



FRED SHEARER & SONS, INC.
 ESTABLISHED 1916

Job Hazard Analysis		JHA # 34
Job/Task Title: Working Overhead		
Safe Job Procedure:		Revised 1/2024
<p>This JHA is for the safe and successful results when working overhead. Overhead work is defined as any activity above shoulder height. Special emphasis is placed on prior planning, The Hierarchy of Controls, body positioning and ergonomics, eye Injury prevention and proper PPE. Workers should avoid twisting and overreaching and minimizing the use of tools overhead. Emphasis is also placed on wearing the required PPE, and task specific PPE.</p>		
<p align="center">Required PPE: Hard Hat, Visor & Safety glasses, Face Shield, Tight Fitted Safety Glasses, Foam Sealed Safety Glasses, or Spoggle, Hi-Vis Vest, Cut-4 Gloves, Cut Resistant Sleeves (framing, cutting, handling glass, or demo), Hearing Protection, and Work Boots</p>		
<p align="center">Review All JHA's That Involve Working Overhead</p> <div align="center"> </div>		
Step #1 Work Area Inspection		
Steps to Complete Job	Hazards	Preventive Measures
Survey and set up the work area.	Workers can be cut on sharp materials, sharp edges, or equipment. Exposed to loud noise. Possible trips, falls, and being struck by loose debris or unsecure materials.	1) Hard Hat, Safety Glasses, Hi-Vis vest, Cut 4 Gloves, Cut Resistant Sleeves (framing, cutting, handling glass or demo), Hearing Protection, and Work Boots
		2) Identify, eliminate, or mark all trip hazards such as, open holes, slippery conditions, rolling stock, or changes in elevations.
		3) Correct or note any changes in work area since last leaving it.
		4) Pick up loose materials and remove debris from work areas.
Identify any stored energies in the work area that could be released due to the work being performed, or due to damage.	Workers could release unknown or unsuspected energy due to damage, removal of system components, or exposure of system components.	1) Relocate stored energy components or system from work area.
		2) Deenergize and install LOTO procedures to stored energy sources.
		3) Install bulletproofing or mitigation to protect stored energy sources.
		4) Barricade and tag area around stored energy source.



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Walk area to ensure that there is adequate lighting and electrical power supply.	Lack of lighting can impair the ability to see, causing trips, falls, cuts, etc. Lack of sufficient electrical power can cause circuit overloads and excessive number of electrical cords in the area.	1) Have temporary task lighting provided before work begins.
		2) Have temporary power provided before work begins.
		3) Minimize electrical cords in area. Verify the cords in use are rated for their expected use.
		4) All cords and lighting to be GFCI protected.
		5) All cords to be tested and marked according to current Assured Grounding protocol.
Coordinate work in the area with other trades.	Possible confusion and conflict due to multiple trades working in a limited area.	1) Communicate with other trades to avoid creating a hazardous situation by trade stacking. Coordination
Step #2 Working Overhead		
Steps to Complete Job	Hazards	Preventive Measures
Any tasks that require overhead work.	Worker has the potential to be exposed to strains and sprains.	1) Stretch and flex before beginning of shift and after lunch. Stretch throughout the shift when needed to reduce or eliminate muscle strains. 2) Avoid overreaching. 3) Practice crew rotation to offer relief.
	Eye injury due to flying/falling debris and dust.	1) Always strive to face your work when feasible. Avoid positioning yourself directly below your work. 2) Position your body in a way that your head and face are not directly below the debris field. 3) Select the correct PPE for the task. Drilling, shooting pins, any task that may disturb debris overhead requires the use of a face shield in addition to safety glasses. Foam sealed safety glasses or spoggles may take the place of a face shield. Check with your foreman to determine and acquire the correct PPE for the task.
	Worker can be exposed to loud noise from construction activity.	1) Any task that produces noise greater than 85db requires the use of hearing protection. FYI..Shooting pins into steel can produce noise exceeding 120db.