

# Hand, Limb & Body Protection & PPE Hazards Assessment Checklist



The first step in preventing body, hand, foot and limb injury is identifying and assessing hazards, the steps in place to control them and the need for PPE or other additional safety measures. Here's a task-based hazard assessment checklist that you can adapt for your own use.

# HAND, LIMB & BODY PROTECTION HAZARD ASSESSMENT CHECKLIST

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<b>Task:</b>	<b>Location:</b>
<b>Occupation:</b>	<b>Department:</b>
<b>Assessment Completed By:</b>	<b>Date:</b>

HANDS/ARMS		
Hazardous Work Activities	Exposure to	Can Hazard Be Eliminated without PPE?
<input type="checkbox"/> Baking <input type="checkbox"/> Sanding <input type="checkbox"/> Chemical use <input type="checkbox"/> Sawing <input type="checkbox"/> Computer use <input type="checkbox"/> Slicing <input type="checkbox"/> Cooking <input type="checkbox"/> Hammering <input type="checkbox"/> Cutting <input type="checkbox"/> Hot work. <input type="checkbox"/> Grinding <input type="checkbox"/> Welding <input type="checkbox"/> Other	<input type="checkbox"/> Blood/Biomaterials <input type="checkbox"/> Extreme heat/cold <input type="checkbox"/> Chemical hazards <input type="checkbox"/> Moving machine parts. <input type="checkbox"/> Sharp objects or edges <input type="checkbox"/> Vibration <input type="checkbox"/> Other	<input type="checkbox"/> Yes <input type="checkbox"/> No <u>If No, use PPE, including:</u> <input type="checkbox"/> Gloves guarding against: <input type="checkbox"/> Chemicals <input type="checkbox"/> Temperature <input type="checkbox"/> Burns <input type="checkbox"/> Leaks/Liquids <input type="checkbox"/> Electrical shock <input type="checkbox"/> Cuts/Laceration <input type="checkbox"/> Slips <input type="checkbox"/> Blunt force/Crushing <input type="checkbox"/> Other <input type="checkbox"/> Protective sleeves <input type="checkbox"/> Other
FEET/LEGS		
Hazardous Work Activities	Exposure to	Can Hazard Be Eliminated without PPE?
<input type="checkbox"/> Building Maintenance <input type="checkbox"/> Construction <input type="checkbox"/> Chemical use <input type="checkbox"/> Cutting/Slicing/Sawing <input type="checkbox"/> Demolition <input type="checkbox"/> Electrical work <input type="checkbox"/> Food processing <input type="checkbox"/> Foundry work <input type="checkbox"/> Grinding <input type="checkbox"/> Use of flammables/combustibles <input type="checkbox"/> Hot work/welding <input type="checkbox"/> Logging <input type="checkbox"/> Plumbing <input type="checkbox"/> Trenching <input type="checkbox"/> Other	<input type="checkbox"/> Explosive atmospheres <input type="checkbox"/> Explosives <input type="checkbox"/> Extreme heat/cold <input type="checkbox"/> Electrical hazards <input type="checkbox"/> Chemical hazards <input type="checkbox"/> Moving machine parts. <input type="checkbox"/> Sharp objects or edges <input type="checkbox"/> Vibration <input type="checkbox"/> Heavy equipment <input type="checkbox"/> Slippery surfaces <input type="checkbox"/> Dangerous tools <input type="checkbox"/> Other	<input type="checkbox"/> Yes <input type="checkbox"/> No <u>If No, use PPE, including:</u> <input type="checkbox"/> Safety shoes/boots with: <input type="checkbox"/> Chemical protection <input type="checkbox"/> Heat/cold protection <input type="checkbox"/> Electrical shock protection <input type="checkbox"/> Puncture resistance <input type="checkbox"/> Toe protection <input type="checkbox"/> Metatarsal protection <input type="checkbox"/> Slip-resistance <input type="checkbox"/> Other <input type="checkbox"/> Leggings <input type="checkbox"/> Chaps <input type="checkbox"/> Foot guards <input type="checkbox"/> Leg guards
BODY/TORSO/SKIN		