

PRE-TASK TRACK FORM

Are you fit for duty today?

Employee _____

Date: _____

Task _____

Date: _____

To Keep Safety on TRACK, before every job STOP and:

Think Through the Task:

T

1. _____
2. _____
3. _____

Recognize the Hazards:

R

1. _____
2. _____
3. _____

Consequence

Probability

A

1. Could kill, disable or cause serious damage
2. Could cause major injury or damage
3. Could cause MTC/LTI or moderate damage
4. Possible 1st aid injury or minor damage
5. Couldn't cause injury or damage

- A. Almost certain to happen
- B. Likely to happen
- C. Moderate to happen
- D. Unlikely to happen
- E. Rare/Practically impossible

Control the Hazards

C

- Elimination: _____
- Substitution: _____
- Engineering: _____
- Administration: _____
- PPE: _____

Keep Safety First in all Tasks

K

- * Location: _____
- * Today's Weather: _____
- * Housekeeping: _____
- * Changes in Scope or Work Conditions: _____

*The Emergency Phone Number for this Project/Task is _____

*The Emergency Contact Person and Phone Number: _____

*Emergency Rendezvous Point: _____

