



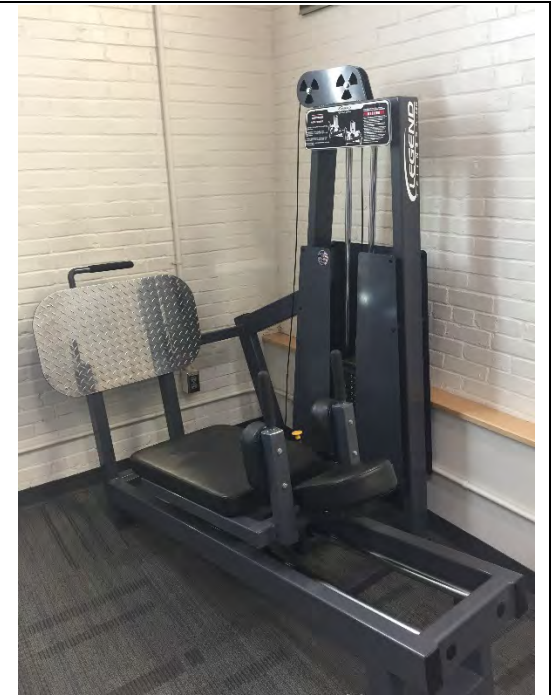
**UNC**  
ENVIRONMENT,  
HEALTH & SAFETY

# Job Safety Analysis

Safety Information for The University of North Carolina at Chapel Hill

## JOB SAFETY ANALYSIS TOPIC:

Testing the Leg Press Machine After Repair



Title	Work Task	Hazards	Controls
Preplan the work	Visually inspect the work done to the machine	Improper Inspection	No or minimal inspection can lead to injury during the testing if the unit is not ready to be used
Before the job	<p>If work is done and correct, prepare to test the machine</p> <p>Set a light weight (40 lb) on the system to ensure the cable can hold weight</p>	<p>Heavy Test Weight</p> <p>Pinch Hazards</p>	Having too high of a testing weight can lead to injury during testing. The employee should keep the testing weight to a minimum (40 lb Max)

Title	Work Task	Hazards	Controls
Testing the Machine	Set the machine to the necessary height for use  Lay back on the machine once set and press to ensure the cable stays straight/works correctly	Improper settings	Ensure the machine is set to the testers height before use to guarantee proper form per the manufacturer
Clean Up	Clean the site to ensure area stays clean  Clean and store tools/PPE properly	Improper Tool Storage	Have a central regular location to store tools/PPE
Training	Employees must have hands on training in the proper use of this piece of equipment.	Supervisor is to fill out the turn in the form to UNC-CH 'Supervisor Led Training Form' and Environment, Health and Safety for documentation of proper training	
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Referenced Material	Manufacturer Operations and Safety Manual		
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