

## Assessing and Controlling Asphyxiant Hazards

The best way to manage asphyxiant hazards is through effective controls.

This guide is a companion to the **Assessing and Controlling Asphyxiant Hazards video**. It will help you and your team understand the importance of working safely around asphyxiant gas in the energy industry.

### Get the Most Out of this Safety Video

#### 01 Start by asking: “What would you do?”

Before watching the video, discuss:

- What controls do we use to manage asphyxiant hazards?



#### 02 Watch the Safety Video

Watch the video to learn more about mechanical and chemical asphyxiants. Pause the video during reflection questions to discuss with your team.



#### 03 Share the key safety messages

**Key 01:** Use the energy wheel as a tool to help identify hazards in the workplace.

**Key 02:** The hierarchy of controls will help you determine controls to mitigate hazards effectively.

**Key 03:** Be aware of how adjacent activities could impact you and how your activities could impact others.

**Key 04:** Create a work plan that identifies the potential to fail and prepares for the capacity to fail safely.

#### 04 Have a Casual Discussion

Review the questions highlighted in the video's reflection breaks. Ask yourself and the team if any information was surprising, confusing, common knowledge, etc. This will help you to identify further conversations and gaps in your safety protocols.

#### 05 Mental Rehearsal

After watching the video and discussing safety, revisit Step 1. Discuss:

- Are there asphyxiant hazards that we can control more effectively?
- Are there areas where we can build capacity to fail safely?
- How does your role in the workplace change your response?

#### 06 Review Key Takeaways & Follow-Up

- Review safety guidelines regularly.
- Report any safety concerns right away.
- Keep learning and stay up to date with safety practices.