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	Electrical panel upgrade	**Start date**	Nov 9, 2026
Working hours	7:00 am to 3:30 pm	**Trade**	Electrical

2. JOB STEPS, HAZARDS AND CONTROLS

#	Job step	Hazards	Risk before	Controls	Risk after	Responsible
1	Tell the occupants when the power will be off and arrange a supply for medical or other critical equipment	Working in an occupied home or building	**Medium Possible / Lost time injury**	1.1 Plan noisy, dusty or risky work for when the building is empty. [Elimination] 1.2 Close off the work area with barriers, plastic sheeting or locked doors, and put up signs. [Engineering (guarding)] 1.3 Keep fire exits and paths clear at all times. [Administrative] 1.4 Tell occupants before you turn off power, water or gas, and before noisy or dusty work. [Administrative] 1.5 Lock away tools, chemicals and materials each day, out of reach of children. [Administrative] 1.6 Clean up dust and debris at the end of each day. [Administrative]	**Low Rare / Lost time injury**	Site supervisor
2	Set up barriers and good lighting at the electrical panel so no one else can reach the open board	Working in an occupied home or building Poor lighting and night work	**Medium Possible / Lost time injury**	2.1 Working in an occupied home or building: see step 1 for the full controls [Administrative] 2.2 Plan work for daylight hours where you can. [Elimination] 2.3 Set up enough temporary lighting for the task, walkways, stairs and access points. [Engineering] 2.4 Aim lights so they do not dazzle plant operators or drivers. [Engineering] 2.5 Check lighting before work starts and carry a flashlight or head lamp. [Administrative] 2.6 Wear hi-vis with reflective tape for night work. [PPE]	**Low Rare / Lost time injury**	Site supervisor
3	Check the old electrical panel backing board and surrounds for asbestos	Disturbing asbestos Rules: Provincial OHS regulation, asbestos	**Critical Possible / Fatality**	3.1 Get an asbestos survey before work on buildings built before 1990. [Elimination] 3.2 Seal off the work area and keep everyone else out. [Engineering (guarding)] 3.3 If asbestos must be disturbed, keep it wet, use hand tools not power tools, and clean up with a HEPA vacuum. [Engineering] 3.4 Follow your province's asbestos rules, including notification and trained or certified workers where required. [Administrative] 3.5 In BC, a qualified person must inspect and write a	**Medium Rare / Fatality**	Site supervisor

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				hazardous materials report before demolition or renovation, and asbestos abatement must be done by a WorkSafeBC licensed contractor (since 1 January 2024). [Administrative] 3.6 Stop work straight away if you find suspect asbestos. Do not touch it and tell your supervisor. [Administrative] 3.7 Wear a fit-tested respirator suited to the work, and disposable coveralls. [PPE]		
4	Arrange the supply disconnection, isolate, apply lockout and tags, then test to prove dead; treat the supply side as live until it is disconnected	Electric shock from live wiring Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	4.1 Isolate the power before any work. Do not work live. [Elimination] 4.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Engineering (guarding)] 4.3 Electric shock from live wiring: see step 10 for the full controls [Administrative]	**Medium Rare / Fatality**	Site supervisor
5	Check the tester on a known live source before and after proving dead	Electric shock from live wiring Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	5.1 Test before you touch: prove dead at the point of work with a tested voltage tester. [Engineering] 5.2 Only licensed electricians do electrical work, to the Canadian Electrical Code and provincial rules. [Administrative] 5.3 Electric shock from live wiring: see step 10 for the full controls [Administrative]	**Medium Rare / Fatality**	Site supervisor
6	Remove the old electrical panel, labelling every circuit as it comes off	Electric shock from live wiring Cuts from sharp edges Lifting and carrying heavy loads Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	6.1 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Administrative] 6.2 If energized work cannot be avoided, use a permit, a safety observer and insulated tools, following CSA Z462. [Administrative] 6.3 Electric shock from live wiring: see step 10 for the full controls [Administrative] 6.4 Deburr or cover sharp edges, and fit edge protectors on exposed sheet metal. [Engineering] 6.5 Use knives with retractable or self-retracting blades. [Engineering] 6.6 Cut away from your body and keep your other hand clear. [Administrative] 6.7 Put used blades in a blade bin or sharps container. [Administrative] 6.8 Use two people to handle large sheets of metal or glass. [Administrative] 6.9 Plan to avoid carrying: have materials delivered, and old items picked up, as close as possible to where they are used. [Elimination] 6.10 Use lighter or smaller loads: order smaller bags and shorter lengths, and drain or break down old items before moving them. [Substitution] 6.11 Use trolleys, pallet jacks, hoists, vacuum lifters or equipment instead of carrying by hand. [Engineering] 6.12 Use a two-person lift for anything heavy, long or	**Medium Unlikely / Lost time injury**	Site supervisor

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				awkward. Plan the route first and clear it. [Administrative] 6.13 Keep the load close, back straight and no twisting. Turn with your feet. [Administrative]		
7	Mount the new enclosure, drilling with dust control and working from a stable step	Injury from power tools General dust Falling from a ladder	**High Possible / Serious injury**	7.1 Keep all guards fitted and working. Never tie back or remove a guard. [Engineering] 7.2 Clamp or secure the work piece. Do not hold it by hand. [Engineering] 7.3 Only trained, competent people use power tools, following the maker's instructions. [Administrative] 7.4 Check tools before use. Unplug or remove the battery before changing blades or bits. [Administrative] 7.5 No loose clothing, jewellery or long hair near spinning parts. [Administrative] 7.6 Use low-dust products, such as dust-reduced or pre-mixed compounds. [Substitution] 7.7 Seal off the work area with plastic sheeting in occupied buildings. [Engineering (guarding)] 7.8 Use tools with dust extraction and a vacuum for clean up. [Engineering] 7.9 Lightly mist the area with water to keep dust down, away from anything electrical. [Engineering] 7.10 Never dry sweep or blow dust off with compressed air. [Administrative] 7.11 Use a platform ladder, mobile scaffold or aerial work platform for longer jobs instead of a straight ladder. [Substitution] 7.12 Use CSA Grade 1, 1A or 1AA ladders in good condition. Remove any damaged ladder from site. [Engineering] 7.13 Set extension ladders at a 4 to 1 angle on firm, level ground, tied or footed, and reaching 1 metre above the landing. [Engineering] 7.14 Use ladders only for short, light work. Do not carry heavy or awkward loads up a ladder. [Administrative] 7.15 Keep three points of contact and your belt buckle between the side rails. Do not overreach. [Administrative]	**Medium Unlikely / Serious injury**	Site supervisor
8	Terminate circuits with GFCI protection and tighten connections to the right torque	Electric shock from cords and power tools Repetitive work and awkward postures	**High Possible / Serious injury**	8.1 Use battery-powered tools where you can. [Substitution] 8.2 Use GFCI protection on all temporary power and portable tools. [Engineering] 8.3 Keep cords off the ground and out of water, using stands or hooks. [Engineering] 8.4 Check cords, plugs and tools before every use. Tag out and remove anything damaged. [Administrative] 8.5 Do not use tools in rain or wet areas unless they are rated for it. [Administrative] 8.6 Wear safety boots and dry gloves. [PPE] 8.7 Use tools that cut the effort: powered screwdrivers, long-handled tools and extension poles for overhead work. [Substitution]	**Medium Unlikely / Lost time injury**	Site supervisor

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				8.8 Set work up at waist height on benches or trestles where you can. [Engineering] 8.9 Use light tools with good grips, and keep blades and bits sharp. [Engineering] 8.10 Rotate tasks and take short breaks every hour on repetitive work. [Administrative] 8.11 Warm up before heavy physical work and report aches and pains early. [Administrative] 8.12 Wear knee pads for kneeling work and gloves for grip. [PPE]		
9	With your lock still on, do the dead tests: ground continuity, insulation resistance, polarity and correct circuit connections	Electric shock from live wiring Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	9.1 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 9.2 Electric shock from live wiring: see step 10 for the full controls [Administrative]	**Medium Rare / Fatality**	Site supervisor
10	Remove your lock only when the dead tests pass and everyone is clear, re-energise, then test GFCI trip times and polarity live; label the electrical panel, clean up and issue the certificate	Electric shock from live wiring Poor housekeeping and waste Rules: Provincial OHS regulation, electrical safety, and CSA Z462	**Critical Possible / Fatality**	10.1 Isolate the power before any work. Do not work live. [Elimination] 10.2 Lock out and tag the isolation point with your own personal lock and danger tag. [Engineering (guarding)] 10.3 Test before you touch: prove dead at the point of work with a tested voltage tester. [Engineering] 10.4 Only licensed electricians do electrical work, to the Canadian Electrical Code and provincial rules. [Administrative] 10.5 Check for back feeds from solar, batteries and generators that can keep a circuit live after the main switch is off. [Administrative] 10.6 If energized work cannot be avoided, use a permit, a safety observer and insulated tools, following CSA Z462. [Administrative] 10.7 Wear insulated gloves, arc-rated clothing and a face shield when testing or working near live parts. [PPE] 10.8 Order materials to size and send packaging back where you can. [Elimination] 10.9 Put waste bins and chutes close to the work. [Engineering] 10.10 Clean as you go, and do a full clean up at the end of each day. [Administrative] 10.11 Keep exits, stairs and walkways clear at all times. [Administrative] 10.12 Stack materials neatly on level ground, away from edges. [Administrative] 10.13 Wear gloves when handling waste. [PPE]	**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) Rubber insulating gloves Arc flash PPE (CSA Z462) N95 respirator High-visibility vest (CSA Z96) Respirator fit tested to CSA Z94.4 (P100 for dust, or the type the air test calls for) Coveralls Work gloves Cut-resistant gloves Hearing protection Hard hat (CSA Z94.1) Knee pads	Lockout permit

4. PLANT AND EQUIPMENT

Plant / equipment	Licence or training needed	Inspection needed	Rego / ID	Last inspected	Certificate / report
Electrical test meter					
Hand tools					
Power drill					
Step ladder					

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

Rev	Date	By	What changed
1	Nov 9, 2026		First issue

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