

Risk Assessment

Task

Balance -Personal

Revision 001

Potential Hazard	Who is at risk?	Existing Control Measures	Risk Rating	Preventative Measures	Responsibilities	Review Date
Location	Participants	Leaders are to inspect the location for hazards before the activity can take place	Low	Relocate to a safer area if location is not safe	Leaders	Sep-24
Weather	Participants	Weather to be checked before starting the activity	Medium	Activity to stop during strong winds, heavy rain or if thunder storms are predicted	Leaders	Sep-24
Personal Injury	Participants	Participants to be physically fit if taking part	Low	Warm up & stretch if necessary First aid kit to be available		Sep-24
Slips, trips and falls	Participants	Check for any hazards Check for holes in the area being used	Medium	Teams to be warned of the ground conditions	Leaders	Sep-24

Position:

Signed:

Date:
