SASKATCHEWAN CONSTRUCTION SAFETY ASSOCIATION

SIF Prevention, Energy-Based Hazard Recognition and HECA

The following resources are recommended for individuals who are new to Serious Injury and Fatality (SIF) prevention, energy-based hazard recognition and High Energy Control Assessments (HECA). Learn why serious incidents occur, recognition of hazardous energy and STKY (Stuff That Kills You), and finally selecting and applying effective controls.

Phase 1 – Understand Why Serious Incidents Occur

These resources provide the foundation for understanding serious injuries and fatalities, the role of human error and the factors that contribute to catastrophic events.

1. SIF Prevention Overview ($ - SCSA On Demand Training)

https://scsa.skillbuilder.co/catalog/serious-injury-fatality-sif-prevention-overview

2. Human Error and SIF Precursors ($ - SCSA On Demand)

https://scsa.skillbuilder.co/catalog/human-error-and-sif-precursors-start-work-with-confidence

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Phase 2 – Recognize Hazardous Energy

The Energy Wheel serves as a practical reminder of common forms of hazardous energy that can cause serious injury or fatality.

3. Energy Wheel Awareness (WorkSafe Saskatchewan & Energy Safety Canada)

www.worksafesask.ca/resources/serious-incident-and-fatality-prevention-model/energy-wheel/

www.worksafesask.ca/courses/energy-wheel-awareness/

4. Energy Based Hazard Recognition and The Energy Wheel ($ - SCSA On Demand Training)

https://scsa.skillbuilder.co/catalog/energy-based-hazard-recognition-the-energy-wheel

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Phase 3 – Identify STKY Hazards and Apply High Energy Controls

STKY (Stuff That Kills You) are high-energy hazards with the potential to cause serious injury or fatality if controls fail. For selecting and implementing effective controls, resources introduce the HECA model, the Hierarchy of Energy Controls and the distinction between direct and alternative controls.

5. High Energy Hazards STKY ($ - SCSA On Demand)

https://scsa.skillbuilder.co/catalog/high-energy-hazards-styk

6. Controlling the Uncontrollable (CSRA)

www.csra.colorado.edu/news/high-energy%3A-controlling-the-uncontrollable-

7. Direct and Alternative Controls ($ - SCSA On Demand)

https://scsa.skillbuilder.co/catalog/direct-and-alternative-controls

8. HECA Overview (Urbint)

www.urbint.com/blog/high-energy-control-assessments-heca

Additional Resources

Hi Viz – The Energy Wheel: Boost Your Recognition of Hazards (SCSA)

https://scsaonline.ca/news/high-viz-the-energy-wheel-boost-your-recognition-of-hazards/

Energy-Based Hazard Recognition Overview (Urbint)

www.urbint.com/blog/7-essential-facts-about-energy-based-hazard-recognition

Videos

How to Use the Energy Wheel (SCSA)

https://youtu.be/6LdyiHT3_tU?si=tZmoFwhhSU4R9f-m

Energy Wheel Awareness Video (Energy Safety Canada)

https://youtu.be/Blnj9tZdjZw?si=eRZfluipF8oXyd2r

Tool Box Talks

Hazardous Energy Wheel Tool Box Talk (SCSA)

https://scsaonline.ca/wp-content/uploads/2025/10/TBT_Hazardous_Energy_Wheel_2024_01_26.pdf

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Note: "$" indicates fee-based training. All other resources are free unless otherwise noted.