

Los Rios Community College District – Job Safety Analysis

Job Category: Physical Education/Sports (For Specifics See Below*)		
Required and/or recommended personal protective equipment: Equipment specific to activity; protective pads/gear, gloves, reinforced footwear, goggles		
Sequence of Basic Job Steps	Potential Hazards	Recommended Action or Procedure
Standing for long periods of time	Leg/knee problems, back problems	Follow good health physiology practices: Do not lock knees, exercise good posture, change stance, and move back and forth. Stretch, exercise and maintain appropriate body weight. Avoid fatigue.
Audio visual presentations	Muscle strain, back injury	Apply proper technique to lifting and moving heavy equipment. Use mobile carts whenever possible.
Chemically, emotionally and psychologically imbalanced students	Physical harm	Contact college police for assistance and protection if student appears to be out of control. Use non-aggressive communication skills.
Driving and parking vehicles	Vehicle accident resulting in personal injury Criminal activity	Wear seat/shoulder belts at all times. Follow safe driving rules/regulations. Practice defensive driving. Park in legal spaces, not obstructing traffic. Do not consume alcoholic beverages or other intoxicants prior to or during work. Lock vehicle when unattended. Park close to entrance or in well lit areas.
Office work (after hours, evenings/weekends)	Physical harm	Lock office door if working late at night and alert college police of your presence on campus.
Demonstrations of physical activity (i.e., weight lifting, batting, catching, throwing, dancing, running, swimming, self-defense, aerobic exercise, gymnastics, wrestling, boxing, skiing)	Back injury, strained muscles, sprains, stress fractures, being hit with flying objects, cramping, exhaustion, drowning	Use proper warm-up stretching prior to demonstrations. Use caution if surface is slippery; utilize soft, flat surfaces for running, aerobics and dance. Use protective pads/gear when appropriate. Follow safety rules/regulations for individual sport.
Transporting teams (individual vehicles)	Vehicular accidents causing bodily harm	Do not consume alcohol or other intoxicants prior to or during work. Do not drive when excessively tired or stressed. Utilize district vehicles with trained drivers for transporting teams to intercollegiate activities. Use seat/shoulder belts at all times.
Flying objects (shuttlecock, baseballs, etc.)	Eye injury, concussion	Be aware of possible flying objects from any direction when in the sports arena.

Los Rios Community College District – Job Safety Analysis

Job Category: Physical Education/Sports (For Specifics See Below*)		
Sequence of Basic Job Steps	Potential Hazards	Recommended Action or Procedure
Demonstration of coaching technique	Trips, falls, muscular strains/sprains, dislocated joints	Maintain physical conditioning required for the sport. Be aware of physical limitations and do not exceed. Avoid over exertion.
Preparation of fields, handling/moving of required sporting equipment (cages, mowers, hand tools, etc.)	Bodily injury, slipped disc, pulled muscles, strains, sprains, amputation, flying objects	Utilize proper body mechanics for lifting/moving heavy items. Operate motorized equipment with caution following all safety procedures to avoid injury. Wear protective clothing such as gloves, reinforced footwear, goggles. Use hand carts and dollies. Seek assistance for large items.
Storage/Maintenance of equipment	Falls, slips, musculoskeletal injury	Maintain all equipment in top condition for safe usage. Store on appropriate shelves at safe heights. Store heavier items near the floor with lighter items near the ceiling. Use appropriate ladder or step stool to reach items beyond normal reach.
Date: July 1, 1991 / Analysis By: S. Davies, R. Pierucci / Reviewed By: Clarice Bettencourt; REV 05/2019		

*Note: This Job Safety Analysis form includes the following positions in the Los Rios Community College District: Assistant Coach (all sport areas); Assistant Sports Program Director; I.A. - Adaptive Physical Education; I.A. - Physical Education – Athletics; Lifeguard I; Lifeguard II; Specialty Coach; Sports Program Director; Swimming Instructor I; Swimming Instructor II.