

<p>U.S. Department of Agriculture Forest Service</p>	<p>1. WORK PROJECT/ACTIVITY Work Capacity Test</p>	<p>2. LOCATION Various</p>	<p>3. UNIT NIFC</p>
<p>JOB HAZARD ANALYSIS (JHA) References-FSH 6709.11 and -12 (Instructions on Reverse)</p>	<p>4. NAME OF ANALYST Dave Aldrich</p>	<p>5. JOB TITLE National Safety Officer</p>	<p>6. DATE PREPARED 03/23/00</p>
<p>7. TASKS/PROCEDURES</p>	<p>8. HAZARDS</p>	<p>9. ABATEMENT ACTIONS Engineering Controls * Substitution * Administrative Controls * PPE</p>	
<p>Firefighter Work Capacity Testing</p> <p>*</p> <p>*</p>	<p>Physical Exertion</p> <p>Strains and Sprains</p> <p>Heat Stress</p>	<p>Follow test guidelines and procedures established for the Firefighter Work Capacity Tests. Provide prospective test subjects information about the tests and how to prepare for them. Prospective test subjects complete the health self analysis,HSQ. Brief test subjects about the tests just prior to testing. Answer test subjects questions concerning the requirements and expectations of the test. Ensure test subjects understand they are to discontinue the test and seek assistance from a test administrator posted along the course if they begin to experience adverse discomfort or illness during the test. Provide prospective test subjects official time for fitness training where policy permits. Schedule tests when environmental conditions are most favorable. Test administrators monitor test subjects for signs of stress and fatigue during and after the tests. Terminate testing for subjects struggling to carry the pack or maintain an adequate pace that would ensure a safe and successful completion of the test. Have a person certified for 1st. Aid and CPR or an EMT on site with appropriate first aid supplies and equipment during testing. Have a current medivac plan in place and make sure test administrators know how to activate it. Ensure test subjects do not exceed a walking pace. Ensure test subjects are properly hydrated.</p> <p>Provide information to prospective test subjects describing how to train for the tests. Provide time intervals at posted distances to help subjects adjust walking pace if needed. Ensure test subjects have comfortable footwear and socks that provide adequate support and protection to the feet and ankles. Give test subjects time to properly adjust packs for comfort and positioning prior to beginning the test. Establish a time for test subjects to warm up and stretch just prior to beginning the test. Have test subjects cool down properly and stretch after the test. Make sure test subjects do not exceed a walking pace. Ensure test administrators understand the effects of exercising in heat extremes; they can recognize the signs and symptoms of heat stress and they know how to assist test subjects if necessary. Where possible, schedule tests during most favorable environmental conditions. Use the Heat Stress Chart on page 29 of Fitness and Work Capacity-Second Edition and in the Appendix of the Test Administrator's Guide for Work Capacity tests. Inform prospective test subjects they need to dress for ambient conditions. Include this information in the pre-test briefing. Ensure prospective test subjects are aware of the need for acclimation. Test administrators include heat stress information in the pretest briefing if applicable. Forest Service provide water at key points along the test course if conditions</p>	

JHA Instructions (References-FSH 6709.11 and .12)

The JHA shall identify the location of the work project or activity, the name of employee(s) writing the JHA, the date(s) of development, and the name of the appropriate line officer approving it. The supervisor acknowledges that employees have read and understand the contents, have received the required training, and are qualified to perform the work project or activity.

Blocks 1, 2, 3, 4, 5, and 6: Self-explanatory.

Block 7: Identify all tasks and procedures associated with the work project or activity that have potential to cause injury or illness to personnel and damage to property or material. Include emergency evacuation procedures (EEP).

Block 8: Identify all known or suspect hazards associated with each respective task/procedure listed in block 7. For example:

- a. Research past accidents/incidents
- b. Research the Health and Safety Code, FSH 6709.11 or other appropriate literature.
- c. Discuss the work project/activity with participants
- d. Observe the work project/activity
- e. A combination of the above

Block 9: Identify appropriate actions to reduce or eliminate the hazards identified in block 8. Abatement measures listed below are in the order of the preferred abatement method:

- a. Engineering Controls (the most desirable method of abatement). For example, ergonomically designed tools, equipment, and furniture.
- b. Substitution. For example, switching to high flash point, non-toxic solvents.
- c. Administrative Controls. For example, limiting exposure by reducing the work schedule; establishing appropriate procedures and practices.
- d. PPE (least desirable method of abatement). For example, using hearing protection when working with or close to portable machines (chain saws, rock drills portable water pumps)
- e. A combination of the above.

Block 10: The JHA must be reviewed and approved by a line officer. Attach a copy of the JHA as justification for purchase orders when procuring PPE.

Blocks 11 and 12: Self-explanatory.

Emergency Evacuation Instructions (Reference FSH 6709.11)

Work supervisors and crew members are responsible for developing and discussing field emergency evacuation procedures (EEP) and alternatives in the event a person(s) becomes seriously ill or injured at the worksite.

Be prepared to provide the following information:

- a. Nature of the accident or injury (avoid using victim's name).
- b. Type of assistance needed, if any (ground, air, or water evacuation)
- c. Location of accident or injury, best access route into the worksite (road name/number), identifiable ground/air landmarks.
- d. Radio frequency(s).
- e. Contact person.
- f. Local hazards to ground vehicles or aviation.
- g. Weather conditions (wind speed & direction, visibility, temp).
- h. Topography.
- i. Number of person(s) to be transported
- j. Estimated weight of passengers for air/water evacuation.

The items listed above serve only as guidelines for the development of emergency evacuation procedures.

JHA and Emergency Evacuation Procedures Acknowledgment

We, the undersigned work leader and crew members, acknowledge participation in the development of this JHA (as applicable) and accompanying emergency evacuation procedures. We have thoroughly discussed and understand the provisions of each of these documents:

SIGNATURE

DATE

SIGNATURE

DATE

Work Leader
