Safety metrics log

Project _____ **Job no.** _____ **Prepared by** _____ **Date** _____ **Page** _____

Month	Hours worked	Recordables	DART cases	Lost-time cases	TRIR	DART rate	Near misses	Observations closed ≤7 days %

▾ pick one of the listed options · shaded columns are calculated (the Excel version fills them in for you)

Excel version with formulas and drop-downs: constructelligence.co/guides/construction-safety-metrics

Filled-in example

Every example row as it reads once complete. Use it as a sample to check your own against.

Month	Hours worked	Recordables	DART cases	Lost-time cases	TRIR	DART rate	Near misses	Observations closed ≤7 days %
Jul 1, 2026	*42,000*	*0*	*0*	*0*	*0*	*0*	*3*	*92*
Aug 1, 2026	*45,500*	*1*	*1*	*0*	*4.40*	*4.40*	*5*	*88*
Sep 1, 2026	*44,800*	*0*	*0*	*0*	*0*	*0*	*4*	*95*

How to fill it in