



TRAINING JOB HAZARD ANALYSIS (JHA)

Vanguard Training Group | Brief hazards and controls before every course / practical | Update when conditions change

VTG-TRN-JHA-001

Rev. October 2026

1. SESSION INFORMATION

1926.21(b)(2) | 1910.132(d)

Course / topic _____ Date _____ Start / end time _____

Lead trainer _____ Company / client _____

Assisting trainer(s) _____ Student # / guest # _____ Site elevation (ft) _____

Training location / site _____ Weather / hi-lo _____ Heat index / wind chill _____

Setting: ☐ Indoor ☐ Outdoor ☐ Both ☐ Practical / hands-on planned ☐ Lightning risk today

STOP WORK: Any instructor or student may stop training immediately if a hazard is uncontrolled. No one is penalized for a stop.

2. EMERGENCY ACTIONS (trainer initials when briefed, or N/A; re-brief on any change)

1910.38 | 1910.151 | 1926.50

☐	EAP / emergency plan reviewed	☐	Exits identified and clear	☐	Muster / assembly point
☐	Emergency phone / radio	☐	First aid kit location (checked, stocked)	☐	Eye wash / shower (if required)
☐	Fire extinguisher locations	☐	SDS / chemical info access	☐	AED location (if available)
☐	Site alarm / radio channel	☐	Rescue plan for heights / confined space	☐	Site address / directions for EMS

Hospital / ER (name, address) _____ Phone _____ Drive time _____

Nearest urgent care / clinic _____ Site emergency # _____

First responders (CPR / AED) _____ 911 available? Y / N _____

3. HAZARDS AND MITIGATIONS (check when briefed) · eliminate → substitute → engineer → admin → PPE (last line)

1910.132(d) | 1926.21(b)(2)

Hazard	Potential risks	Mitigation / controls	Briefed
Working at heights / falls	Falls; dropped objects	Fall protection or guardrails as required; inspect gear; control drop zones	☐
Confined space (if entered)	Atmosphere; rescue delay	Permit, air monitor, attendant, rescue plan - no entry without full program	☐
Electrical energy	Shock; arc flash; burns	LOTO / de-energize when required; qualified persons only for energized work (NFPA 70E)	☐
Manual handling / lift demos	Strain; crush; drops	Team lifts, mechanical aids, clear path; limit demo weights	☐
Chemical / dust / fumes	Burns; inhalation	SDS review, PPE, ventilation; minimize classroom quantities	☐
Slips, trips, falls	Sprains; fractures	Housekeeping, cord control, mark wet floors, proper footwear	☐
Fire / hot work	Burns; ignition	Extinguishers ready; hot-work permit if needed; control ignition sources	☐
Rigging / crane / loads	Crush; swing; overload	Qualified rigger/operator; exclusion zones; inspect gear; trial-lift mindset	☐
Tools / props / equipment	Cuts; pinch; failure	Inspect before use; follow manufacturer instructions; remove damaged gear	☐
Vehicle / mobile equipment	Struck-by; traffic	Spotters, high-vis, walk paths; stay out of swing radius	☐

VTG PRACTICALS (check the ones run today; N/A the rest)

Rigging / crane lift practical	Struck-by, crush, pinch; load swing or drop; overload; power line contact	Inspect slings / hardware before use (VTG-RIG-INSP-001); weight and C.O.G. known; one signal person; tag lines; nobody under the load; TEST LIFT; power line clearance per 1926.1408(a)(2) (20 ft up to 350 kV, or Table A)	☐
Fall protection / harness / suspension demo	Fall; swing fall; suspension intolerance; anchor failure	Inspect PFAS (VTG-FP-INSP-001); rated anchors only; fall clearance checked; rescue plan and gear staged before anyone is suspended; trauma relief straps; short suspension times with an observer	☐
Confined space entry / rescue drill	Hazardous atmosphere; engulfment; entrapment; rescue delay	Training space evaluated; permit (VTG-CS-PRMT-001); bump-tested monitor, test O ₂ → flammables → toxics; ventilation; attendant; retrieval rigged; non-entry rescue first; no untrained entry rescue	☐
Rope access / edge work	Fall; rope cut on an edge; dropped objects; anchor failure	Two independent ropes (working + backup); edge protection; rated anchors; tools tethered; exclusion zone below; rope access supervisor present (ANSI/ASSP Z459.1); rescue kit rigged	☐

WEATHER AND ENVIRONMENT (Colorado field sites)

Heat	Heat exhaustion; heat stroke	Water, rest, shade; acclimatize new or returning students; buddy watch for symptoms; move practicals to the cooler part of the day	☐
Cold / wind	Hypothermia; frostbite; numb hands (grip)	Layers, gloves rated for the task, warm-up breaks, wind-chill check; watch for slow hands on rigging and connectors	☐
High altitude / sun	Dehydration; faster fatigue; altitude illness; sunburn	Extra water and breaks, especially for students from low elevation; sunscreen and eye protection; know the signs of altitude illness	☐



TRAINING JOB HAZARD ANALYSIS (JHA) (continued)

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Hazard	Potential risks	Mitigation / controls	Briefed
Lightning	Strike; side flash (worse at height, on cranes and metal)	Check forecast; stop outdoor, at-height and crane work at the first thunder or when flash-to-bang is 30 s or less; shelter; resume 30 min after the last thunder (30/30, VTG practice)	☐
SITE-SPECIFIC HAZARDS			
			☐
			☐

4. PPE FOR THIS SESSION (check all that apply)

1910.132 | 1926.95

☐ Hard hat ☐ Safety glasses ☐ Face shield ☐ Hearing protection ☐ Gloves ☐ Safety footwear ☐ Hi-vis vest

☐ Fall protection harness ☐ Respirator (type: _____) ☐ FR / AR clothing ☐ Other: _____

5. PRACTICAL / DEMO CONTROLS (complete when hands-on or field exercises are planned)

ANSI/ASSP Z490.1

Practical description _____ Equipment / props used _____ Exclusion zone / barriers _____

Rescue / stop plan _____ Additional practical notes _____

☐ Equipment inspected before use ☐ Qualified persons only for high-risk demos ☐ Students briefed on stop signals

☐ Spotters / attendants assigned ☐ Emergency equipment staged ☐ Weather re-checked (outdoor)

6. ADDITIONAL HAZARDS / CHANGES DURING THE DAY

Time	New hazard / change	Control applied	Initials

7. TRAINER CERTIFICATION (I briefed the emergency actions and hazards / controls; participants could ask questions)

Role	Name (print)	Signature	Date / time
Lead trainer			
Assisting trainer			

8. PARTICIPANT ACKNOWLEDGMENT / DAILY SIGN-IN (more people: continue on VTG-TRN-JHA-001A)

By signing, I acknowledge the hazards of this training course and have been briefed on the mitigations in place (includes instructors).

#	First and last name (print)	Signature	Role
1			
2			
3			
4			
5			
6			
7			
8			

9. ATTACHMENTS / CLOSE-OUT

Attached: ☐ 001A sign-in ☐ Site map / muster ☐ Lift plan / permit ☐ SDS copies ☐ Total signed: _____

Role	Name (print)	Signature	Date
JHA filed by			

REFERENCES: 1926.21(b)(2); 1910.132(d); 1926.95; 1910.38; 1910.151, 1926.50; 1910.140, 1926.502; 1910.146; 1910.184; 1926.1408; ANSI/ASSP Z10, Z490.1, A10.38, Z459.1; NFPA 70E