

ROWING RISK ASSESSMENT FORM

TRAINING HUT and PORTER CABBINS

Hazard Identification Reference

(a) Confined Spaces	(b) Falls from Height	(c) Striking by mobile platform	(d) Trip or Slip	(e) Collapse	(f) Manual Handling	(g) Electrical	(h) Hazardous Substances	(i) Radiation	(j) Noise & Vibration	(k) Fire	(l) Explosion	(m) Others
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Severity (S)

Likelihood (L)

Risk Factor (R)

S x L= R

1 Negligible - all in a day's work	1 Improbable	<4 Risk may need to be controlled	LOW
2 Minor - minor injury with short term effect	2 Remote - unlikely	4-6 Risk must be controlled	MEDIUM
3 Severe - major injury/disability (reportable)	3 Possible - may or could well occur	7-9 Hazard must be controlled	HIGH
4 Extreme - fatal	4 Probable - expected to occur, several times	>9 Hazard must be avoided	VERY HIGH

Hazard Ref.	Hazard Description	People at risk	Initial Assessment			Control Measures	Residual Risk			Action/Comments
			S	L	R		S	L	R	
C	Cars in vicinity of training hut. (Car park and road)	All	4	1	4	Attention drawn to entry and exiting of training hut. Awareness drawn to passing traffic.	4	1	4	
D	Slips	All	2	2	4	Attention drawn to the fact that floor condition outside may have ice or moisture.	2	2	4	
D	Trips and falls	All	3	3	9	Floor/Height hazards marked with tape. General good housekeeping	3	1	3	Need new floor.
K	Fire	All	4	1	4	Fire exits clearly marked and kept clear of obstructions. Fire appliances maintained.	4	1	4	Suggest installation of fire alarm. A fire risk assessment is needed.
G	Electric shock	All	4	1	4	Electrical appliances PAT tested.	4	1	4	

F	General moving of large items of fitness equipment.	All	2	1	2	Correct lifting of fitness equipment. 2 people to spot while spotting squats, and one while spotting bench press. Correct technique taught.	2	1	2	Staff supervise large equipment movement.
F	Moving of free weights equipment within training hut.	All	3	2	6	Correct handling techniques. Caution paid to those in vicinity and other obstacles when moving free weights. Technique of moving weights taught.	2	1	2	Staff supervision within weights area. Reminders to be given with regard to care required when moving weights.
F	Use of free weights	All	3	3	9	Correct lifting techniques taught. Staff supervision at all times. Students properly attired.	2	1	2	Ideally all staff should be BAWLA qualified. School funding required for this.
H	Bacterial cleaner	All	2	1	2	Cleaning items kept out of the way.	2	1	1	
J	Hi-Fi system	All	2	1	2	Hi-Fi volume kept at an acceptable level	1	1	1	Staff to monitor/regulate volume.
M	Minor accidents	All	2	1	2	All staff qualified first aiders. First aid packs available in building	2	1	2	
M	Major accidents	All	3	1	3	All staff qualified first aiders. First aid packs available in building. School san on call. Phone point nearby for emergency service call.	3	1	3	
M	Bench Pull	All	3	2	6	A home made platform that could be unstable if incorrectly used. Therefore all athletes instructed on safe use of the apparatus. Staff supervised.	3	1	3	Staff and Athlete vigilance.

M	Dehydration	All	2	1	2	All students to have drinks bottles with them. Water drinking fountain located nearby.	2	1	2	Staff vigilance
M	Heat and Ventilation	All	3	2	6	Doors and windows to be open when training.	2	2	4	Need to install a ventilation system.

Completed byRyan Demaine.....Date1/09/2008.....

Copies toBursar. Rowing Office.....