



Job Hazard Analysis

Department: Ski and Ride School _____

Job Title: Snowsport Instructor _____

Task being analyzed: Picking Up or Assisting Guest get up from a fall

Date analysis was completed: 11-20-2023

Hazard	Mitigating Action(s)
1. Muscular injury to self	<ul style="list-style-type: none"> • Pre-season strength training • Stand close to object, with feet solid and shoulder-width apart • Do not reach over to lift the load • Squat down, bending your knees. Keep your back straight and upright • Grip guest firmly by their clothing or a major body part (not an arm) and pull them to you • Lift with your legs and not your back • Do not twist your body while lifting up. • Tighten stomach muscles. • Take your own equipment off to assist • Teach guest to get up on own • Help guest remove their equipment • Ask for help from another Instructor
2. Injury to guest	<ul style="list-style-type: none"> • Be taught to get up on own • Take their equipment off to remove a barrier to standing on their own • Confirm guest doesn't have any collarbone or other joint injuries prior to assisting
3. Joint injury to self	<ul style="list-style-type: none"> • Pre-season strength training • Aware of where the guest's equipment is so that it doesn't get tangled in your limbs
4. Snow conditions	<ul style="list-style-type: none"> • If icy, create a stable surface to stand on so that you don't slip • If powdery, stamp down a hard surface so that you don't sink down • Uneven terrain, can you move to a stable surface
5. Lacerations to self	<ul style="list-style-type: none"> • Aware of where the guest's equipment is so that the edges don't slice your body • Keep gloves on
6. Fatigue	<ul style="list-style-type: none"> • Where are you in your day? Is it late afternoon?
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Job Hazard Analysis **SAMPLE**

Department: Building and Grounds Maintenance

Job Title: Groundskeeper

Task being analyzed: Mowing the lawn Date analysis was completed: 11/26/07

Hazard	Mitigating Action(s)
1. Hearing damage – loud noise of motor	Wear approved hearing protection while operating mower. Use either foam inserts or over-the-ear type
2. Eye injury – flying debris	Wear approved eye protection while operating mower. Use either shatterproof “glasses”, screened goggles, or full-face screen shield.
3. Foot injury – foot getting hit by mower blades	Wear proper footwear (boots with good tread) while operating mower. If mowing downhill, either walk beside (not directly behind) mower, or mow across the slope instead of downhill. Beware of wet conditions.
4. Hand injury – hand getting hit by mower blades	Never place hand under mower while engine is running.
5. Chemical Exposure – gasoline	Wear gloves while fueling. Use approved “safety can” for gasoline. Keep away from fumes and fuel in a well-ventilated area or outdoors. Wear eye protection to prevent splashing into eyes.
6. Fire/explosion – gasoline	Avoid fueling hot equipment – allow to cool before filling fuel tank. Use approved “safety can” for gasoline. Discharge static electricity by touching equipment before fueling, and fueling on the ground, not in the bed of a pickup, or on a table, etc.
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