DHI ENERGY WHEEL | FIELD REFERENCE

Recognize the energy. Identify the hazard. Control it before work begins.

1) ELECTRICAL

What can shock, burn, or electrocute me?

LOOK FOR: Power lines • energized equipment • transformers/substations • temporary power • batteries/capacitors • backfeed • induced voltage

CONTROL: De-energize • isolate • test before touch • ground • maintain approach boundaries • barriers • electrical PPE

2) GRAVITY

What can fall, drop, collapse, or make me fall?

LOOK FOR: Work at heights • falling tools/materials • suspended loads • trenches • unstable stacks • slopes

CONTROL: Work at grade when possible • guardrails/fall protection • trench protection • blocking • exclusion zones

3) MOTION

What can move, roll, swing, travel, or strike me?

LOOK FOR: Trucks • forklifts • excavators • cranes • trailers • MEWPs • swinging equipment/loads

CONTROL: Separate people/equipment • traffic plans • spotters • barricades • chock wheels • controlled travel paths

4) MECHANICAL

What can pinch, crush, cut, pull in, or catch me?

LOOK FOR: Pinch points • rotating shafts/gears • blades • moving machine parts • springs • tensioned components

CONTROL: Guard equipment • isolate • lockout/tagout • block moving parts • keep clear of pinch points

5) PRESSURE

What can burst, spray, release pressure, or move suddenly?

LOOK FOR: Hydraulic systems/hoses • compressed air • pressurized lines • gas cylinders • accumulators • trapped pressure

CONTROL: Depressurize • isolate • use rated components • restrain hoses • release pressure in a controlled way

6) TEMPERATURE

What can burn, freeze, or cause heat/cold illness?

LOOK FOR: Welding/hot work • steam • hot surfaces/materials • cold surfaces • extreme weather

CONTROL: Cool/insulate • shield • hydrate • work/rest • monitor conditions • protective clothing

7) CHEMICAL

What can I breathe in, get on my skin, or in my eyes?

LOOK FOR: Fuel/oil/solvents • paints/coatings • acids • silica dust • welding fumes • vapors/gases

CONTROL: Eliminate/substitute • ventilate • wet methods • contain • review SDS • proper PPE

8) BIOLOGICAL

What can bite, sting, infect, or expose me to harmful organisms?

LOOK FOR: Ticks/insects • snakes/animals • blood/body fluids • sewage • mold • contaminated water/materials

CONTROL: Avoid exposure • sanitation • barriers • protective clothing • follow exposure-control procedures

JOB BRIEFING CHECK: What energy is present? What could happen? Are controls in place effective? What changed?

Energy may be stored, hidden, or unexpected—even when equipment is off or not moving.