



THE ULTIMATE FLHA CHEATSHEET

This document is designed to help tradesmen create the best FLHA cards in the industry. In this document, you will find a list of common hazards tradesmen experience every day and detailed controls to help prevent them.

As a **BONUS**, we've also included items you can add to your FLHA that may not be printed on your company's cards. These extra items will help you stand out and increase your value on-site. These can get listed below your regular steps.

Remember to be as descriptive as possible and paint a picture for a person that has never worked on a construction site.

STAND OUT OF THE CROWD!

- **Timestamp your FLHA after every break, along with a signature to show that you reviewed it.**
- **The current wind direction and weather conditions.**
- **Why you are working safely today. THIS IS HUGE!**
- **Any conditions that have changed (a new trade in your area or piece of equipment).**
- **Any permit number you may be working under.**

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HAZARDS

1. Slips and trips on (rough, uneven ground, mud, construction debris, ice).
2. Faulty or broken power/hand tools.
3. Heavy lifting of (specific tools or materials).
4. Pinch/crush/amputation points between (hammer, 2x4, zoom boom, be specific).
5. Other trades working in the area including (add trades ex. Pipefitters, ironworkers).
6. Mobile equipment in the area including (zoom boom, skid steer, trucks, whatever has wheels or tracks around you).
7. Overhead loads with the crane.
8. Changing weather conditions.
9. Sprains and strains from bending, twisting, pulling, and pushing.
10. Working at heights over (insert height you are required to be tied off).
11. Work that requires certification.
12. Working without a permit and knowing unforeseen hazards.
13. Grinding or cutting causing flying debris.
14. Loud noise from (list anything above normal conversation volume).
15. Clutter build-up from performing a task.

CONTROLS

1. Use proper footing, avoid goat trails, clear a safe path of travel.
2. Inspect all hand and power tools to ensure they are in safe working condition.
3. MAX manual lifting weight 50lbs. Get help lifting awkward loads.
4. Keep your fingers and body out of the line of fire. A foot can save a hand.
5. Communicate possible hazards to each other and sign on to each other's FLHA'S.
6. Give equipment the right of way. Always make eye contact with the operator. Never approach from behind.
7. Stay out from under suspended loads. Respect control zones.
8. If weather conditions change, stop and discuss necessary changes.
9. Stretch often, take micro-breaks and switch out with someone if a task is repetitive.
10. 100% tie-off over ___ feet. Inspect full-body harness and use approved anchor points.
11. Review your certification cards and confirm expiry dates.
12. Review and sign on to a safe work permit. Stay within the scope of the permit.
13. Utilize a face shield when cutting or grinding.
14. Wear earplugs or muffs when working around power tools or equipment.
15. Clean as you go. Ensure your area is safe for you and those working around you.