FIELD LEVEL HAZARD ASSESSMENT (FLHA)

Business name

Document: FLHA-001 Rev 1
Assessed: 2026-11-09 17:46
Valid for this shift / task only
Highest risk after controls: Medium

1. BUSINESS AND JOB DETAILS

Job	Kitchen cabinet installation	**Start date**	Nov 9, 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Carpentry

2. JOB STEPS, HAZARDS AND CONTROLS

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
1	Confirm power, water and gas are capped or isolated in the work area	Electric shock from live wiring Gas and fuel lines Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	1.1 Isolate the power before any work. Do not work live. [Elimination] 1.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Engineering (guarding)] 1.3 Test before you touch: prove dead at the point of work with a tested voltage tester. [Engineering] 1.4 Only licensed electricians do electrical work, to the Canadian Electrical Code and provincial rules. [Administrative] 1.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Administrative] 1.6 If energized work cannot be avoided, use a permit, a safety observer and insulated tools, following CSA Z462. [Administrative] 1.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 1.8 Isolate and purge the line before work, with the owner's approval. [Elimination] 1.9 Lock off and tag the isolation valve. [Engineering (guarding)] 1.10 Check for leaks with a gas detector before and during work, and ventilate the area. [Engineering] 1.11 Only licensed gas fitters work on gas lines. [Administrative] 1.12 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Administrative] 1.13 Know where the shut-off valve is and what to do if a leak happens. [Administrative] 1.14 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE]	**Medium Rare / Fatality**	Site supervisor
2	Carry cabinets and benchtops with two people or a trolley	Lifting and carrying heavy loads	**High Likely / Lost time injury**	2.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Elimination]	**Medium Unlikely / Lost time injury**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				2.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Substitution] 2.3 Use trolleys, pallet jacks, hoists, vacuum lifters or equipment instead of carrying by hand. [Engineering] 2.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Administrative] 2.5 Keep the load close, back straight and no twisting. Turn with your feet. [Administrative] 2.6 Rotate tasks and take breaks on long lifting jobs. [Administrative] 2.7 Wear gloves for grip and safety boots to protect your feet. [PPE]		
3	Scan walls for cables and pipes before fixing	Electric shock from live wiring Injury from power tools Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	3.1 Electric shock from live wiring: see step 1 for the full controls [Administrative] 3.2 Keep all guards fitted and working. Never tie back or remove a guard. [Engineering] 3.3 Clamp or secure the work piece. Do not hold it by hand. [Engineering] 3.4 Only trained, competent people use power tools, following the maker's instructions. [Administrative] 3.5 Check tools before use. Unplug or remove the battery before changing blades or bits. [Administrative] 3.6 No loose clothing, jewellery or long hair near spinning parts. [Administrative] 3.7 Wear safety glasses and hearing protection. Do not wear loose gloves on drills or other rotating tools. [PPE]	**Medium Unlikely / Lost time injury**	Site supervisor
4	Cut panels and benchtops with dust extraction, and wet cut stone tops	Saw cuts and kickback Wood and MDF dust Silica dust from concrete, brick, stone and tiles Loud noise Rules: Provincial OHS regulation, silica exposure limits	**Critical Likely / Fatality**	4.1 Keep blade guards fitted and working, and use the riving knife on table saws. [Engineering] 4.2 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Engineering] 4.3 Use a sharp, undamaged blade made for the material. [Administrative] 4.4 Stand to one side of the blade line, out of the kickback path. [Administrative] 4.5 Buy pre-cut or pre-finished timber where you can. [Substitution] 4.6 Cut outdoors or in a well-ventilated area away from others. [Engineering (guarding)] 4.7 Use saws and sanders with dust collection connected to a HEPA vacuum. [Engineering] 4.8 Clean up with a vacuum, not a broom or compressed air. [Administrative] 4.9 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Substitution] 4.10 Cut outdoors or in a separate area, with other people well away and upwind. [Engineering (guarding)] 4.11 Use water on the blade or on-tool dust extraction	**Medium Unlikely / Serious injury**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				connected to a HEPA vacuum. [Engineering] 4.12 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Administrative] 4.13 Have a silica exposure control plan where your province requires one. [Administrative] 4.14 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Substitution] 4.15 Keep noisy equipment away from work areas, and use screens or distance between the noise and people. [Engineering (guarding)] 4.16 Keep tools maintained and use mufflers on compressors and generators. [Engineering] 4.17 Limit time on noisy tools and rotate workers. [Administrative]		
5	Fix wall cabinets with support until secure	Falling tools and materials Falling from a ladder	**High Possible / Serious injury**	5.1 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Engineering (guarding)] 5.2 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Engineering] 5.3 Use catch fans, debris netting or covered walkways where people pass below. [Engineering] 5.4 Tether hand tools when working at height. [Engineering] 5.5 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Administrative] 5.6 Lower materials with a hoist, chute or rope. Never throw or drop anything down. [Administrative] 5.7 Wear a hard hat anywhere objects could fall. [PPE] 5.8 Use a platform ladder, mobile scaffold or aerial work platform for longer jobs instead of a straight ladder. [Substitution] 5.9 Use CSA Grade 1, 1A or 1AA ladders in good condition. Remove any damaged ladder from site. [Engineering] 5.10 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Engineering] 5.11 Use ladders only for short, light work. Do not carry heavy or awkward loads up a ladder. [Administrative] 5.12 Keep three points of contact and your belt buckle between the side rails. Do not overreach. [Administrative] 5.13 Do not stand on the top three rungs of an extension ladder or the top step of a stepladder. [Administrative] 5.14 Check the ladder before each use: feet, rungs, side rails and locks. [Administrative] 5.15 Wear non-slip safety boots with clean soles. [PPE]	**Medium Unlikely / Serious injury**	Site supervisor
6	Fit doors and hardware, then clean up	Poor housekeeping and waste Repetitive work and awkward postures	**Medium Possible / Lost time injury**	6.1 Order materials to size and send packaging back where you can. [Elimination] 6.2 Put waste bins and chutes close to the work. [Engineering]	**Medium Unlikely / Lost time injury**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				6.3 Clean as you go, and do a full clean up at the end of each day. [Administrative] 6.4 Keep exits, stairs and walkways clear at all times. [Administrative] 6.5 Stack materials neatly on level ground, away from edges. [Administrative] 6.6 Wear gloves when handling waste. [PPE] 6.7 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Substitution] 6.8 Set work up at waist height on benches or trestles where you can. [Engineering] 6.9 Use light tools with good grips, and keep blades and bits sharp. [Engineering] 6.10 Rotate tasks and take short breaks every hour on repetitive work. [Administrative] 6.11 Warm up before heavy physical work and report aches and pains early. [Administrative] 6.12 Wear knee pads for kneeling work and gloves for grip. [PPE]		

Risk key: risk = likelihood x consequence on a 5 x 5 matrix. Low, Medium, High, Critical. Work must not start while the risk after controls is high or above. Controls are listed in order of the hierarchy of controls: Elimination, Substitution, Engineering (guarding), Engineering, Administrative, PPE.

3. PPE AND PERMITS

Required PPE	Permits and plans
CSA green triangle safety boots (CSA Z195) Safety glasses (CSA Z94.3) N95 respirator Hearing protection Work gloves Respirator fit tested to CSA Z94.4 (P100 for dust, or the type the air test calls for) Hard hat (CSA Z94.1) Knee pads	None required

4. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Power drill					
Circular saw					
Mitre saw					

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Router					
Hand tools					

5. CREW COMPETENCY, TICKETS AND LICENCES

Crew listed at sign-on below, with ticket and licence numbers.

6. EMERGENCY ARRANGEMENTS

Emergency number	911	**First aid kit**	In the work vehicle
Fire extinguisher	In the work vehicle	**Alarm and evacuation**	Shout for help and stop work. Make the area safe and go to the assembly point. Call the emergency number and send someone to meet the ambulance.
Reporting incidents	Report serious incidents to the provincial regulator as required.		

7. MONITORING, REVIEW AND LEGAL BASIS

The supervisor and crew review this assessment at the start of the shift, whenever the task, crew or conditions change, and before any new work process starts. Re-assess and initial the changes below.

Legal basis: Provincial occupational health and safety law (e.g. Ontario OHSA and O. Reg. 213/91, BC OHS Regulation, Alberta OHS Code). Employers must identify hazards before work starts and control them, and workers must be told about them. A field level hazard assessment is done on site, at the start of each shift or task, and reviewed again when conditions change.

Keep completed hazard assessments for at least 3 years (COR auditors sample the last 12 months). Review this FLHA and re-sign whenever the task, crew or conditions change.

8. PRE-JOB CHECKS

Check	Yes	No
PPE inspected and in good condition		
Tools and equipment inspected		
Permits reviewed and posted		
Locates valid and on site (if digging)		
Barricades or warning ribbon in place		
Muster point and emergency plan reviewed with the crew		
SDS available for products used		
Working alone check-in set up (if anyone works alone)		

9. RE-ASSESSMENT WHEN CONDITIONS CHANGE

Time	What changed	New hazards	Controls	Initials

10. END OF SHIFT REVIEW

Completed at		**Reviewed by**	
Area cleaned up and safe		**Permits closed**	
Incidents or near misses		**Hazards remaining**	

11. REVISION HISTORY

Rev	Date	By	What changed
1	Nov 9, 2026		First issue

12. SIGN-OFF

	Name	Signature	Date	
Prepared by				
Supervisor				
Prime contractor review				Accepted for use: Yes / No

By signing below, each worker confirms they took part in this hazard assessment, it was reviewed with them before work started, and they will follow it. Stop and re-assess if anything changes.

Name	Role / company	Tickets / licences	Signature	Date

Name	Role / company	Tickets / licences	Signature	Date