

JOB HAZARD ANALYSIS		Date:	New: <input type="checkbox"/> Revised: <input type="checkbox"/>
		Page 1 of 3	Reviewed by (Safety Mgr)
Field Office/Work Group		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	Provide prospective test participants information about the test course and review WCT level requirements (e.g., arduous, moderate, light).	
		Test participants complete the Health Screen Questionnaire or provide documentation of clearance for Medical Standards Program (MSP). Only appropriate responses of the prospective subjects to the Health Screen will result in administering the Work Capacity Test.	
		Test Administrators monitor subjects for distress during test. Test Administrator is to terminate test if indicated by level of subject distress.	
		Ensure test participants understand they are to discontinue the test and seek assistance from test administrator and/or on-site medical personnel if they begin to experience adverse discomfort or illness during the test.	
		Schedule tests when environmental conditions are most favorable.	
		Have a person currently qualified as an EMT (with supplies and equipment) onsite when testing is done.	
		Have unit medivac plan and make sure Test Administrators know how to activate it.	
		Make sure test participants do not exceed a walking pace.	
		Ensure test participants are properly hydrated.	
Work Capacity Testing	Strains and Sprains	Ensure test participants properly warm up and stretch just prior to beginning the test. This is especially important to stretch the lower legs.	

		Encourage participants to apply ice and massage to lower legs in the event of lower leg pain (shin splints).
		Give test participants time to properly adjust packs for comfort and positioning prior to beginning the test.
		Test administrator and on site medical personnel shall monitor test participants for indications of distress and terminate the test for them.
		Ensure test participants have comfortable footwear and socks that provides adequate support and protection to feet and ankles.
		Have test participants cool down and stretch after the test.
		Make sure the test participants do not exceed a walking pace.
Work Capacity Testing	Heat Stress	Make sure Test Administrators understand the effects of exercising in heat, can recognize the symptoms of heat stress, and how to treat it.
		Where possible, schedule tests for the most favorable environmental conditions. Use the Heat Stress chart, Fitness and Work Capacity, 2nd Edition (p. 29). Avoid the "High" range.
		Inform prospective test participants on how to dress for the conditions and include the information in the pre-test briefing.
		Make sure test participants are aware of the need for acclimatization. Provide time for employees to become acclimatized if conditions of their employment permit.
		Test Administrators include heat stress information in the test briefing if appropriate.
		Provide water at key point along the test course if conditions dictate.
		Test Administrators monitor all test participants for signs of heat stress, terminate test if stress is indicated, and are prepared to provide treatment needed.
Work Capacity Testing	Cold Temperature	Make sure Test Administrators know symptoms of cold-related physical effects and are prepared to treat them.

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