



Risk assessment form (H&S)

Name of assessor(s)	Karl Watson, Callum McMillan	Group / Establishment:	SSE Outdoors
Date	January 2023		

What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
		January 2024
Abseiling takes place within our grounds on a purpose-built tower. The tower has three levels of varying height and is aimed to be used a progression challenge.	On-site assessment	Mobile reception/nearest landline
		Good reception /main office

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done
		S	L	S x L				
All participants – Being hit by a falling object from above	<ul style="list-style-type: none"> Safety brief for all participants at start of session. Helmets to be worn throughout the session. Constant monitoring of participants Clothing to be securely fitted and checked throughout session. Pockets emptied or closed securely. 	2	1	2				
All participants – Breach of safety line within tower.	<ul style="list-style-type: none"> Safety rope attached to participant prior to stepping past the barrier Instructor attached safely when opening doors Barrier is checked at start and end of session. Doors not in use to remain locked. Participants to be remained seated until there go. 	4	1	4				

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All participants – Falls due to safety equipment failure	<ul style="list-style-type: none"> Only centre owned equipment to be used Manufacturers guidelines for replacement, storage to be followed. Equipment checks to be carried out in line with equipment management procedure Instructor to check equipment for signs of wear and damage each session Damaged equipment to be placed in the 'de-com' in the core stores with corresponding defect form filled out. Assessed instructor to oversee the tower operation and any of its associated safety equipment Helmets and Harnesses to be checked by instructor before each turn. Check, Check systems to encourage multiple responsibility for safety checks and eliminate instructor error. Working as trained in accordance with COP's 	5	1	5				
All participants – Falls due to instructor error	<ul style="list-style-type: none"> All instructors must use an Italian hitch on a steel Karabiner makes up the safety line and will be using dynamic rope. Unless authorised by Centre manager. Check systems to encourage multiple responsibility for safety checks and minimise the risk of instructor error through repetition. Instructors on a 'team teach' can control the safety rope, the lead instructor must always tail the rope Check all metal work before lowering. 	5	1	5				
All participants – slips, trips on ground/stairs	<ul style="list-style-type: none"> Walking, expected at all times. Group to be kept under control at all times Briefed to take care moving up or down the stairs 	2	2	4				

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All participants – clothing/ hair entrapment	<ul style="list-style-type: none"> COP guidance regarding clothing to be followed Releasable abseil knot to be used Hair to be tied back and tucked out of the way throughout session. 	2	2	4				
All participants – Psychological scarring	<ul style="list-style-type: none"> Always challenge by choice model, for all Every participant may, presuming it is safe to do so, change their mind about having a go Ensure instructors receive training in soft skills, communication methods to deliver to a variety of participants Clear instructions/ demonstration from the instructor to clarify the activity Start low and progress to higher platforms if participants are willing Celebrate all success, no matter how small 	4	2	8				
All participants – misuse/damage to equipment	<ul style="list-style-type: none"> Safety briefing & continuous monitoring Equipment checks pre & post session Equipment stored within guidance from manufacturer Report faulty equipment Regular equipment inspections to be carried out and recorded 	3	2	6				
All participants – extreme weather	<ul style="list-style-type: none"> Check weather prior to start of session/day Cease activity if lightening is within 2 miles (1 mile per second from thunder to lightening) Alternative activity identified if winds are high 	2	4	8				

* [Click here](#) for guidance in calculating Risk Rating. Rate the **severity** of the potential harm (between 1-5, where 5 is fatal) and the **likelihood** of the harm occurring (again 1-5 where 5 is very likely). Guidance is at [HS 004](#).

Please now pass this assessment to your manager for approval

Name of assessor's manager:	Ack Moore	Date:	21/2/23	Manager's comments	
Signature:					