





# Take 5 & Take 5 Together

# Take 5 within Checkproof:



STOP, THINK AND ACT



TAKE 5

MY PERSONAL SAFETY CHECKLIST

1

Stop, Look, Walk Around

2

Think Through the Task

3

Identify Hazards

4

Control Risks

5

Do the Task Safely


Name:

Date: / /

Rev. Doc. Oct. 20



15:24



Region  
Europe

Login with  
Phone Email


Email

Password

Log in

Single sign-on

15:23



Mark Beagrie  
CEMEX UK Master Account

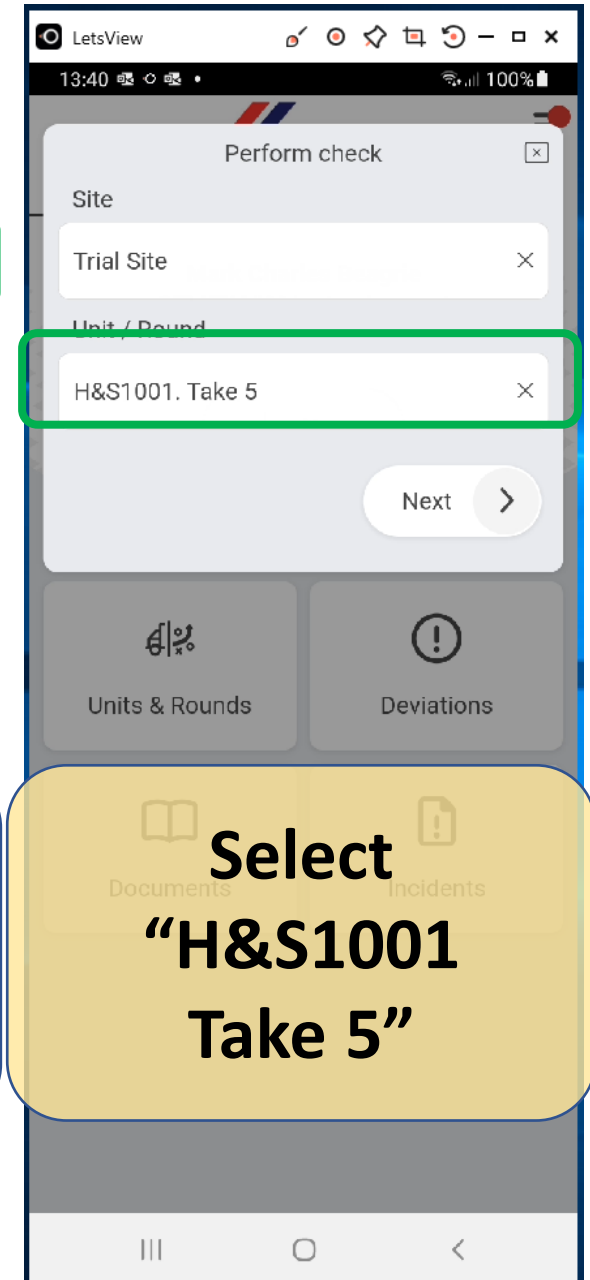
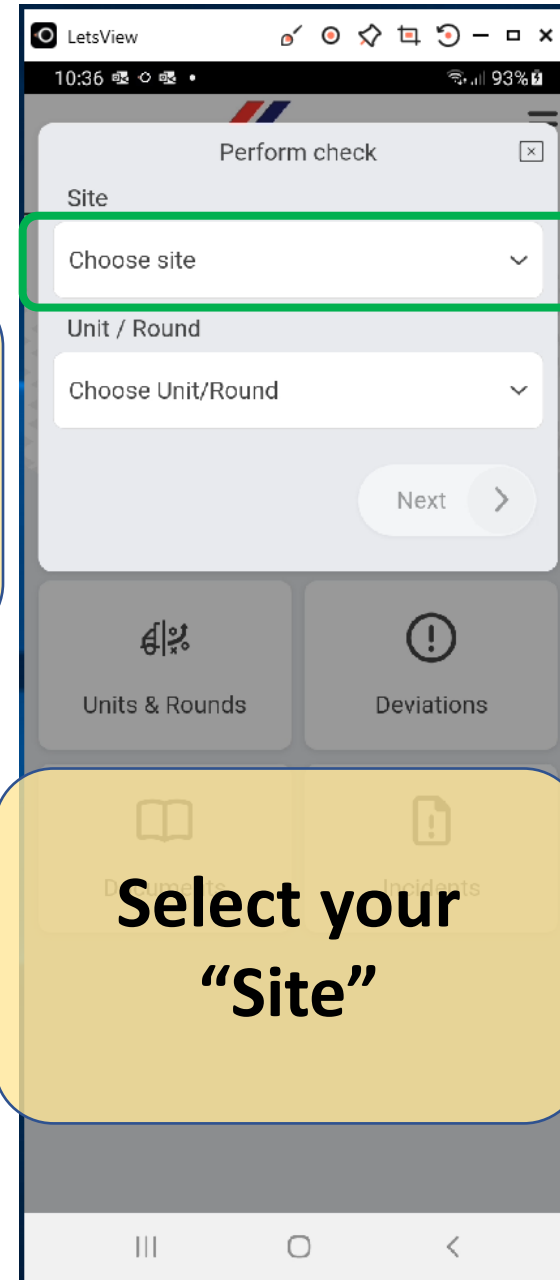
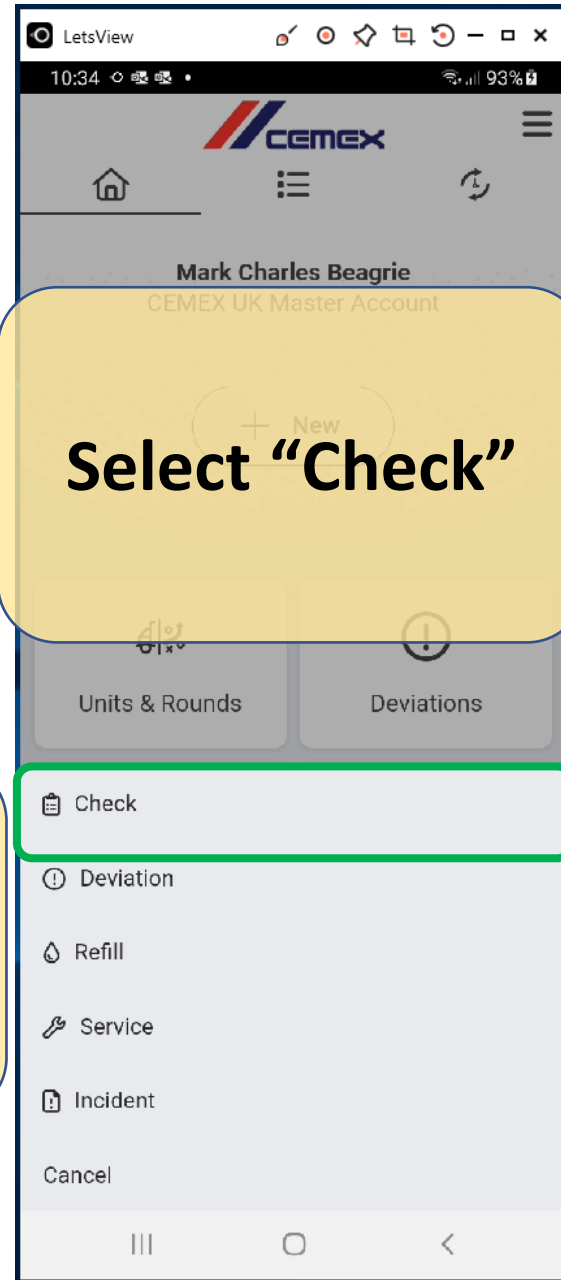
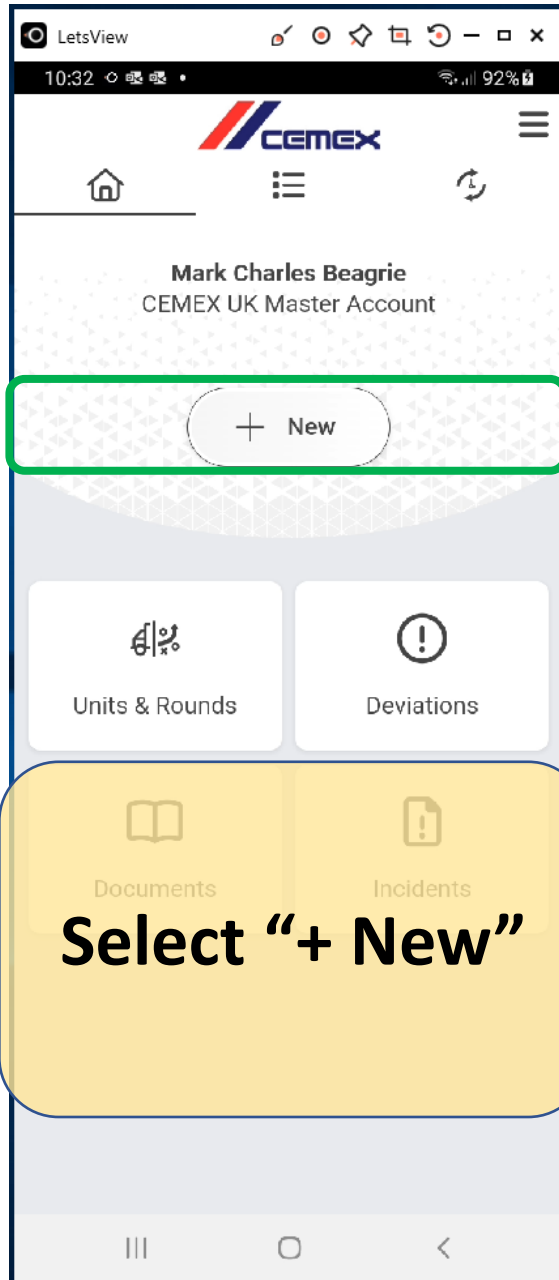
New

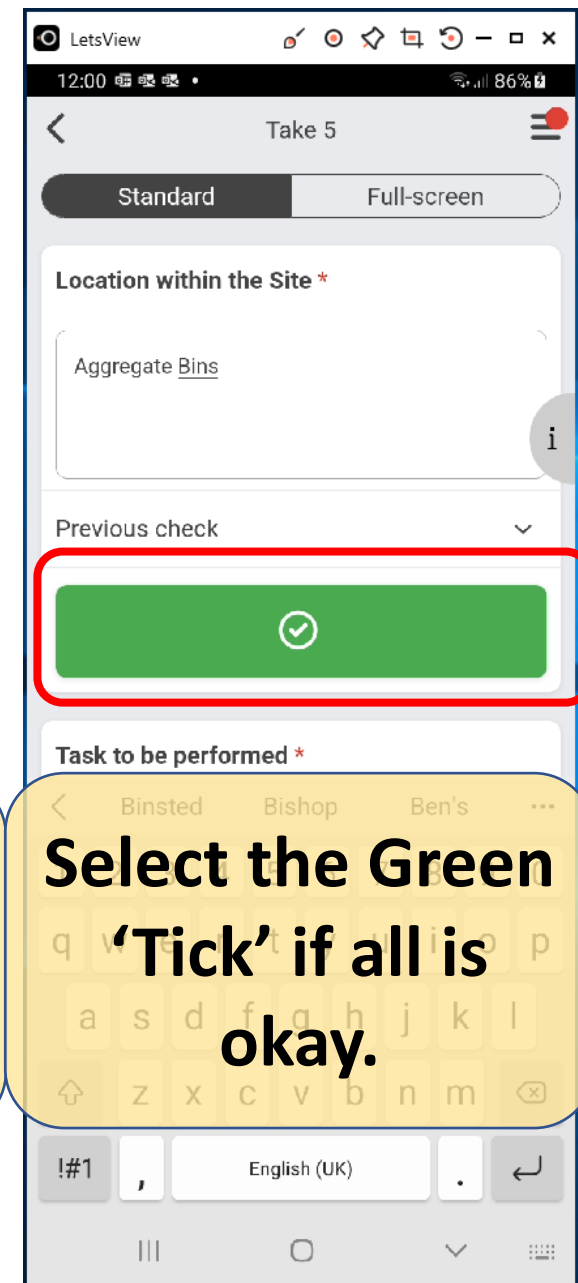
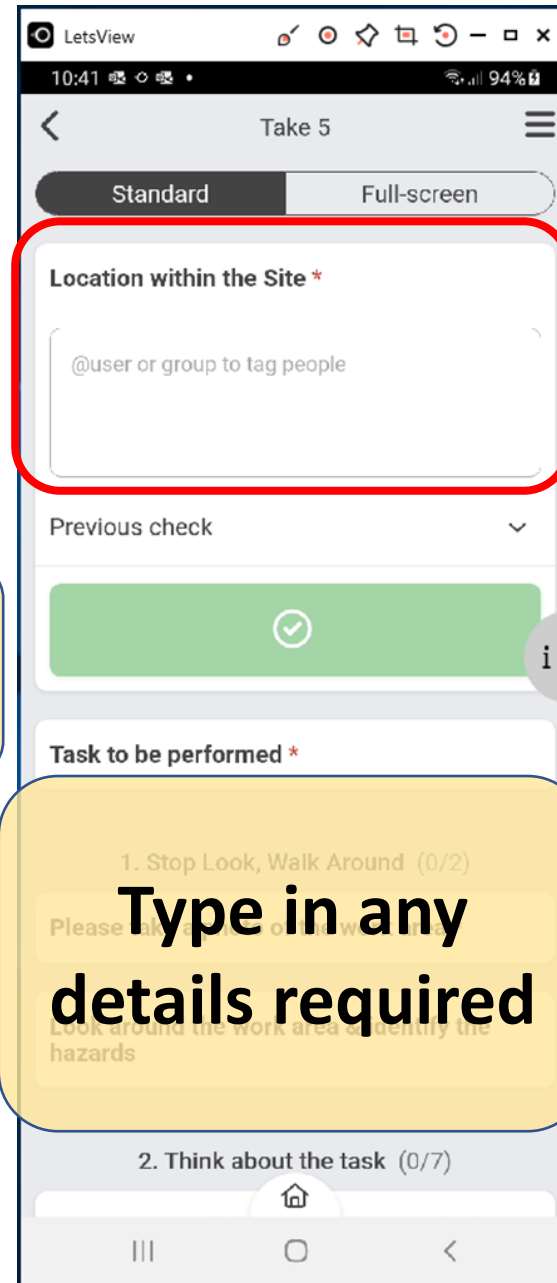
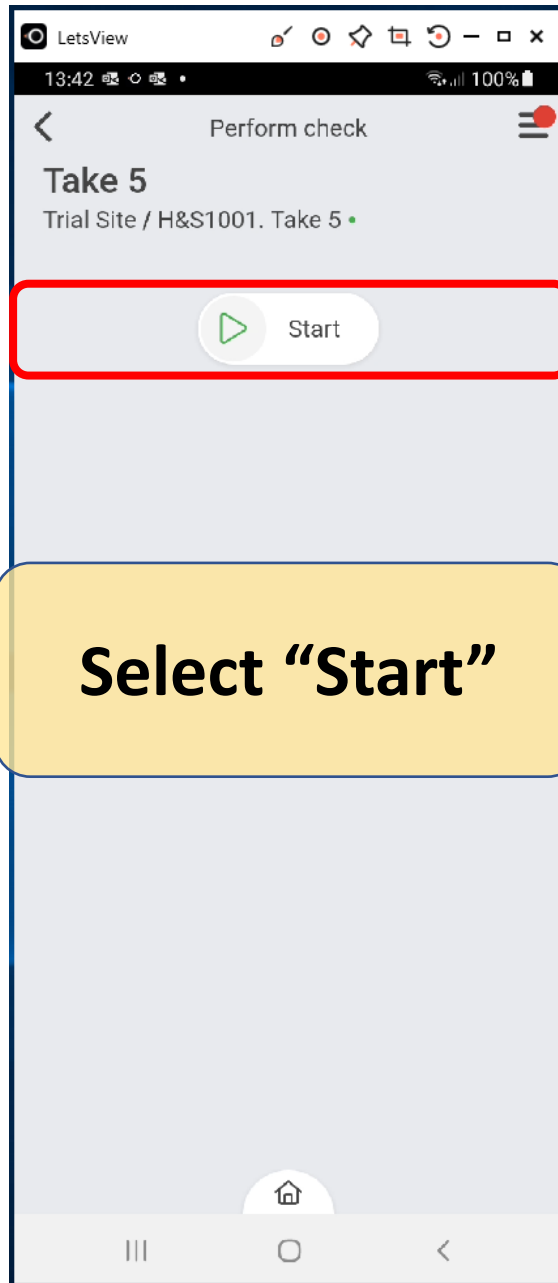
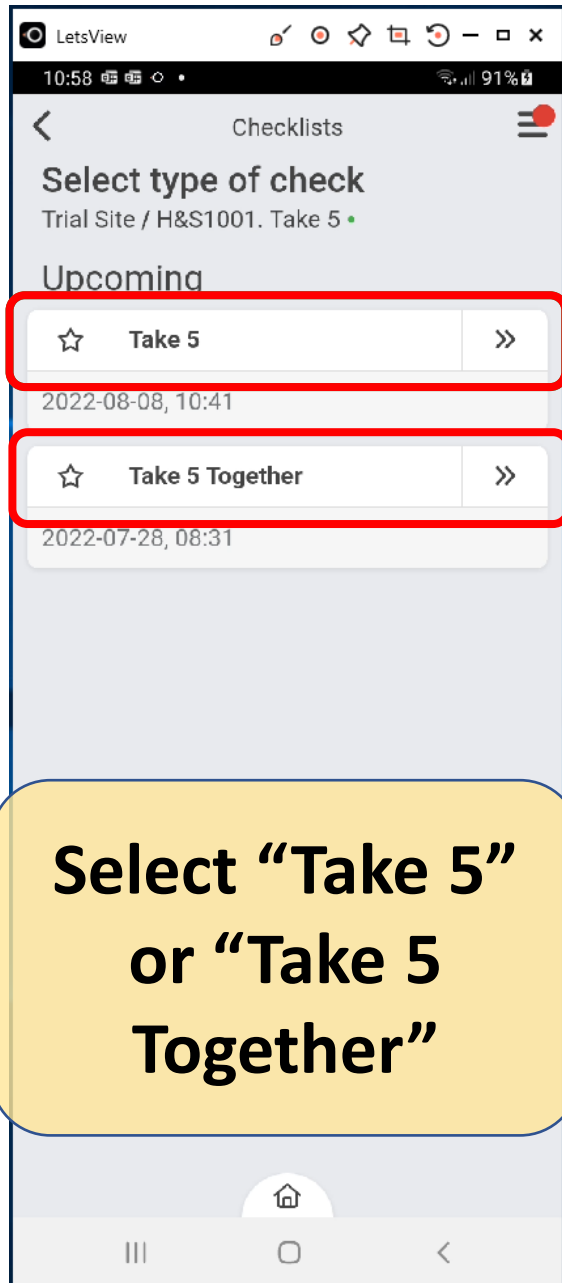
Units & Rounds

Deviations

Documents

Incidents





Presentation last saved: Just now

11:00

Have you been informed on how to do the task safely?

Do you have the correct PPE?

If your answer is "NO" to any of the above, DO NOT perform the task and consult your Supervisor or Manager!

Is the work area clean and tidy?

Are the tools you're going to use adequate and in good condition?

If the task has not been explained to you, do you know how to carry out LOTOTO prior to the task?

Do you know how to protect your health prior to the task?

**Select the "Deviation" to raise concerns – Speak to your Manager to continue .**

**Tick all "Hazards"**

LetsView

11:16

3.1 Identify & Control Hazards - LOTOTO Risks (2/2)

Support Checklist for Pre-Task Assessment .... Is there any Risk from ...? \*

1	Electricity	2	Hydraulic	3	Pneumatic	4	Steam	5	Gas
6	Gravity	7	Mechanical	8	Thermal	9	Water	10	Chemical

Select ALL of the Hazards from the list that are applicable to the task.

☒ 1 - Electricity

☐ 2 - Hydraulic

☐ 3 - Pneumatic

☐ 4 - Steam

☐ 5 - Gas

☒ 6 - Gravity

☐ 7 - Mechanical

☐ 8 - Thermal

☐ 9 - Water

☐ 10 - Chemical

Previous check

N/A

☒

**Type all Controls in place for each Hazard**

LetsView

11:14

3.2 Identify & Control Hazards - Hit or Caught Risks (0/2)

Support Checklist for Pre-Task Assessment .... Is there any Risk from ...? \*

Record your Control Measures here.

If you feel the control measures are not enough keep you safe, record your concerns as Deviation(s), DO NOT perform the task and consult your Supervisor / Manager.

LOTOTO in place  
Isolating Room Locked with Clear Signage.

Locking Pins (x2) in place.  
Secondary Locking Chain in place.

N/A

☐

☒

3.2 Identify & Control Hazards - Hit or Caught Risks (0/2)

Support Checklist for Pre-Task Assessment .... Is there any Risk from ...? \*

Control Measures

you safe for Items

LetsView

11:14

Support Checklist for Pre-Task Assessment .... Is there any Risk from ...? \*

Control Measures to keep you safe for Items 1 - 10 (LOTOTO) \*

1	Electricity	2	Hydraulic	3	Pneumatic	4	Steam	5	Gas
6	Gravity	7	Mechanical	8	Thermal	9	Water	10	Chemical

Record your Control Measures here.

If you feel the control measures are not enough keep you safe, record your concerns as Deviation(s), DO NOT perform the task and consult your Supervisor / Manager.

LOTOTO in place  
Isolating Room Locked with Clear Signage.

Locking Pins (x2) in place.  
Secondary Locking Chain in place.

N/A

☐

☒

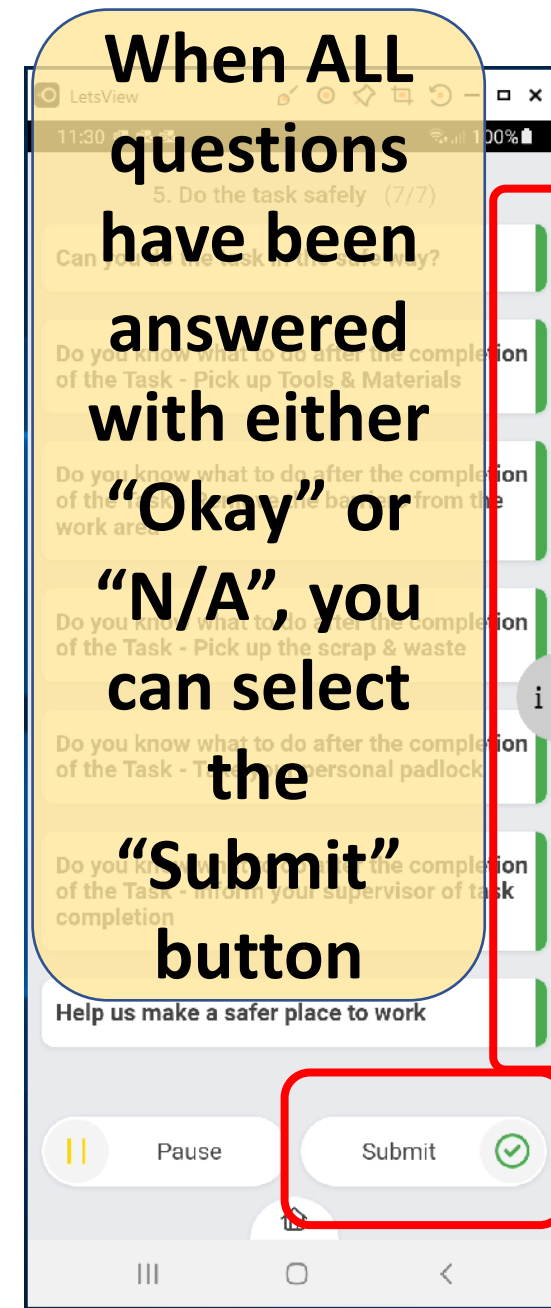
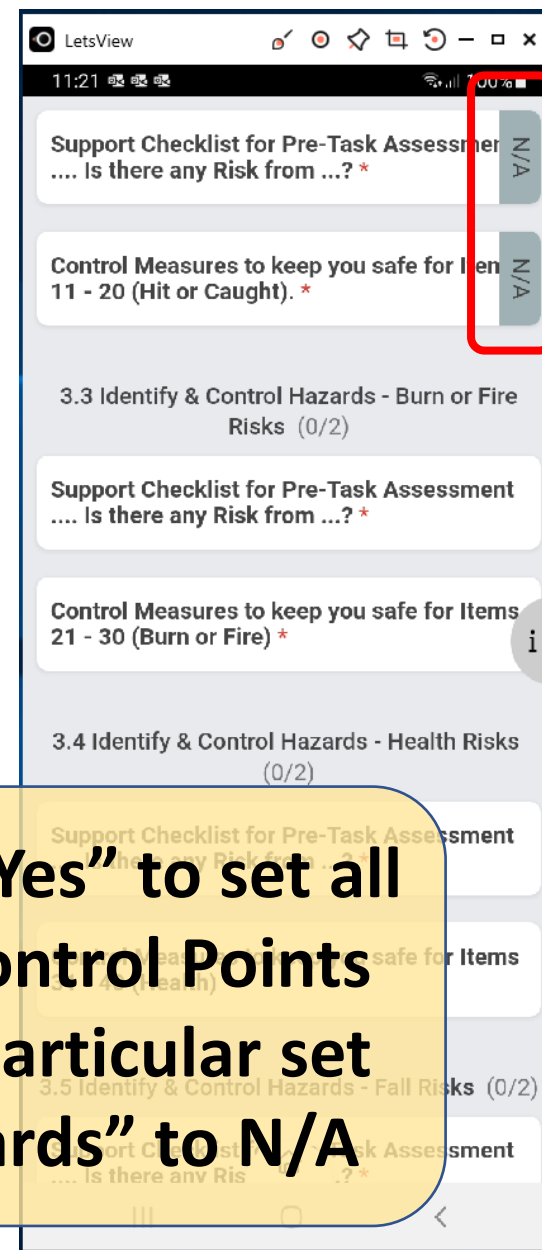
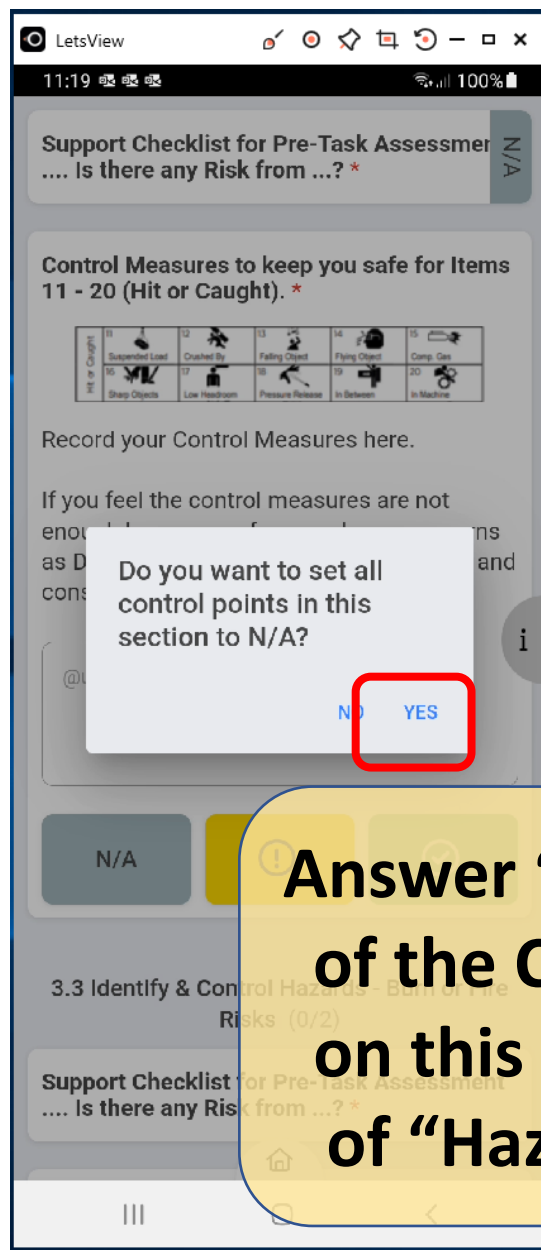
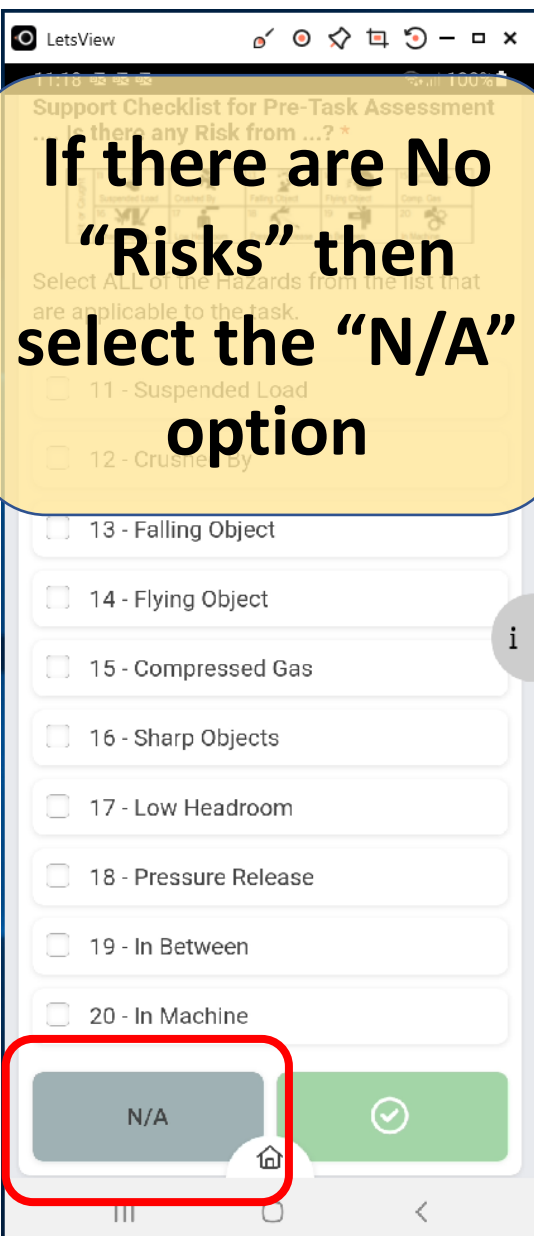
3.2 Identify & Control Hazards - Hit or Caught Risks (0/2)

Support Checklist for Pre-Task Assessment .... Is there any Risk from ...? \*

Control Measures

you safe for Items

**Select the Green 'Tick' to continue**



**Answer "Yes" to set all of the Control Points on this particular set of "Hazards" to N/A**