



MCA
DETROIT

• HEALTH AND SAFETY DIVISION •

(313) 341-7661, ext. 204
safety@mcadetroit.org
www.mcadetroit.org/safety



Mechanical Contractors Association of Detroit

36200 Schoolcraft Rd. • Livonia, MI 48150

Occupational Health and Safety Assessment

It addresses key areas of health and safety in the workplace. Please provide honest answers, as they can highlight areas that may require improvement.

Instructions: Rate each statement on a scale of 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

I. **I am aware of the safety policies and procedures in my workplace.**

a. [1] [2] [3] [4] [5]

II. **I have received proper safety training relevant to my job.**

a. [1] [2] [3] [4] [5]

III. **I use personal protective equipment (PPE) appropriately when required.**

a. [1] [2] [3] [4] [5]

IV. **I regularly inspect my workspace to identify and address potential hazards.**

a. [1] [2] [3] [4] [5]

V. **I know how to report unsafe working conditions or incidents in my workplace.**

a. [1] [2] [3] [4] [5]

VI. **I am aware of the emergency procedures (e.g., evacuation, fire drills) in my workplace.**

a. [1] [2] [3] [4] [5]

VII. **My employer provides adequate tools and equipment that are well-maintained and safe to use.**

a. [1] [2] [3] [4] [5]

- VIII. **I feel comfortable raising safety concerns with my supervisor or management.**
a. [1] [2] [3] [4] [5]
- IX. **I take regular breaks to avoid fatigue and stay focused on tasks.**
a. [1] [2] [3] [4] [5]
- X. **I understand and follow ergonomic practices to prevent strain or injury (e.g., proper lifting techniques, sitting posture).**
a. [1] [2] [3] [4] [5]
- XI. **My workplace environment (lighting, ventilation, noise levels) supports my health and safety.**
a. [1] [2] [3] [4] [5]
- XII. **I am familiar with the health and safety risks specific to my industry (e.g., chemical exposure, machinery hazards).**
a. [1] [2] [3] [4] [5]
- XIII. **I participate in regular safety meetings or updates that keep me informed about changes in OHS practices.**
a. [1] [2] [3] [4] [5]
- XIV. **I have access to first aid supplies and know how to respond to injuries or emergencies at work.**
a. [1] [2] [3] [4] [5]
- XV. **My workplace fosters a culture of safety where everyone is encouraged to prioritize health and safety measures.**
a. [1] [2] [3] [4] [5]

Added Total: _____

Scoring Guide

- **60-75:** Excellent occupational health and safety practices. You or your workplace prioritize safety and follow strong OHS standards.
- **45-59:** Good occupational health and safety awareness. Some improvements could enhance safety, but overall, good practices are in place.
- **30-44:** Moderate occupational health and safety awareness. Certain areas of safety may need to be addressed to ensure a safer working environment.
- **Below 30:** Low occupational health and safety awareness. It is crucial to focus on improving safety practices and understanding OHS regulations.

This assessment can help identify areas for improvement and promote a safer working environment for individuals and teams. It can also serve as a basis for discussing safety issues with management or OHS officers.