A Timely Role of a Job Hazard Analysis  
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The job hazard analysis (JHA), often called job safety analysis (JSA), has long been a safety program pillar of breaking down a task into steps listing subsequent hazards and procedures to reduce those hazards. You normally see it in a three-column form identifying sequence of basic job steps, potential hazards and recommended action or procedure. It can be expanded to formulate a detail-oriented site-specific safety program contractors are required to provide.

It can be as basic as changing a flat tire, and vital if that were to occur on your way to the slopes under wintry conditions and heavy traffic. For me lately, it’s been the way to safely function with a month-long, nonwalking cast.

From using the toilet to making toast, taking showers, getting dressed, life has been an endless series of mental JHAs in order to avoid applying pressure on my foot which could be disastrous for healing not to mention excruciatingly painful.

Currently, sequence of basic “job steps” includes going from point A to B, noting family clutter, dogs, their stupid squeaky toys and an errant soccer ball, as potential hazards. Action to eliminate a fall includes turning lights on (good illumination often missing on a JHA), maintaining a clear path of travel (a little acrobatic but can and must be done), and now it’s “never walk or step or crutch” where your eyes haven’t been. Organizing material for easy access; coffee pot ready to go, soap/ shampoo/towel and clothing, are actions that will prevent that misguided step—and a surgical do-over. Organizing and strategically locating essential materials/tools for easy access is a JHA sequence often neglected in an industrial application—and then a fall occurs from that makeshift ladder or over-reach.

JHA has value in many applications. It’s extremely useful for hazard identification, training and incident investigation. Whether you’re temporarily disabled or engaged in complex lockout/tagout, confined space or fall arrest activities, nothing saves lives or prevents injuries better than a well-executed plan. It sounds strange, but I’m planning to be out of this cast injury-free….only if I “plan the work and work the plan.”