

**Assess Your Own Self for Risks**

Self risk assessment enables the worker to:

- evaluate whether they have the necessary abilities to safely perform the moving task by identifying personal risks
- identify if they have the necessary training and education to safely perform the moving task
- consider ways to eliminate or manage personal risks

Any worker who performs a moving task conducts a risk assessment on themselves before, during and after performing the move. The self risk assessment is an ongoing and continuous process as the worker's abilities may change at any point in the moving task.

A self risk assessment is about "my ability to work safe". To conduct a self risk assessment, the worker considers their own risk factors that may impact the safety of the moving task:

**Physical Status**

- Previous injury/illness/surgery
- Height and weight relative to client/other workers
- Safe body mechanics
- Good posture
- Physical fatigue
- Physical fitness
- Nutrition
- Stimulant/depressant usage
- Clothing

**Training and Experience**

- Assessment and decision making
- Ability to perform the move
- Attitude and approach
- Observation, awareness, focus
- Policies and OH&S legislation

**Workload**

- Time to safely perform the move
- Availability of assistance
- Extended shifts

**Emotional Status**

- Stress
- Emotional fatigue

**Communication Skills**

- With other workers, client/family
- Vision and hearing

**TLR Safe Work Practice - Problem-Solving Risk Factors**

When identified risks cannot be eliminated or managed, consider ways to problem-solve, such as:

- selecting another safe approach at that time
- seeking assistance to problem solve the risk factors (e.g., medical professional, ergonomist, co-workers, supervisor, TLR trainer/instructor, specialized assessment)
- identifying and scheduling tasks where workers can safely work alone and those where the team approach is safest
- documenting your concerns and forwarding them to your supervisor for resolution if a solution is not readily available (consider additional training you may need)
- forwarding your concerns to the occupational health committee or occupational health and safety representative if the concerns are not resolved at the supervisory level; if in place, the TLR Core Committee could also assist

Refer to the TLR User Manual, Module 2, for more information on the TLR risk assessment process.

**Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**