# 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** | Interior painting | **Start date** | Nov 9, 2026 |
| **Working hours** | 7:00 am to 3:30 pm | **Trade** | Painting |

## 2. JOB STEPS, HAZARDS AND CONTROLS

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| 1 | Agree work areas with occupants and protect floors and furniture | Working in an occupied home or building<br>Slips and trips | **Medium Possible / Lost time injury** | 1.1 Plan noisy, dusty or risky work for when the building is empty. [Elimination]<br>1.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Engineering (guarding)]<br>1.3 Keep fire exits and paths clear at all times. [Administrative]<br>1.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Administrative]<br>1.5 Lock away tools, chemicals and materials each day, out of reach of children. [Administrative]<br>1.6 Clean up dust and debris at the end of each day. [Administrative]<br>1.7 Plan walkways and keep them clear of materials, hoses and leads. [Elimination]<br>1.8 Run leads and hoses overhead on hooks or stands, or along walls, not across walkways. [Engineering]<br>1.9 Fill or cover holes, and lay boards or mats on muddy access paths. [Engineering]<br>1.10 Clean up offcuts, packaging and spills as you go, not at the end of the day. [Administrative]<br>1.11 Keep work areas, stairs and access paths well lit. [Administrative]<br>1.12 Wear safety boots with good grip, laced up. [PPE] | **Low Unlikely / Minor injury** | Site supervisor |
| 2 | Test old paint for lead before sanding | Lead paint dust and fumes<br><br>Rules: Provincial OHS regulation, lead | **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. | **Low Rare / Serious injury** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | | | | [Administrative]<br>2.6 Wear a fit-tested respirator with P100 filters, disposable coveralls and gloves. [PPE] | | |
| 3 | Fill and sand walls with a dust mask and vacuum sander | General dust<br>Repetitive work and awkward postures | **Medium Possible / Lost time injury** | 3.1 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Substitution]<br>3.2 Seal off the work area with plastic sheeting in occupied buildings. [Engineering (guarding)]<br>3.3 Use tools with dust extraction and a vacuum for clean up. [Engineering]<br>3.4 Lightly mist the area with water to keep dust down, away from anything electrical. [Engineering]<br>3.5 Never dry sweep or blow dust off with compressed air. [Administrative]<br>3.6 Wear a dust mask and safety glasses. [PPE]<br>3.7 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Substitution]<br>3.8 Set work up at waist height on benches or trestles where you can. [Engineering]<br>3.9 Use light tools with good grips, and keep blades and bits sharp. [Engineering]<br>3.10 Rotate tasks and take short breaks every hour on repetitive work. [Administrative]<br>3.11 Warm up before heavy physical work and report aches and pains early. [Administrative]<br>3.12 Wear knee pads for kneeling work and gloves for grip. [PPE] | **Medium Unlikely / Lost time injury** | Site supervisor |
| 4 | Paint from a platform ladder, not chairs or tins | Falling from a ladder<br>Repetitive work and awkward postures | **High Possible / Serious injury** | 4.1 Use a platform ladder, mobile scaffold or aerial work platform for longer jobs instead of a straight ladder. [Substitution]<br>4.2 Use CSA Grade 1, 1A or 1AA ladders in good condition. Remove any damaged ladder from site. [Engineering]<br>4.3 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Engineering]<br>4.4 Use ladders only for short, light work. Do not carry heavy or awkward loads up a ladder. [Administrative]<br>4.5 Keep three points of contact and your belt buckle between the side rails. Do not overreach. [Administrative]<br>4.6 Do not stand on the top three rungs of an extension ladder or the top step of a stepladder. [Administrative]<br>4.7 Check the ladder before each use: feet, rungs, side rails and locks. [Administrative]<br>4.8 Wear non-slip safety boots with clean soles. [PPE]<br>4.9 Repetitive work and awkward postures: see step 3 for the full controls [Administrative] | **Medium Unlikely / Serious injury** | Site supervisor |
| 5 | Keep windows open and lids | Hazardous chemicals | **High** | 5.1 Choose the least harmful product that does the job, for | **Medium** | Site supervisor |

| # | Job step | Hazards | Risk before | Controls | Risk after | Responsible |
|---|---|---|---|---|---|---|
| | on tins | Flammable liquids and gases<br><br>Rules: WHMIS 2015 and provincial OHS regulation | **Unlikely / Fatality** | example water-based instead of solvent-based. [Substitution]<br>5.2 Use chemicals in well-ventilated areas, or use fans and extraction in closed rooms. [Engineering]<br>5.3 Read the Safety Data Sheet (SDS) and WHMIS labels before use. Workers have WHMIS training. [Administrative]<br>5.4 Keep chemicals in labelled containers. Never decant into drink bottles. [Administrative]<br>5.5 Store chemicals away from heat, food and drink, and keep products that react with each other apart. [Administrative]<br>5.6 Have eye wash and a spill kit nearby, and wash hands before eating. [Administrative]<br>5.7 Wear chemical-resistant gloves and safety glasses or goggles as listed on the SDS. [PPE]<br>5.8 Use a respirator with the right cartridge if the SDS calls for one. [PPE]<br>5.9 Use non-flammable or water-based products where you can. [Substitution]<br>5.10 Keep ignition sources away: no smoking, no hot work and no running engines near flammables. [Engineering (guarding)]<br>5.11 Store fuels and solvents in approved, closed containers in a ventilated area away from the work. [Engineering]<br>5.12 Refuel equipment outdoors with the engine off and cool. [Administrative]<br>5.13 Keep only what you need for the day on site. [Administrative]<br>5.14 Store gas cylinders upright, secured and outdoors. [Administrative]<br>5.15 Keep a suitable fire extinguisher where flammables are used or stored. [Administrative]<br>5.16 Wear chemical gloves and safety glasses when pouring or mixing. [PPE] | **Unlikely / Lost time injury** | |
| 6 | Clean brushes away from drains and clear drop sheets | Poor housekeeping and waste<br>Slips and trips | **Medium<br>Likely / Minor injury** | 6.1 Order materials to size and send packaging back where you can. [Elimination]<br>6.2 Put waste bins and chutes close to the work. [Engineering]<br>6.3 Clean as you go, and do a full clean up at the end of each day. [Administrative]<br>6.4 Keep exits, stairs and walkways clear at all times. [Administrative]<br>6.5 Stack materials neatly on level ground, away from edges. [Administrative]<br>6.6 Wear gloves when handling waste. [PPE]<br>6.7 Slips and trips: see step 1 for the full controls [Administrative] | **Low<br>Unlikely / Minor injury** | 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)<br>Safety glasses (CSA Z94.3)<br>N95 respirator<br>Chemical-resistant gloves<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>Knee pads<br>Hard hat (CSA Z94.1)<br>Safety goggles | None required |

## 4. PLANT AND EQUIPMENT

| Plant / equipment | Licence or training needed | Inspection needed | Rego / ID | Last inspected | Certificate / report |
|---|---|---|---|---|---|
| Platform ladder | | | | | |
| Step ladder | | | | | |
| Power sander | | | | | |
| Hand tools | | | | | |

## 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 |
|---|---|---|---|

| 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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