

# Health and Safety Risk Assessment Form



<b>Assessment of:</b>	Low Ropes		
<b>Location:</b>	Mount Cook Adventure Centre	<b>Date of assessment:</b>	February 2022
<b>Completed by:</b>	Bernard Müller	<b>Expiry Date:</b>	February 2023
<b>Additional Staff Competency</b>	ERCA Low Ropes or In-house Trained and signed off by activity manager. Relevant group management experience.	<b>Ratio:</b>	1:12

<b>Hazard</b> (something with the potential to cause harm)	<b>Risk</b> (how could the hazard cause harm, and who could it harm)	<b>Control Measures</b> (what is required to reduce the risk)	<b>In Place</b> (Y/N)	<b>Action Required</b>	<b>Action Owner</b>	<b>Residual Risk</b> (assuming all controls in place; Low, Med, High*)
Slips, Trips and Falls (Ground Level)	<b>To Participant and Staff:</b> Minor Bruising, cuts, abrasions. Head and spinal injuries.	Thorough pre-session inspection of the course and ground- particular care to ensure all trip hazards are removed and rabbit holes filled in.  Helmets to be worn throughout session.  Clear safety brief given to participants outlining boundaries and no running rule. Potential trip hazards such as guy lines highlighted during safety talk.  Appropriate footwear to be worn.	Y	Activity Staff suitably trained & inducted  Daily pre-use inspections	Activity manager	Low
Slips, Trips and Falls (From Height)	<b>To Participant and Staff:</b> Bruising, cuts, abrasions, breaks and sprains. Head and spinal	Helmets to be worn throughout session.  Clear spotting briefing at the start of the session. Participants must demonstrate good spotting technique to the instructor before being allowed to proceed.	Y	Activity Staff suitably trained & inducted	Activity manager	Low

**Low** = Slight injury or minor ill health / It is highly unlikely that the harm would occur  
**Medium** = Serious Injuries or significant health effects / There is a likelihood that harm may occur;  
**High** = Major death, major injury (RIDDOR) or irreversible health damage / There is a high likelihood that harm will occur.

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	injuries.	Participants must be spotted whenever they are off the ground.  Participants encouraged to jump off the obstacles in a controlled manor as opposed to falling off.  Instructor to actively spot where necessary.  Maximum of 1 active participant per element.  Instructors to demonstrate and explain elements.  Consider use of harness in combination with safety sling on mini-zip for younger participants, (junior school) those who struggle to support their own body weight or who appear to be top heavy.	Y			
Equipment Failure	<b>To Participant and Staff:</b>  Bruising, cuts, abrasions, breaks and sprains. Head and spinal injuries.	Annual inspection by an independent ERCA Type A inspector.  Quarterly Inspection by ERCA type C inspector.  Before all sessions, instructors to check that all aspects of structure/ elements and components, are in working order  Pre-use helmet inspection.  CCTV in place to deter vandalism and signage in place	Y	Regular inspections logged on Papertrail.  Staff trained in both PPE inspection and Course Inspection	Activity manager  Activity Staff	Low

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Wood and wire rope splinters	<b>To Participant and Staff:</b>  Splinters	Regular inspection of the course and elements to reduce likelihood of splinters. Any splinters identified to be sanded down not pulled off.  Participants briefed to only stand on wire ropes and never to pull on them.	Y	Activity Staff suitably trained & inducted	Activity manager	Low
Entrapment of Feet and Fingers	<b>To Participants:</b>  Bruising, cuts, abrasions, breaks and sprains, particularly to fingers and ankles.	Participants made aware of the potential dangers of touching/using chains and other connectors throughout the course.  Participants shown the correct way to traverse tyres. Feet are not to be placed inside tyres. Instructors on hand to assist if feet become trapped.	Y	Activity Staff suitably trained & inducted	Activity manager	Low
Lifting others and being lifted	<b>To Participants and Staff:</b>  Bruising, cuts, abrasions, breaks and sprains. Head and spinal injuries.	The wall activity is only to be done if the instructor is confident in their group's physical ability and control.  Participants shown correct lifting technique (back straight against wall, bent knees, hand over palm and lift with legs.)  Every group member to spot whilst doing the wall activity.  Instructor to take an active role in the spotting of the wall exercise.	Y	Activity Staff suitably trained & inducted	Activity manager	Low

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		Spotters reminded that their job is not complete until lifted person is on the platform safely.				
Exposure to extreme weather – cold, wet, heat and sun.	<b>To Participants and staff:</b> Hyperthermia, frostbite, circulation problems, death.	Daily weather forecast obtained.  Kit list sent to all groups in advance, so all participants have suitable footwear, clothing and equipment to match expected conditions.  Activity is cancelled if conditions determined to be dangerous or degrade on session.  Spare clothing (gloves, hats, coats) available close by. Sun cream if necessary.	Y	Instructor to monitor group condition and ensure all individuals are appropriately dressed for the weather conditions.	Mount Cook Instructor	Low

**Risk Assessment checked by H&S or Line Manager**

Name: Steve Turner CEO

Date: 11<sup>th</sup> February 2022

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