# 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** | Internal strip-out | **Start date** | Nov 9, 2026 |
| **Working hours** | 7:00 am to 3:30 pm | **Trade** | Demolition |

## 2. JOB STEPS, HAZARDS AND CONTROLS

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| 1 | Check the hazardous materials survey and remove any asbestos first | Disturbing asbestos<br><br>Rules: Provincial OHS regulation, asbestos | **Critical Possible / Fatality** | 1.1 Get an asbestos survey before work on buildings built before 1990. [Elimination]<br>1.2 Seal off the work area and keep everyone else out. [Engineering (guarding)]<br>1.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with a HEPA vacuum. [Engineering]<br>1.4 Follow your province's asbestos rules, including notification and trained or certified workers where required. [Administrative]<br>1.5 In BC, a qualified person must inspect and write a hazardous materials report before demolition or renovation, and asbestos abatement must be done by a WorkSafeBC licensed contractor (since 1 January 2024). [Administrative]<br>1.6 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Administrative]<br>1.7 Wear a fit-tested respirator suited to the work, and disposable coveralls. [PPE] | **Medium Rare / Fatality** | Site supervisor |
| 2 | Check for lead paint and other hazardous materials before work starts | Lead paint dust and fumes<br>Hazardous chemicals<br><br>Rules: Provincial OHS regulation, lead; WHMIS 2015 and provincial OHS regulation | **High Possible / Serious injury** | 2.1 Test old paint for lead before you sand, scrape, cut or heat it. [Elimination]<br>2.2 Use wet scraping, chemical strippers or shrouded tools with extraction instead of dry sanding. Never burn off lead paint with an open flame. [Substitution]<br>2.3 Seal off the work area with plastic sheeting and keep residents, children and pets out. [Engineering (guarding)]<br>2.4 Clean up with a HEPA vacuum and wet wipes. Never dry sweep. [Engineering]<br>2.5 Wash hands and face before eating, drinking or smoking. Change out of dusty clothes before going home. [Administrative]<br>2.6 Wear a fit-tested respirator with P100 filters, disposable coveralls and gloves. [PPE]<br>2.7 Choose the least harmful product that does the job, for example water-based instead of solvent-based. [Substitution] | **Medium Unlikely / Lost time injury** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | | | | 2.8 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Engineering]<br>2.9 Read the Safety Data Sheet (SDS) and WHMIS labels before use. Workers have WHMIS training. [Administrative]<br>2.10 Keep chemicals in labelled containers. Never decant into drink bottles. [Administrative]<br>2.11 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Administrative]<br>2.12 Have eye wash and a spill kit nearby, and wash hands before eating. [Administrative]<br>2.13 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE]<br>2.14 Use a respirator with the right cartridge if the SDS calls for one. [PPE] | | |
| 3 | Isolate and cap power, gas and water to the area, and confirm they are dead | Electric shock from live wiring<br>Gas and fuel lines<br><br>Rules: Provincial OHS regulation, electrical safety, and CSA Z462 | **Critical Possible / Fatality** | 3.1 Isolate the power before any work. Do not work live. [Elimination]<br>3.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Engineering (guarding)]<br>3.3 Test before you touch: prove dead at the point of work with a tested voltage tester. [Engineering]<br>3.4 Only licensed electricians do electrical work, to the Canadian Electrical Code and provincial rules. [Administrative]<br>3.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Administrative]<br>3.6 If energized work cannot be avoided, use a permit, a safety observer and insulated tools, following CSA Z462. [Administrative]<br>3.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]<br>3.8 Isolate and purge the line before work, with the owner's approval. [Elimination]<br>3.9 Lock off and tag the isolation valve. [Engineering (guarding)]<br>3.10 Check for leaks with a gas detector before and during work, and ventilate the area. [Engineering]<br>3.11 Only licensed gas fitters work on gas lines. [Administrative]<br>3.12 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Administrative]<br>3.13 Know where the shut-off valve is and what to do if a leak happens. [Administrative]<br>3.14 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE] | **Medium Rare / Fatality** | Site supervisor |
| 4 | Seal the area from occupants, set up dust control and keep | Working in an occupied home or building | **High Unlikely /** | 4.1 Plan noisy, dusty or risky work for when the building is empty. [Elimination] | **Medium Rare / Fatality** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | exits clear | General dust<br>Fire and emergencies | **Fatality** | 4.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Engineering (guarding)]<br>4.3 Keep fire exits and paths clear at all times. [Administrative]<br>4.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Administrative]<br>4.5 Lock away tools, chemicals and materials each day, out of reach of children. [Administrative]<br>4.6 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Substitution]<br>4.7 Seal off the work area with plastic sheeting in occupied buildings. [Engineering (guarding)]<br>4.8 Use tools with dust extraction and a vacuum for clean up. [Engineering]<br>4.9 Lightly mist the area with water to keep dust down, away from anything electrical. [Engineering]<br>4.10 Never dry sweep or blow dust off with compressed air. [Administrative]<br>4.11 Provide fire extinguishers suited to the site, checked and easy to reach. [Engineering]<br>4.12 Keep exits and escape routes clear and signed. [Engineering]<br>4.13 Have a site emergency plan: alarm, exits, assembly point and emergency contacts. [Administrative]<br>4.14 Keep a stocked first aid kit and at least one trained first aider on site. [Administrative]<br>4.15 Know the site address and how emergency services get in. Call 911. [Administrative] | | |
| 5 | Confirm which walls are load bearing and leave them alone without an engineer design | Structural collapse during alterations | **High<br>Unlikely /<br>Fatality** | 5.1 Get an engineer to check before removing any wall, beam, post or bracing that may be load-bearing. [Elimination]<br>5.2 Keep everyone clear of the area under and next to the work. [Engineering (guarding)]<br>5.3 Install temporary props, needles or shoring as designed before removing any support. [Engineering]<br>5.4 Follow the engineer's sequence. Do not change it without approval. [Administrative]<br>5.5 Check props daily. Do not remove them until the permanent support is in and approved. [Administrative]<br>5.6 Wear a hard hat and safety boots. [PPE] | **Medium<br>Rare / Fatality** | Site supervisor |
| 6 | Strip fittings and linings from the top down, using a platform ladder or mobile scaffold for ceilings | Falling tools and materials<br>Cuts from sharp edges<br>Falling from a ladder | **High<br>Possible /<br>Serious injury** | 6.1 Barricade and sign the drop zone under overhead work so nobody walks beneath. [Engineering (guarding)]<br>6.2 Fit toe boards, kick plates and mesh screens on scaffolds and edges. [Engineering]<br>6.3 Use catch fans, debris netting or covered walkways where people pass below. [Engineering]<br>6.4 Tether hand tools when working at height. [Engineering]<br>6.5 Keep platforms tidy. Do not stack materials near edges or above toe board height. [Administrative] | **Medium<br>Unlikely /<br>Serious injury** | Site supervisor |

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|---|---|---|---|---|---|---|
| | | | | 6.6 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Engineering]<br>6.7 Use knives with retractable or self-retracting blades. [Engineering]<br>6.8 Cut away from your body and keep your other hand clear. [Administrative]<br>6.9 Put used blades in a blade bin or sharps container. [Administrative]<br>6.10 Use two people to handle large sheets of metal or glass. [Administrative]<br>6.11 Use a platform ladder, mobile scaffold or aerial work platform for longer jobs instead of a straight ladder. [Substitution]<br>6.12 Use CSA Grade 1, 1A or 1AA ladders in good condition. Remove any damaged ladder from site. [Engineering]<br>6.13 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Engineering]<br>6.14 Use ladders only for short, light work. Do not carry heavy or awkward loads up a ladder. [Administrative]<br>6.15 Keep three points of contact and your belt buckle between the side rails. Do not overreach. [Administrative] | | |
| 7 | Cut or break materials with dust extraction | Angle grinder injuries<br>Loud noise<br>Hand-arm and whole-body vibration<br>Silica dust from concrete, brick, stone and tiles<br><br>Rules: Provincial OHS regulation, silica exposure limits | **Critical Likely / Fatality** | 7.1 Use a guarded saw or a different tool where you can. [Substitution]<br>7.2 Keep the guard on and use the side handle. Never remove the guard. [Engineering]<br>7.3 Use the right disc for the job, rated for the grinder's speed. Check it for cracks first. [Administrative]<br>7.4 Only trained people change discs, with the grinder unplugged or the battery out. [Administrative]<br>7.5 Use quieter tools and methods, such as cut-to-size materials, low-noise machines and battery tools. [Substitution]<br>7.6 Keep noisy equipment away from work areas, and use screens or distance between the noise and people. [Engineering (guarding)]<br>7.7 Keep tools maintained and use mufflers on compressors and generators. [Engineering]<br>7.8 Limit time on noisy tools and rotate workers. [Administrative]<br>7.9 Use low-vibration tools and methods, such as a breaker on an excavator instead of a hand jackhammer. [Substitution]<br>7.10 Keep tools sharp and well maintained, and use anti-vibration handles and seats. [Engineering]<br>7.11 Limit trigger time on high-vibration tools and rotate workers. [Administrative]<br>7.12 Keep hands warm and dry, and take regular breaks. [Administrative]<br>7.13 Order materials cut to size, or use low-dust methods | **Medium Unlikely / Serious injury** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | | | | such as score and snap or a block splitter. [Substitution]<br>7.14 Cut outdoors or in a separate area, with other people well away and upwind. [Engineering (guarding)]<br>7.15 Use water on the blade or on-tool dust extraction connected to a HEPA vacuum. [Engineering]<br>7.16 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Administrative]<br>7.17 Have a silica exposure control plan where your province requires one. [Administrative] | | |
| 8 | Watch for needles, droppings and mould in wall and ceiling cavities | Needles and sharps<br>Mould and droppings | **Medium<br>Possible / Lost time injury** | 8.1 Use tongs or a pick-up tool. Never pick up needles by hand. [Engineering]<br>8.2 Put needles in a hard sharps container with a lid. [Engineering]<br>8.3 Look before you reach. Use a flashlight to check ceilings, cavities and garbage. [Administrative]<br>8.4 If you are stuck, wash the area with soap and water and see a doctor straight away. [Administrative]<br>8.5 Wear puncture-resistant gloves and safety boots. [PPE]<br>8.6 Fix the water leak and dry the area before removing mould. [Elimination]<br>8.7 Seal off the area with plastic sheeting and keep occupants out. [Engineering (guarding)]<br>8.8 Clean up with a HEPA vacuum and wet wipes. Never dry sweep. [Engineering]<br>8.9 Bag mouldy material on site and remove it promptly. [Administrative]<br>8.10 Wash hands and face before eating and at the end of each shift. [Administrative]<br>8.11 Wear an N95 (or better) respirator, gloves, goggles and disposable coveralls. [PPE] | **Low<br>Rare / Serious injury** | Site supervisor |
| 9 | Load waste into the disposal bin by hand or chute, keeping walkways clear | Lifting and carrying heavy loads<br>Poor housekeeping and waste | **High<br>Likely / Lost time injury** | 9.1 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Elimination]<br>9.2 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Substitution]<br>9.3 Use trolleys, pallet jacks, hoists, vacuum lifters or equipment instead of carrying by hand. [Engineering]<br>9.4 Use a two-person lift for anything heavy, long or awkward. Plan the route first and clear it. [Administrative]<br>9.5 Keep the load close, back straight and no twisting. Turn with your feet. [Administrative]<br>9.6 Rotate tasks and take breaks on long lifting jobs. [Administrative]<br>9.7 Wear gloves for grip and safety boots to protect your feet. [PPE]<br>9.8 Order materials to size and send packaging back where you can. [Elimination] | **Medium<br>Unlikely / Lost time injury** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | | | | 9.9 Put waste bins and chutes close to the work. [Engineering]<br>9.10 Clean as you go, and do a full clean up at the end of each day. [Administrative]<br>9.11 Keep exits, stairs and walkways clear at all times. [Administrative]<br>9.12 Stack materials neatly on level ground, away from edges. [Administrative]<br>9.13 Wear gloves when handling waste. [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)<br>Hard hat (CSA Z94.1)<br>Safety glasses (CSA Z94.3)<br>N95 respirator<br>Cut-resistant gloves<br>Hearing protection<br>Respirator fit tested to CSA Z94.4 (P100 for dust, or the type the air test calls for)<br>Coveralls<br>Work gloves<br>Chemical-resistant gloves<br>Safety goggles<br>Face shield | None required |

## 4. PLANT AND EQUIPMENT

| Plant / equipment | Licence or training needed | Inspection needed | Rego / ID | Last inspected | Certificate / report |
|---|---|---|---|---|---|
| Hand tools | | | | | |
| Angle grinder | | | | | |
| Jackhammer | | | | | |
| HEPA vacuum | | | | | |
| Trailer | | | | | |

## 5. TRAINING REQUIRED FOR THIS WORK

- WHMIS training

## 6. CREW COMPETENCY, TICKETS AND LICENCES

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

## 7. 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. | | |

## 8. 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.

## 9. 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) | | |

## 10. RE-ASSESSMENT WHEN CONDITIONS CHANGE

| Time | What changed | New hazards | Controls | Initials |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |

## 11. END OF SHIFT REVIEW

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

## 12. REVISION HISTORY

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

## 13. 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 |
|---|---|---|---|---|
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| Name | Role / company | Tickets / licences | Signature | Date |
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