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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Task:	Location:
Occupation:	Department:
Assessment Completed By:	Date:

HANDS/ARMS		
Hazardous Work Activities	Exposure to	Can Hazard Be Eliminated without PPE?
[] Baking [] Sanding [] Chemical use [] Sawing [] Computer use [] Slicing [] Cooking [] Hammering [] Cutting [] Hot work. [] Grinding [] Welding [] Other	[] Blood/Biomaterials [] Extreme heat/cold [] Chemical hazards [] Moving machine parts. [] Sharp objects or edges [] Vibration [] Other	[] Yes [] No
FEET/LEGS		
Hazardous Work Activities	Exposure to	Can Hazard Be Eliminated without PPE?
[] Building Maintenance [] Construction [] Chemical use [] Cutting/Slicing/Sawing [] Demolition [] Electrical work [] Food processing [] Foundry work [] Grinding [] Use of flammables/combustibles [] Hot work/welding [] Logging [] Plumbing [] Trenching	[] Explosive atmospheres [] Explosives [] Extreme heat/cold [] Electrical hazards [] Chemical hazards [] Moving machine parts. [] Sharp objects or edges [] Vibration [] Heavy equipment [] Slippery surfaces [] Dangerous tools [] Other	[] Yes [] No
[] Other		