

### Seated Exercise Risk Assessment

The primary purpose of this activity is to provide a means by which members can be encouraged to attend to verbal instructions and visual prompts in order to carry out familiar and easy exercises. The aim is not to improve flexibility or muscle strength, although this may be an outcome over the long term.

Risk	Actions to mitigate risk	Level of risk after mitigating actions have been taken
Muscular injury through excessive stress/strain.  Injury through incorrect execution of activity.	Use exercises recommended on NHS website <a href="https://www.nhs.uk/live-well/exercise/sitting-exercises/">https://www.nhs.uk/live-well/exercise/sitting-exercises/</a>  Demonstrate all movements slowly and remind members at the beginning of every exercise to do it slowly.  Always warn members not to do an exercise if there is any discomfort and to stop if this happens.  Low number of repetitions of each movement - between 5 and 10  High level of volunteer support....one to one if needed.  First aider present	Low
Over exertion leads to a negative physical response to exercise – overly heavy breathing, dizziness etc.	Close observation of participating members to prevent this occurring.	Low
Falls	Ensure members remain seated throughout.	Low