

Typically used to control occupational safety, Hierarchy of Controls can also be used by researchers to protect participants from potential risks in their research. From Most Effective to Least Effective, the Hierarchy of Controls suggests five levels of action to handle hazards:

1. Elimination: Remove the hazard
2. Substitution: Replace the hazard
3. Engineering Controls: Isolate people from the hazard
4. Administrative Controls: Change the way people work
5. Personal Protective Equipment (PPE): Protect the work with PPE

For more information: [CDC NIOSH](https://www.cdc.gov/niosh/)