



UNIVERSITY OF ALBERTA

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Student Hazard Assessment Template

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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 | |
| Pre-Assignment Checklist | | | | |
| | Instructions have been read and understood | <input type="checkbox"/> | Departure/Arrival times are confirmed | <input type="checkbox"/> |
| | Lab-related materials are available | <input type="checkbox"/> | Route is planned/Work Areas are designated | <input type="checkbox"/> |
| | Tools and other equipment are available | <input type="checkbox"/> | Emergency plan is understood (response to: change in weather, change in conditions, injury/illness) | <input type="checkbox"/> |
| | PPE is readily available | <input type="checkbox"/> | Check-ins are scheduled with a friend or family member | <input type="checkbox"/> |
| | PPE requirements are understood | <input type="checkbox"/> | | |
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