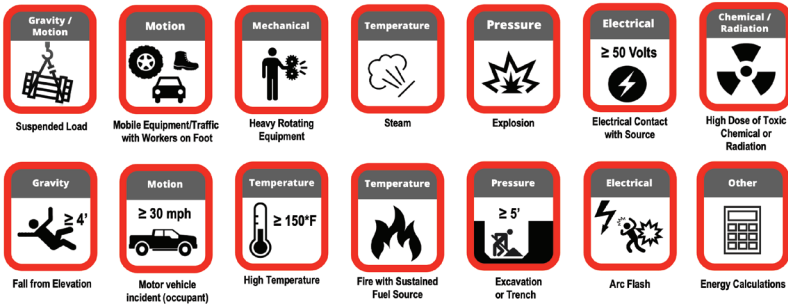


# High Energy: Controlling the Uncontrollable

Energy is the fundamental cause of injuries, with high energy leading to serious injuries and fatalities (SIFs). STKY, short for "Stuff That Kills You," refers to the high-energy hazards that are likely to lead to a SIF.



A Direct Control is essential/needed to eliminate or mitigate high-energy hazards and save lives.

A Direct Control has 3 key requirements:



Specifically targeted to the High Energy source



Effectively mitigates exposure to High Energy when installed, verified, and used properly



Effective when someone makes a mistake

When a Direct Control is not feasible, there must be at least 2 Alternative Controls, from at least 2 or more of the following categories: Physical Obstacle, Direct Monitoring, and Visual Reminder.

Alternative Controls are a system of complementary controls that reduce the likelihood of human error.



### Physical Obstacle

An obstruction that blocks the path or hinders progress toward a high energy hazard

Example: Cones with toppers, danger tape, barriers around equipment



### Dedicated Monitoring

Devoted and continuous attention to the high energy hazard

Example: Monitoring alarms, proximity detection devices with two 2-way warnings, spotter (refer to rule 5 and 7)\*



### Visual Reminder

A visible warning of the presence of the high energy hazard

Example: Signage (refer to rule 8)\*, temporary traffic lights, painted lines

### Access Alternative Controls rules



## Alternative Controls :

are relevant only when they are in place during the work

are a placeholder as we aspire to the Direct Control of the high-energy

are primarily designed to mitigate human errors rather than solely reducing energy levels

should require supporting processes such as JSAs, Pre-job briefs or permits