

JOB HAZARD ANALYSIS - Task Specific



NEW

REVISED

WORKPLACE TASK TO BE ANALYSED

Lifting and transporting heavy products

DEPARTMENT

Hospitality Services

WESTERN JOB CLASSIFICATION*

Culinary Support, Culinary Production, Supervisor, Chef,

REQUIRED EQUIPMENT AND/OR PERSONAL PROTECTIVE EQUIPMENT

Cart and/or dolly

WESTERN HAZARD CATEGORY*

Ergonomic hazards

HAZARD TYPE*

Weight

LOSS POTENTIAL RATING*

High

*refer to Stantec Specific Job Report

DATE:

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WRITTEN BY:

Committee

REVIEWED BY:

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MGMT APPROVAL:

SEQUENCE OF TASK	POTENTIAL HAZARDS	ACTION OR PROCEDURE
Concerns are pop cases, french fry boxes, produce, canned products, etc.		
If product is too heavy, find another employee to assist in lifting		
Load appropriate cart	Cart	Inspect cart before use
Bend at the knees to become level with product	Weight on back	Use proper lifting techniques
Place both hands underneath box to lift	Box may break	Use proper lifting techniques
Lift using legs, not back and move to an upright position		
Rotate body to place product on cart	Twisting concerns	Avoid twisting upper body. Rotate feet instead
Place product on cart		
Do not overload cart (weight should be at a comfortable level to push)	Strain	Do not overload the cart
Ensure pathway is clear of all obstacles	Fall/strain	Clear pathway if necessary