


U.S. Department of the Interior Bureau of Land Management		Date:	New: Revised:
 JOB HAZARD ANALYSIS Field Office/Work Group		Page 1 of 4	Reviewed by: (Safety Mgr)
		Supervisor:	Qual, Trng, Experience Reqd:
This JHA must be reviewed, approved, and signed by the Agency Administrator:			
Name:		Title:	Date:
BASIC JOB STEPS	POTENTIAL HAZARDS	SAFE JOB PROCEDURES	
Work Capacity Testing	Physical Overexertion	1. Provide prospective test subjects information about the test and describe how to prepare for it.	
		2. Test subjects complete the Health Screen. Only appropriate responses of the prospective subjects to the Health Screen will result in administering the Work Capacity Test.	
		3. Brief test subjects about the test just prior to the test – answer questions concerning the test. Make them understand they are to quit and get help from one of the Test Administrators on the course if they begin to feel ill during the test.	
		4. Test Administrators monitor subjects for distress during test. Test Administrator is to terminate test if indicated by level of subject distress.	
		5. Provide prospective test subjects official time for fitness training where policy permits.	
		6. Schedule tests when environmental conditions are most favorable.	
		7. Have a person currently qualified in first aid and CPR (with first aid supplies and equipment) on site when testing is done	
		8. Have unit medivac plan and make sure Test Administrators know how to activate it.	
		9 Make sure test subjects do not exceed a walking pace.	
		10. Ensure test subjects are properly hydrated.	

Release Date: 4/02

Appendix C-1

BASIC JOB STEPS	POTENTIAL HAZARDS	SAFE JOB PROCEDURES
Work Capacity Testing	Strains and Sprains	1. Provide information to prospective subjects describing how to get into shape for the tests. 2. Provide prospective subjects official time for fitness training where policy permits.
		3. Brief subjects about the test just prior to beginning.
		4. Monitor subjects for indications of distress and terminate the test for them.
		5. Ensure test subjects have comfortable footwear that provides adequate support and protection to feet and ankles.
		6. Give subjects time to adjust packs for comfort prior to beginning the test.
		7. Provide time prior to starting the test for subjects to warm up and stretch.
		8. Have subjects cool down and stretch after the test.
		9. Make sure the test subjects do not exceed a walking pace.
Work Capacity Testing	Heat Stress	1. Make sure Test Administrators understand the effects of exercising in heat, can recognize the symptoms of heat stress, and how to treat it.
		2. Where possible, schedule tests for the most favorable environmental conditions. Use the Heat Stress chart, <i>Fitness and Work Capacity</i> , 2 nd Edition, (p. 29). Avoid the "High" range.
		3. Inform prospective test subjects on how to dress for the conditions and include the information in the pre-test briefing.
		4. Make sure test subjects are aware of the need for acclimatization. Provide time for employees to become acclimatized if conditions of their employment permit.
		5. Test Administrators include heat stress information in the test briefing if appropriate.
		6. Provide water at key points along the test course if conditions dictate.
		7. Test Administrators monitor all test subjects for signs of heat stress, terminate test if is stress is indicated, and are prepared to provide treatment needed.
Work Capacity	Cold	1. Make sure Test Administrators know symptoms of

BASIC JOB STEPS	POTENTIAL HAZARDS	SAFE JOB PROCEDURES
Testing	Temperature	cold-related physical effects and are prepared to treat them.
		2. Inform prospective test subjects on how to dress for the conditions and include information in the pre-test briefing.
		3. Locate an indoor facility suitable for testing if conditions warrant.
		4. Postpone testing if conditions warrant.
Work Capacity Testing	Slippery Course Conditions (ice, snow, mud)	1. Locate a suitable test surface. Consider indoor facility, plowed airport, plowed road or other safe area.
		2. Postpone testing if conditions warrant.
		3. Test subjects wear footwear with good traction.
Work Capacity Testing	Traffic	1. Select test course without traffic.
		2. Arrange for traffic control to eliminate traffic hazard.
		3. Make sure test subjects are briefed about traffic hazard and controls implemented prior to the test.
Work Capacity Testing	Pack Rubbing, Chafing, or Straining Subjects	1. Make sure test subjects have practiced with a pack and have become work hardened to carry a pack.
		2. Recommend upper body clothing that protects from pack rubbing.
		3. Makes sure subjects have an opportunity prior to testing to adjust and try out the pack.
		4. Terminate testing for subjects struggling to carry the pack or maintain a pace adequate to complete the test successfully.
		5. Permit subjects to use a self-provided pack that meets the applicable weight requirement.

