   |   |   |  |   |   |   |   |
| **Agency Administrators Signature and Date** |  **Preparers Signature and Date** |