Risk Assessment

A **risk** is any factor that has the potential to jeopardize the safety of those involved in the moving task. In TLR, **Risk Assessment** is the process by which the worker identifies and then eliminates or manages risks in order to select the safest moving technique.

Complete this worksheet when you complete Module 2 - Risk Assessment. Take this completed worksheet with you to your classroom training session. During the classroom training, you will be taught the risk assessment process for environment, equipment, and object/task.

Self-risk Assessment

Risk	How does this impact a safe move?	Action to eliminate or manage the risk
Physical Status ▪ previous injury/illness/surgery ▪ height/weight relative to client/other workers ▪ body mechanics ▪ physical fatigue ▪ physical fitness ▪ nutrition ▪ stimulant/depressant usage ▪ clothing		
Emotional Status ▪ stress ▪ emotional fatigue		
Training and Experience ▪ assessment and decision-making ▪ years of service/experience ▪ specific certification (e.g., LPN, CCA) ▪ moving task ▪ attitude/approach ▪ legislation		
Communication Skills ▪ client/other workers ▪ vision/hearing		
Workload ▪ time constraints ▪ availability of staff ▪ extended shifts ▪ number of calls and degree of emergency		