



TAKE 5

**Take 5 Today
Be Safe Every Day**

**Look out for information
and tips to help you
TAKE 5**



STOP THINK ACT

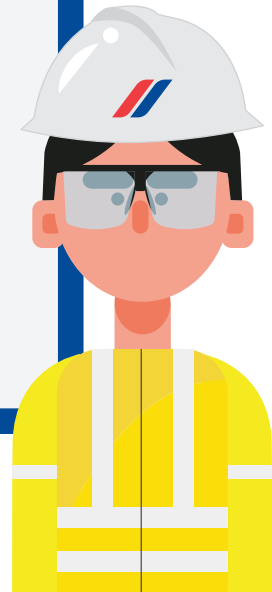
TAKE 5



TAKE 5

**Take 5 Today
Be Safe Every Day**

**Look out for information
and tips to help you
TAKE 5**



STOP THINK ACT

TAKE 5

WHAT IS

TAKE 5

?

1. Stop, Look, Walk Around



2. Think Through the Task

3. Identify Hazards



4. Control Risks

5. Do the Task Safely



STOP THINK ACT

TAKE 5

TAKE 5 is an opportunity to ensure you know the task & controls to keep you & others safe



Remember your family!

Those extra few minutes to do TAKE 5 could be life saving.



STOP THINK ACT

TAKE 5

TAKE 5

Make it a HABIT



STOP THINK ACT

TAKE 5

Make it **1** **Of Your Good**
HABITS

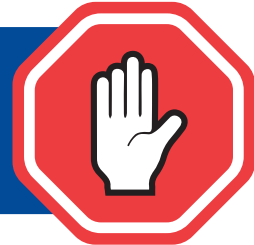


STOP THINK ACT

TAKE 5

Step 1

Stop, Look, Walk Around



At the activity location, identify hazards that might affect you or others.

Assess the following:



Could the activity **CAUSE AN INJURY** to you or someone else, or cause damage to property?



How could it **AFFECT PEOPLE** or property?



What **CONSEQUENCES** would there be for your family and friends if you were injured?



Remember to always **LOOK** up, down, right and left!



STOP THINK ACT

TAKE 5

Step 2

Think About the Task

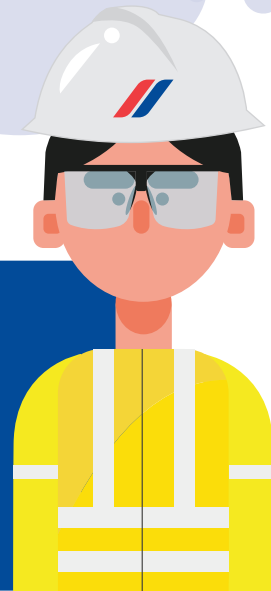


- Do I have the right tools and equipment?
- Does any equipment need to be isolated?
- Do I understand the task and how to do it safely?
- Do I need a permit to work?
- Do I have the correct PPE?
- Do I know how to protect my health?
- Is the area clean and tidy?

REMEMBER



If you have answered 'NO' during your TAKE 5 or have any questions or concerns, **DO NOT PERFORM** the task and **CONSULT** with your supervisor.



STOP THINK ACT

TAKE 5

Step 3

Identify Hazards



SUPPORT CHECKLIST FOR PRE-TASK ASSESSMENT

Is there any risk of...?

LOTOTO

Hit or Caught

Burn or Fire

Health

Fall

Traffic

Tools

Work Conditions

Use this list to fill out your personal checklist. If any of these hazards exist, indicate the number and the measures you will take to eliminate or control them.



STOP THINK ACT

TAKE 5

Step 3

Identify Hazards 1



LOTOTO (Lock-Out – Tag-Out – Try-Out)



Electricity



Hydraulic



Pneumatic



Steam



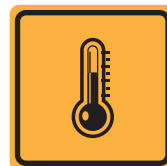
Gas



Gravity



Mechanical



Thermal



Water



Chemical



STOP THINK ACT

TAKE 5

Step 3

Identify Hazards 2



Hit or Caught



Suspended Load



Crushed By



Falling Object



Flying Object



Compressed Gas



Sharp Objects



Low Headroom



Pressure Release



In Between



In Machine



STOP THINK ACT

TAKE 5

Step 3

Identify Hazards 3



Burn or Fire



Open Flame



Exposure



Flame Gas



Corrosive Mat



Hot Work



Electrical Shock



Hot Materials



Hot Surface



Cold Surface



Fire Hazard



STOP THINK ACT

TAKE 5

Step 4

Control Risks - Control Measures



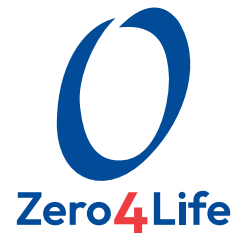
 **E** Can you **ELIMINATE** the hazard?

 **R** Can you **REDUCE** people's exposure to hazard??

 **I** Can you **ISOLATE** people's exposure to hazard??

 **C** Can you **CONTROL** the risk by other means?

 **P** Personal Protective Equipment (PPE)



STOP THINK ACT

TAKE 5

Step 5
Do the Task Safely



Final question to ask yourself

Can I
do the task
SAFELY??



STOP THINK ACT

TAKE 5