

Work Risk Self-Assessment Form

- According to the statistically significant correlation with mishap involvement, this form can help you figure out, on your own, what risk level you are being.
- Human error is responsible for 80 percent of all accidents. These accident-causing mistakes happen for a number of reasons. This form is based on the top five reasons for human-error accidents involving self-discipline, leadership, training, standards, and support.
- To rate yourself, answer each question honestly and total the points to learn where you can reduce your personal risk level.
- This assessment is for your awareness only. You do not have to share the results with anyone. Once you have completed the risk assessment, you can then take action to correct or control the risk factors you identified.
- Risk Rating: 0-20 points-Low(L); 21-30 points- Medium(M); 31-40 points- High(H); 41+ points- Extremely High (EH)

Answer questions by ticking yes or no	No	Yes
1. Self-discipline		
a. Have been formally or informally counseled for poor performance or conduct. [have been counseled 3 times for any combination of the following reasons in the last 12 months or more than 4 times in the last 24 months: electing not to follow instructions, procedures, or laws; unnecessary risk taking; inappropriate personal conduct or irresponsibility; not finishing assigned work; lateness; not being a team player; making inappropriate decisions for your age, grade, or experience level that increased the risk of an accident]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
b. Had at-fault reportable accidents or traffic citations. [have had 2 to 4 accidents or citations in the last 12 months or 5 or more in the last 24 months]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
c. Abused alcohol or drugs. [missed all or part of a workday because of alcohol or illegal drug use 2 times in any month during the last 12 months; been on duty while under the influence of alcohol or illegal drugs any day during the past month; referred to Employee Assistance Program, mental health, or other agency for an alcohol or drug-abuse evaluation during the past 24 months]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
d. Received punishment. [received punishment for any of the following in the last 24 months: absent without leave; crimes against property; crimes of violence]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
e. High School Diploma [have a high school diploma]	<input type="checkbox"/> 8	<input type="checkbox"/> 0
f. Sex and age. [you are male and under the age of 25]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
2. Leadership		
[your supervisor fits either of the following examples: not having sufficient technical knowledge, experience, or management ability to properly supervise; tolerates below-standard performance; rarely makes on-the-spot corrections; does not emphasize by-the-book operations; ; is reluctant to take disciplinary action]	<input type="checkbox"/> 0	<input type="checkbox"/> 18
3. Training		
[You have not received the training you need to perform your current job tasks to standard; no proficiency training in last five years; not proficient in tasks outside your job series but required in your current job]	<input type="checkbox"/> 18	<input type="checkbox"/> 0
4. Standards		
[job standards or procedures do not exist, are not clear, or are not practical]	<input type="checkbox"/> 8	<input type="checkbox"/> 0
5. Support		
[If inadequate support was responsible for below-standard task performance 2 times in any month during the past 12 months. Examples: personnel (not full crew, wrong job series, not trained to standard, etc.); equipment (tools, transportation, safety, etc.); supplies (fuel, water, parts, clothing, publications, etc.); services/facilities (maintenance, medical, personal services, storage, etc.)]	<input type="checkbox"/> 0	<input type="checkbox"/> 8
Total		
Risk Rating		