



Job Hazard Assessment Kinesiology (Fitness/Sports)

*(for specifics see below)

550 E. Hospitality Lane, Suite 200, San Bernardino, CA 92408
Phone: 909-388-6900 • www.sbccd.edu

Job Title(s):	This 'Job Hazard Assessment' applies to the following job classification(s) within the San Bernardino Community College District: Kinesiology (Fitness/Sports)
Date:	March 2025
Reviewed by:	Office of Human Resources, Safety & Risk Management Department

Applicable Personal Protective Equipment (PPE) Required as per the Assigned Job Duties:	
- District-Approved Close-toed and Non-slip Shoes - Respiratory Protection	Protective Sports Equipment (e.g., helmet, kneepads, etc.)

Required Trainings:	
- Back Safety - Bloodborne Pathogens - Fire Prevention - Hazard Communication - Heat Illness Prevention - Injury and Illness Prevention	- Ergonomics - PPE (i.e., Respiratory) - Slips, Trips, and Falls - Venomous Snake Awareness - Wildfire Smoke Protection
This is not an exhaustive list of all training that will be required for this job classification(s), only of the training that is directly related to the job hazards.	

TASK	POTENTIAL HAZARDS	CONTROLS
This column identifies specific tasks which may expose employees to potential hazards. *Tasks are listed from the highest likelihood of occurrence to the lowest.	This column identifies hazards employees may encounter while completing assigned tasks. These hazards may cause injury or illness to employees when not properly mitigated or prevented through appropriate safety measures.	This column identifies control measures which when followed may help prevent or control identified potential hazards.



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TASK	POTENTIAL HAZARDS	CONTROLS
1. Constant computer work.	Eye strain due to improper lighting or excess screen time on computers.	• Use adequate lighting adjustments to the individual as needed. • Use “No Glare” screens where possible or adjust the placement of the monitor to eliminate glare. • Encourage use of “Blue-Light” glasses to protect eyes and reduce the amount of ultraviolet light exposure. • Follow the 20/20/20 rule. For every 20 consecutive minutes looking at a computer monitor, look at something 20 feet away, for 20 seconds.
2. Constant static postures, frequent and/or repetitive movements.	Strain, sprain, discomfort, temporary or permanent injury. Carpal Tunnel Syndrome from writing and typing.	• Complete and adhere to Ergonomics training. • Perform ergonomic stretches as needed and approved by manager. • Adjust workstation to personal settings that align with ergonomic standards. • Ensure the computer monitor is adjusted to allow neutral lines of eyesight.
3. Environmental hazards.	Cuts, bruises, sprains, strains, broken bones, head trauma, and other similar temporary or permanent injuries.	• Open only one drawer at a time and close when finished to prevent file cabinets from tipping. • Place storage/furniture to allow for appropriate flow of traffic in office space. • Maintain awareness of surroundings when traveling through office to avoid collisions into furniture or people. • Identify sharp edges of furniture/fixtures and cover when available. • Avoid using furniture/fixtures or equipment that is damaged and report any furniture/fixtures or equipment that needs repair or replacement.



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TASK	POTENTIAL HAZARDS	CONTROLS
4. Strenuous physical activity related to the sport during sporting events (i.e., participation in practices, games, warm ups, etc.).	Dangers of hard impact (i.e., bruises, concussion, etc.), cuts, lacerations, scratches, strain, sprain, discomfort, temporary or permanent injury.	• Complete and adhere to Bloodborne Pathogens Microlearning training. • Wear appropriate PPE such as protective gear and district-approved close-toed and non-slip shoes. • Maintain awareness of surroundings while participating in physical activities (i.e., practice, games, warm ups, etc.), to avoid collisions, slips, trips, and falls. • Do not participate in any physical activity with known injuries (e.g., concussion, sprain, etc.) until cleared by a medical professional. • If an injury occurs, immediately cease participation, request appropriate medical assistance, and notify your manager so proper safety mechanisms can be implemented.
5. Frequent standing and walking across work sites.	Strain, sprain, discomfort, temporary or permanent injury.	• Complete and adhere to Back Safety training. • Perform ergonomic stretches as needed and approved by manager. • Encourage and maintain good standing posture — feet should be about shoulder-width apart, with weight evenly distributed on your feet. • Stand tall with your shoulders upright and avoid leaning weight onto one side. • Take seated breaks to release back compression as approved by manager.



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TASK	POTENTIAL HAZARDS	CONTROLS
6. Frequent lifting, carrying, pushing, and/or pulling of light to moderate amounts of weight.	Strain, sprain, discomfort, temporary or permanent injury.	• Complete and adhere to Back Safety training. • Use a step stool to safely reach/lift and request assistance to reach any objects other than what can be safely reached/lifted. • Store heavy equipment and items on lower shelves/storage units. • Avoid placing equipment higher than can be safely reached. • When carrying objects, ensure to hold objects close to the center of the body, with arms and elbows tucked close to the body before moving. • Use proper lifting techniques, lifting with bent knees using leg and an upright/straight back. • Use the palms of your hands and fingers to grip the load. • Avoid bending down into non-ergonomic body contortions. When needed, bend or squat, bend with the knees and waist (hinge) to avoid back strain. • Check your route for clearances and obstacles. • Breakdown large & heavy objects to make them more manageable. • Team lift large and/or heavy objects that cannot be broken down. • Work directly in front of you. Do not twist your body while carrying a load. • Use a dolly or cart when feasible, to push not pull a heavy load. • For additional lifting guidance, contact your manager.
7. Slip, trip, and fall hazards (both indoor and outdoor).	Cuts, bruises, sprains, strains, broken bones, head trauma, and other similar temporary or permanent injuries.	• Complete and adhere to Slips, Trips, and Falls training. • Wear appropriate PPE such as district-approved close-toed and non-slip shoes. • Request assistance to reach any objects stored higher than what can be safely reached on a step stool. • Avoid and report wet or slippery areas with a wet floor sign, and report/mark any slip, trip, or fall hazards immediately. • Keep walkways clear and well-lit. • Secure items stored on the top shelf of storage cabinets. • Close storage drawers and put away step stools/other equipment after use. • Use cord covers when cords are located in walkways.



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TASK	POTENTIAL HAZARDS	CONTROLS
8. Working in and/or near a swimming pool. (Swimming and Water Polo only)	Drowning, electrocution, and exposure to insufficiently maintained water.	• Maintain full awareness of surroundings when working in or around swimming pools and pool decks to avoid walking in non-designated areas, colliding into people and/or slip, trip, or fall hazards. • Ensure to consider personal swimming ability prior to engaging in any aquatic activities, and inform your manager should certain medical conditions increase risk of drowning. • Ensure a lifeguard with current approved certification is on duty during activities taking place in and/or near swimming pools. • Know where emergency safety equipment is located. • Maintain a full understanding, and adhere to, how to operate emergency safety equipment. Direct questions to manager before attempting task. • Ensure there is sufficient lighting (i.e., in the pool and the surrounding deck area) and water clarity prior to engaging in any aquatic activities. Report and request assistance for lighting and water clarity repairs. • Ensure swimming pool is free of debris (e.g., floating scum, trash, etc.) that could impose a hazard. Request assistance for removal if debris is present. • Wear appropriate PPE such as district-approved close-toed and non-slip shoes.
9. Exposure to chemicals and swimming pool. (Swimming and Water Polo only)	Burns, rashes, toxic/chemical exposure, and other human health hazards.	• Complete and adhere to Hazard Communication training. • Maintain a full understanding of various features suggesting chemical imbalance (e.g., eye and skin irritation, etc.) and damage to pool equipment (e.g., murky appearance, etc.). • Report features identified and request maintenance assistance.



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TASK	POTENTIAL HAZARDS	CONTROLS
10. Occasional work outside.	Heat-related illness, sunburn, cold-related illness, frostbite, wildfire, severe weather (i.e., wind, rain, etc.).	• Complete and adhere to the Heat Illness Prevention, PPE (i.e., Respiratory) Wildfire Smoke Prevention, and Venomous Snake Awareness training. • When possible, work during times of day with cooler temperatures. • Welcome to bring weather appropriate gear, such as sun-protective gear (i.e., hat, sunscreen, cooling rags) or layered clothing (i.e., gloves, jackets, etc.). • Drink plenty of water and supplement with electrolytes when needed. • Take rest breaks as needed and approved by manager. • Encourage manager-approved modifications of procedures that align with current weather conditions (i.e., air quality, wind, rain, lightning storms, etc.). • Use appropriate PPE such as district-approved close-toed and non-slip shoes and respiratory protection.
11. Use of electrical equipment (e.g., extension cords, GFCI's, etc.).	Electric shock, fires, bodily injury.	• Inspect equipment, including electrical cords before use, to ensure safety devices and equipment are in good condition and functioning properly. • Do not use equipment that is damaged and report any equipment that requires repair or replacement. • Avoid having open liquid containers near electrical panels and equipment and be cautious when liquids are present nearby. • Do not plug or unplug electric equipment when hands or body are wet. • Disconnect equipment from power source before servicing. • Use ground-fault circuit interrupters (GFCI's) where necessary. • Do not daisy-chain extension cords (i.e., plugging in an extension cord into another extension cord for extended use). • Use cord guards when necessary and make sure cords are not in an area where trips or tangles are possible. • Pull plug from the head, not the cord.



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12. Exposure to bodily and/or unknown fluids.	Exposure to bloodborne pathogens, and other various human health and life hazards.	• Complete and adhere to Bloodborne Pathogens Microlearning training. • Notify custodial services immediately of any bodily and/or unknown fluids found in the workspace for cleaning. • Block off and mark the area of with found fluids with a sign. • Do not touch fluid with bare skin.
13. Handling and shredding files, forms, and other paper documents.	Muscle strain, cuts, crushed fingers, paper dust	• Use proper lifting techniques, lifting with bent knees using legs and an upright/straight back when lifting boxes of paper. • Use dollies when necessary to move oversized/heavy boxes. • Unplug the shredder before attempting to clean/clear excess paper from bin or blades. • Encourage use of finger guards to prevent cuts from paper, shredder, and cutting equipment. • Encourage use of dust mask to prevent intake of paper dust.
14. Fire safety and emergency preparedness.	Various human health and life hazards.	• Complete and adhere to Fire Prevention training. • Know where fire extinguishers and other emergency safety equipment are located at in work areas. • Know emergency routes and emergency preparedness plans. • Always keep all exits and stairways free and clear of obstructions. • Participate mock emergency drills.

***Note:** This Job Hazard Assessment applies to the following job classification(s) within the San Bernardino Community College District: Professor – Kinesiology Adapted, Professor – Kinesiology Athletics, Professor – Kinesiology Fitness, Professor – Kinesiology Sports/Skilled, and Professor – Kinesiology Team.



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Safety trainings required based on Representative Skilled Duties:

	Regulation	Kinesiology (Fitness/Sports) (1 hours 59 minutes)	Time (min)	Frequency
Safety	Cal/OSHA 3395 , 3396	Heat Illness Prevention	23	Initial + Annually
	Cal/OSHA 3380(c)	Personal Protective Equipment: Respiratory Protection Cal/OSHA	20	One-Time
	Cal/OSHA 3362	Venomous Snake Awareness	34	One-Time
	Cal/OSHA 5141.1(c)	Wildfire Smoke Protection (California)	25	One-Time
TOTAL MINUTES		102 minutes (1 hours 42 minutes)		
HR	FERPA Title 34(99)	FERPA Confidentiality of Records	17	One-Time
TOTAL MINUTES		17 minutes		

***NOTE:** All employees must complete required training to ensure they can safely perform their assigned duties. These trainings will be assigned at the time of hiring, when entering a different position with new assigned duties, and periodically throughout their employment. Training may also be assigned periodically due to updates in policies or procedures and/or following any injuries or instances of non-compliance, etc. The outlined frequency represents the minimum training intervals required following hiring to maintain competence and compliance.