FIELD LEVEL HAZARD ASSESSMENT (FLHA)

Business name

Document: FLHA-001 Rev 1
Assessed: 2026-11-09 16:45
Valid for this shift / task only
Highest risk after controls: Medium

1. BUSINESS AND JOB DETAILS

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

2. JOB STEPS, HAZARDS AND CONTROLS

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
1	Isolate the lighting circuit, apply lockout and tags and test to prove dead	Electric shock from live wiring 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]	**Medium Rare / Fatality**	Site supervisor
2	Set up a platform ladder or aerial work platform on level ground under the work	Falling from a ladder Falling from height Aerial work platform tip-over or crush Rules: Provincial OHS regulation, fall protection; Provincial OHS regulation and CSA B354.7, B354.8	**Critical Likely / Fatality**	2.1 Use a platform ladder, mobile scaffold or aerial work platform for longer jobs instead of a straight ladder. [Substitution] 2.2 Use CSA Grade 1, 1A or 1AA ladders in good condition. Remove any damaged ladder from site. [Engineering] 2.3 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Engineering] 2.4 Use ladders only for short, light work. Do not carry heavy or awkward loads up a ladder. [Administrative] 2.5 Keep three points of contact and your belt buckle between the side rails. Do not overreach. [Administrative] 2.6 Do the work from the ground where you can, for example pre-assemble on the ground or use extension poles. [Elimination] 2.7 Install guardrails or edge protection on all open edges before work starts. [Engineering (guarding)]	**Medium Unlikely / Serious injury**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				2.8 Use a scaffold, mobile work platform or aerial work platform instead of working off a ladder. [Engineering] 2.9 Where edge protection is not practical, use a fall restraint or fall arrest system on a rated anchor point. [Engineering] 2.10 Fall protection plan in place where required. Workers trained in fall protection (Working at Heights training in Ontario). [Administrative] 2.11 Have a rescue plan so a worker hanging in a harness can be brought down within minutes. [Administrative] 2.12 Check the ground before setting up. Use outriggers and spreader pads, and keep clear of trenches, pits and slopes. [Engineering] 2.13 Use a platform with tilt alarm and secondary guarding (anti-entrapment) where there is an overhead crush risk. [Engineering] 2.14 Operators are trained to CSA B354.8 and the manufacturer's instructions, and the platform is inspected to CSA B354.7. [Administrative] 2.15 Do a pre-start check each day. Keep a trained person on the ground who can lower the platform in an emergency. [Administrative] 2.16 Never exceed the safe working load, climb on the rails or use a ladder in the basket. [Administrative] 2.17 In boom-type platforms, wear a harness clipped to the basket anchor point. [PPE]		
3	Cut holes for downlights, wearing glasses and a dust mask and checking for insulation and cables	General dust Eye injuries Falling through a floor opening or void Rules: Provincial OHS regulation, fall protection	**Critical Possible / Fatality**	3.1 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Substitution] 3.2 Seal off the work area with plastic sheeting in occupied buildings. [Engineering (guarding)] 3.3 Use tools with dust extraction and a vacuum for clean up. [Engineering] 3.4 Lightly mist the area with water to keep dust down, away from anything electrical. [Engineering] 3.5 Never dry sweep or blow dust off with compressed air. [Administrative] 3.6 Use tool guards and screens to stop flying particles. [Engineering] 3.7 Use dust extraction and water to keep dust out of the air. [Engineering] 3.8 Keep others out of the area when cutting, grinding or chipping. [Administrative] 3.9 Keep an eye wash station or eye wash bottles on site. [Administrative] 3.10 Wear safety glasses at all times, goggles for dust and chemicals, and a face shield for grinding. [PPE] 3.11 Cover every hole and penetration with a fixed, secured cover marked "HOLE" or "DANGER". [Engineering (guarding)] 3.12 Put guardrails with toe boards around stairwells, lift	**Medium Rare / Fatality**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				shafts, voids and open edges. [Engineering (guarding)] 3.13 Install stairs early and fit temporary handrails as soon as they go in. [Engineering] 3.14 Never remove a cover or guardrail without approval. Put it back straight away. [Administrative] 3.15 Inspect covers and barriers daily and after other trades have been through. [Administrative]		
4	Mount fittings, keeping clearance from insulation and timber	Fire from hot works Repetitive work and awkward postures	**Critical Possible / Fatality**	4.1 Use cold work methods where you can, such as bolting, press fittings or cutting with a saw instead of a torch. [Elimination] 4.2 Move anything that can burn at least 10 metres away, or cover it with fire blankets. [Engineering (guarding)] 4.3 Use fire-resistant screens to stop sparks reaching people or gaps in walls and floors. [Engineering] 4.4 Get a hot work permit before starting. [Administrative] 4.5 Keep a charged fire extinguisher and fire blanket at the work spot. [Administrative] 4.6 Keep a fire watch during the work and for at least 60 minutes after you finish. [Administrative] 4.7 Check for smouldering behind walls, in ceilings and under floors before you leave. [Administrative] 4.8 Wear flame-resistant clothing, welding gloves and eye or face protection. [PPE] 4.9 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Substitution] 4.10 Set work up at waist height on benches or trestles where you can. [Engineering] 4.11 Use light tools with good grips, and keep blades and bits sharp. [Engineering] 4.12 Rotate tasks and take short breaks every hour on repetitive work. [Administrative] 4.13 Warm up before heavy physical work and report aches and pains early. [Administrative] 4.14 Wear knee pads for kneeling work and gloves for grip. [PPE]	**Medium Unlikely / Lost time injury**	Site supervisor
5	Test, restore power and clean up	Electric shock from live wiring Poor housekeeping and waste Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	5.1 Electric shock from live wiring: see step 1 for the full controls [Administrative] 5.2 Order materials to size and send packaging back where you can. [Elimination] 5.3 Put waste bins and chutes close to the work. [Engineering] 5.4 Clean as you go, and do a full clean up at the end of each day. [Administrative] 5.5 Keep exits, stairs and walkways clear at all times. [Administrative] 5.6 Stack materials neatly on level ground, away from edges. [Administrative]	**Medium Rare / Fatality**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				5.7 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) Safety glasses (CSA Z94.3) Work gloves N95 respirator Rubber insulating gloves Arc flash PPE (CSA Z462) Hard hat (CSA Z94.1) Full body harness (fall arrest) High-visibility vest (CSA Z96) Safety goggles Face shield Welding gloves Coveralls Knee pads	Lockout permit Fall protection plan Hot work permit

4. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Electrical test meter					
Platform ladder					
Power drill					
Hand tools					
Scissor lift	Provincial aerial work platform operator training (CSA B354.8)	Operator pre-use inspection each shift; periodic inspection and maintenance to CSA B354.7 and the manufacturer			

5. TRAINING REQUIRED FOR THIS WORK

- Aerial work platform operator training to CSA B354.8

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

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

Name	Role / company	Tickets / licences	Signature	Date