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*This hazard assessment template  
is to be completed prior to  
undertaking any at-home lab  
exercise or experiment*

Task/Step	Hazard	Existing Controls or Controls Needed		Post-Control Risk Rating
				Low/Medium/High
Example: Work in Lab	Heavy Objects	Wear proper closed-toed footwear and be aware of surroundings when handling massive objects		Low
	Moving Objects	Have proper awareness of surroundings including peers working in the lab		Low
	Care for personal belongings	Ensure safety of personal belongings including smartphone when working with moving objects		Low
Example: Video Analysis on a Computer	Ergonomics - Static Posture	Set up a comfortable work station and take breaks often		Low
	Ergonomics - Repetitive Motion	Set up a comfortable work station and take breaks often		Low
	Eye Strain	Remember to take breaks in the case of strain		Low
				Low
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