

Hawk Energy, LLC	Activity: ALL WORK Lifting		Doc No:	HAZ-ID
			Initial Issue Date	12/12/2024
			Revision Date:	12/12/2024
HAZARD IDENTIFICATION AND ASSESSMENT			Revision No.	1
			Next Revision Date:	12/11/2024
Preparation: Kirk Duncan	Authority: David Slim	Issuing Dept: Safety	Page:	1 of 4

Purpose

- **Lifting**

Key Responsibilities

- Lifting pigs, tools and other objects the right way not the wrong way
- Use teamwork if necessary while lifting

Hazard and Risk Identification

- Checking your surroundings
 - Is there a clear path to where you will be lifting the object to
 - Bumping into stuff
 - Tripping / falling
 - Wet / slippery / uneven walkway
 - Opening any gates / doors / tailgates before you start lifting your object
- Is your object easy to grip (pigs, tools, etc)
 - Check your object before lifting
 - Some of these things can affect a pig or your tools and make them slick
 - Condensate
 - Water
 - Oil
 - Ice
 - Is your Pigs or tool bucket heavier than usual
 - Ice can form in cold weather and make them heavier
 - Water can also make them heavier
 - Receiving a pig can have condensate still soaked into it and make it heavier

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Risk Assessment

If you do not lift properly you take the risk of hurting your back, legs or other body parts. Learn how to lift properly. Learn what your limit is if you need help lifting something ask someone to help you. Multiple things could happen if you lift the wrong way and not the correct way.

Employees often lift objects through the work day.

Hawk Energy, LLC RISK ASSESSMENT MATRIX – WRONG LIFTING

CONSEQUENCE					PROBABILITY				
Severity	People	Assets	Environment	Reputation	A	B	C	D	E
					Not Done	Rarely	Once a week	Several Times in a Week	Multiple Times in a Day
0	No health effect	No damage	No effect	No impact					X
1	Slight health effect	Slight damage	Slight effect	Slight impact				X	
2	Minor health effect	Minor damage	Minor effect	Limited impact			X		
3	Major health effect	Localized damage	Localized effect	Considerable impact		X			
4	Single fatality	Major damage	Major effect	National impact	X				
5	Multiple fatalities	Extensive damage	Massive effect	Global impact	X				

Key	Manage for continuous improvement (Low)	Incorporate risk reduction measures (Medium)	Intolerable (High)
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Risk Controls/Methods to Ensure Identified Hazards Are Addressed and Mitigated

- Learn how to lift properly
 - Use slow and smooth movements, Hurried, jerky movements can strain the muscles in your back
 - Keep your body facing the object while you lift it. Twisting while lifting can hurt your back
 - Keep the object close to your body. Having to reach out to lift and carry an object may hurt your back
 - “Lifting with your legs” should be done only when you can straddle the load.
 - Bend your knees not your back
 - Keep you back straight
 - Try to carry the load in between your shoulder and your waist. This puts less strain on your back muscles
 - Warm up and stretch a little bit if you need to
- Remember to check your surroundings and your pathway to where you are going

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- Don't overdo it
 - If you have to strain to carry a load then get some help



JSA Sample

The following describes how identified hazards are addressed and mitigated:

Basic Job Step	Potential Injury or Hazards	Mitigation / Tools
Loading Pigs into launchers and receiving them from receivers	Slips / trips / slick pig / heavy	Check your area before you go to load or receive your pig. Lift your bigger heavier pigs the correct way. If the pig is slick then use another pig you usually carry more than one of the same size of pigs with you.