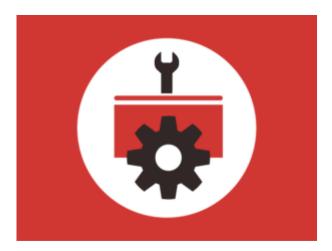
Sample Check-in Frequency Worksheet



Instructions

- Complete a worksheet with a worker for each situation and location where the worker is working alone and may be at risk of an injury that would prevent him or her from getting help.
- Consider which of the common hazards from column A might apply. In column C, identify the injury that would result. Identity additional hazards and injuries as necessary.
- 3. Use Table 1 to assess the likelihood of the accident (Column D).
- Use Table 2 to assess the likelihood that the accident would result in an injury serious enough to be disabling (Column E).
- Use Table 3 to assess the likelihood of help being available to an injured worker (Column F).
- Calculate the frequency rating (Column G) by multiplying the numbers in Columns D, E, and F.
 - a. 250 or less: low check-in frequency (every 4-8 hours)
 - b. 251-400: moderate check-in frequency (every 2-5 hours)
 - c. 401 or more: high frequency (every 3 hours to 30 minutes)

| A | В | C | D | E | F | G |
|-------------|----------------------|----------|-------------|--------------|------------|-----------|
| Hazard | Examples | Worst | Likelihood | Likelihood | Likelihood | Frequency |
| (based on | | Probable | of accident | of disabling | of help | rating |
| history) | | injury | happening | injury | available | (DxExF) |
| Slip, trip, | Falls from steps or | | | | | |
| or fall | ladders while | | | | | |
| | carrying items | | | | | |
| Burns | Contact with hot | | | | | |
| | equipment when | | | | | |
| | cooking or baking | | | | | |
| Struck by | Items falling from | | | | | |
| items | shelves or displays | | | | | |
| Sprain or | Straining back | | | | | |
| strain | while lifting items | | | | | |
| | or reaching | | | | | |
| Cut, struck | Working with | | | | | |
| by, or | large equipment | | | | | |
| caught in | or tools such as | | | | | |
| equipment | mixers or saws | | | | | |
| Chemical | Cleaning products | | | | | |
| spill | or paint supplies | | | | | |
| Threat of | Robberies or | | | | | |
| violence | dealing with angry | | | | | |
| | or irate individuals | | | | | |
| Other | | | | | | |
| | | | | | | |

