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 renovation	**Start date**	Nov 9, 2026
Working hours	7:00 am to 3:30 pm	**Trade**	General contracting

2. JOB STEPS, HAZARDS AND CONTROLS

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
1	Check for asbestos and isolate power, gas and water	Disturbing asbestos Electric shock from live wiring Gas and fuel lines Rules: Provincial OHS regulation, asbestos; Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	1.1 Get an asbestos survey before work on buildings built before 1990. [Elimination] 1.2 Seal off the work area and keep everyone else out. [Engineering (guarding)] 1.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with a HEPA vacuum. [Engineering] 1.4 Follow your province's asbestos rules, including notification and trained or certified workers where required. [Administrative] 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] 1.6 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Administrative] 1.7 Wear a fit-tested respirator suited to the work, and disposable coveralls. [PPE] 1.8 Isolate the power before any work. Do not work live. [Elimination] 1.9 Lock out and tag the isolation point with your own personal lock and danger tag. [Engineering (guarding)] 1.10 Test before you touch: prove dead at the point of work with a tested voltage tester. [Engineering] 1.11 Only licensed electricians do electrical work, to the Canadian Electrical Code and provincial rules. [Administrative] 1.12 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Administrative] 1.13 Isolate and purge the line before work, with the owner's approval. [Elimination] 1.14 Lock off and tag the isolation valve. [Engineering (guarding)] 1.15 Check for leaks with a gas detector before and during	**Medium Rare / Fatality**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				work, and ventilate the area. [Engineering] 1.16 Only licensed gas fitters work on gas lines. [Administrative] 1.17 Remove ignition sources: no smoking, no hot work and no sparking tools near the line. [Administrative]		
2	Remove old cabinets and appliances with two people	Lifting and carrying heavy loads Cuts from sharp edges	**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] 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] 2.8 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Engineering] 2.9 Use knives with retractable or self-retracting blades. [Engineering] 2.10 Cut away from your body and keep your other hand clear. [Administrative] 2.11 Put used blades in a blade bin or sharps container. [Administrative] 2.12 Use two people to handle large sheets of metal or glass. [Administrative] 2.13 Wear cut-resistant gloves and long sleeves. [PPE]	**Medium** **Unlikely / Lost time injury**	Site supervisor
3	Patch walls and run new services	General dust Electric shock from live wiring Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**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 Wear a dust mask and safety glasses. [PPE] 3.7 If energized work cannot be avoided, use a permit, a safety observer and insulated tools, following CSA Z462. [Administrative] 3.8 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE]	**Medium** **Rare / Fatality**	Site supervisor

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
				3.9 Electric shock from live wiring: see step 1 for the full controls [Administrative]		
4	Install cabinets and benchtops, wet cutting stone	Silica dust from concrete, brick, stone and tiles Lifting and carrying heavy loads Saw cuts and kickback Rules: Provincial OHS regulation, silica exposure limits	**Critical Likely / Fatality**	4.1 Order materials cut to size, or use low-dust methods such as score and snap or a block splitter. [Substitution] 4.2 Cut outdoors or in a separate area, with other people well away and upwind. [Engineering (guarding)] 4.3 Use water on the blade or on-tool dust extraction connected to a HEPA vacuum. [Engineering] 4.4 Clean up with a vacuum or wet methods. Never dry sweep or use compressed air. [Administrative] 4.5 Have a silica exposure control plan where your province requires one. [Administrative] 4.6 Wear a fit-tested N95 (or better) respirator. [PPE] 4.7 Lifting and carrying heavy loads: see step 2 for the full controls [Administrative] 4.8 Keep blade guards fitted and working, and use the riving knife on table saws. [Engineering] 4.9 Use push sticks and clamps, and support long pieces so they do not pinch the blade. [Engineering] 4.10 Use a sharp, undamaged blade made for the material. [Administrative] 4.11 Stand to one side of the blade line, out of the kickback path. [Administrative] 4.12 Let the blade stop fully before reaching in or putting the saw down. [Administrative]	**Medium Unlikely / Serious injury**	Site supervisor
5	Fit off, test gas and power, and clean up	Gas and fuel lines Electric shock from live wiring Poor housekeeping and waste Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	5.1 Know where the shut-off valve is and what to do if a leak happens. [Administrative] 5.2 Wear safety glasses and gloves, and keep a fire extinguisher close by. [PPE] 5.3 Gas and fuel lines: see step 1 for the full controls [Administrative] 5.4 Electric shock from live wiring: see step 1 for the full controls [Administrative] 5.5 Order materials to size and send packaging back where you can. [Elimination] 5.6 Put waste bins and chutes close to the work. [Engineering] 5.7 Clean as you go, and do a full clean up at the end of each day. [Administrative] 5.8 Keep exits, stairs and walkways clear at all times. [Administrative] 5.9 Stack materials neatly on level ground, away from edges. [Administrative]	**Medium Rare / Fatality**	Site supervisor

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) Coveralls Cut-resistant gloves	None required

4. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Power drill					
Circular saw					
Rotary hammer					
HEPA vacuum					
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

Rev	Date	By	What changed

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