

Safe Work Procedure

Blocking and Jack Stands

Program/Services Trades & Technology, Facilities		Document ID RSS 18.26.4	Department: Risk and Safety Services
Personal Protective Equipment or Devices Used - Safety Glasses - Working Gloves - CSA-approved Protective Footwear - Coveralls/work clothing fitted and secured - Hair tied back and secured	Training Requirements - Classroom-based safety instruction covering hazards, safe work procedures, and regulatory requirements. - Hands-on practical training under direct supervision. - Verification of understanding through demonstration and instructor sign-off.	Applicable Documents - Pre-Lift Job Hazard Assessment Form - Jack Stand Inspection Checklist and Log - Lock Out and Zero Energy Procedures - Personal Protective Equipment - Vehicle Hoists - Manufacturer operating manuals and lifting instructions	Creation Date: March 7, 2019
			Effective Date: 18 August 2026
			Next Review: August 2027
			Revision no.: 4 Reviewer: Safety Technician

HAZARD IDENTIFICATION — VISUAL SUMMARY

LOAD COLLAPSE / CRUSHING	VEHICLE MOVEMENT	PINCH POINTS	FOOT INJURY	STRAINS / MUSCULOSK- ELETAL INJURY (MSI)
				
Critical Hazard Never work beneath a vehicle or mobile equipment supported only by a hydraulic jack. Use a minimum of two independent support systems capable of supporting the load.	Apply wheel chocks and parking brakes before lifting. Verify the vehicle cannot move before beginning work.	Keep hands, feet, and body parts clear when positioning loads, jack stands, and blocking. Never place any part of your body under a load that has not been fully secured.	Always wear CSA-approved protective footwear while lifting, supporting, or working around elevated loads.	Use proper lifting techniques when moving jack stands, cribbing, and support equipment. Use assistance when materials are heavy or awkward.