**Risk Assessment Form**

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| **Establishment:** |  | **Assessment No:**  |  | **Assessment Date:** |  |
| **Session:****Location:** |   |
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| **Activity/Process:** |
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| **Assessor:** | **Notes:** |
| **Name:** |  |  |
| **Position:** |  |
| **Signature:** |  |
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| **Hazards** | **Who is at Risk?** | **Control Measures** | **Risk Rating****(Likelihood X Consequence)** | **Additional Controls** |  **Residual Risk** **Rating** |
|
| **Insufficient warm up** resulting in musculoskeletal injuries. | Trainer & Clients | Ensure a sufficient warm up is conducted – the trainer should also be sufficiently warm prior to demonstrations. | 1 x 2 = 2 |  |  |
| **Falls** resulting inmusculoskeletal injuries, cuts, grazes & burns. | Trainer & Clients | Brief clients on potential hazards (trip hazards) in the training environment. | 1 x 2 = 2 |  |  |
| **Improper clothing and footwear** resulting in a higher risk of musculoskeletal injuries. | Trainer & Clients | Ensure the clients are wearing appropriate clothing and footwear. | 1 x 2 = 2 |  |  |
| **Incorrect technique on exercises** resulting in musculoskeletal injuries. | Trainer & Clients | Fully brief participants on correct technique. | 1 x 3 = 3 | If poor technique is used, stop the activity, and fully brief and retrain clients in techniques. | 1 x 2 = 2 |
| **Dehydration** due to insufficient fluid intake before and during the activity. | Trainer & Clients | Trainer is to carry out health surveillance and allow water breaks before during and after the activity. | 2 x 2 = 4 | As control measures and taper down the intensity of the activity. | 1 x 2 = 2 |
| **Heat Stress injuries** resulting in heat related injuries. | Trainer & Clients | Weather is checked prior to the day’s sessions or throughout the day during summer months. | 2 x 3 = 6 | As control measures and taper down the intensity of the activity. | 1 x 2 = 2 |
| **Insufficient cool down** resulting in muscular injuries. | Trainer & Clients | Trainer to ensure a sufficient cool down is conducted. | 1 x 2 = 2 |  |  |
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| **Likelihood** | **High** | **Frequent occurrence.** | **3** | **3 Med** | **6 High** | **9 High** |
| **Medium** | **Occasional occurrence.** | **2** | **2 Low** | **4 Med** | **6 High** |
| **Low** | **Rare or improbable occurrence.**  | **1** | **1 Low** | **2 Low** | **3 Med** |
| **Consequence****Likelihood x Consequence produces the risk rating.** | **1** | **2** | **3** |
| **Minor injury or illness.** | **Serious injury or illness.** | **Fatalities, major injury, or illness.** |
| **Low** | **Medium** | **High** |

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| **High** | **Improve control measures; consider stopping work.** |
| **Medium** | **Review control measures and improve if reasonably practicable to do so, consider alternative ways of working.**  |
| **Low** | **Maintain control measures and review if there are any changes.** |