



# Risk assessment form (H&S)

<b>Name of assessor(s)</b>	Karl Watson, Callum McMillan	<b>Group / Establishment:</b>	SSE Outdoors
<b>Date</b>	January 2024		

<b>What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:</b>	<b>How was the assessment done?</b> e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	<b>Next review date:</b>
		January 2025
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	<b>Mobile reception/nearest landline</b>
		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				
<b>All participants –</b> Clothing/ hair entrapment & jewellery.	<ul style="list-style-type: none"> <li>COP guidance regarding clothing to be followed.</li> <li>Releasable abseil knot to be used.</li> <li>Hair to be tied back and/or tucked out of the way throughout session.</li> <li>Any jewellery to be removed at start of session.</li> </ul>	2	2	4				
<b>All participants –</b> Slips, trips, falls & minor injuries	<ul style="list-style-type: none"> <li>Walking always expected.</li> <li>Group to be always kept under control.</li> <li>Briefed to take care moving up or down the stairs.</li> <li>All staff to have first aid kit on session.</li> </ul>	2	2	4				

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<b>All participants – Extreme weather.</b>	<ul style="list-style-type: none"> <li>Check weather prior to start of session/day</li> <li>Cease activity if lightening is within 2 miles (1 mile per second from thunder to lightening)</li> <li>Alternative activity identified if winds are high</li> </ul>	2	3	5				
<b>All participants – Hit by falling object.</b>	<ul style="list-style-type: none"> <li>Safety brief for all participants at start of session.</li> <li>Helmets to be worn throughout the session.</li> <li>Constant monitoring of participants</li> <li>Clothing to be securely fitted and checked throughout session.</li> <li>Pockets emptied or closed securely.</li> </ul>	2	1	2				
<b>All participants – Poor tower management.</b>	<ul style="list-style-type: none"> <li>Check equipment pre &amp; post session.</li> <li>Safety rope attached to participant prior to stepping past the barrier.</li> <li>Instructor attached to safety anchor when doors are in operation.</li> <li>Barrier is checked at start and end of session.</li> <li>Doors not in use to remain locked.</li> <li>Participants to be remained seated until there go.</li> </ul>	4	1	4				
<b>All participants – Safety equipment failure/ damage.</b>	<ul style="list-style-type: none"> <li>Only centre owned equipment to be used.</li> <li>Manufacturers guidelines for replacement, storage of equipment to be followed.</li> <li>Equipment checks to be carried out in line with equipment management procedure.</li> <li>Instructor to check equipment for signs of wear and damage each session.</li> <li>Report any damaged equipment, and place in the 'de-com bin' in core stores with corresponding defect form filled out.</li> <li>Assessed instructor to oversee the tower operation and any of its associated safety equipment.</li> </ul>	5	1	5				

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		S	L	S x L				
	<ul style="list-style-type: none"> <li>Helmets and Harnesses to be checked by instructor before each turn.</li> <li>Check, check systems to encourage multiple responsibility for safety checks and eliminate instructor error.</li> <li>Regular equipment inspections to be carried out and recorded</li> <li>Working as trained in accordance with COP's</li> </ul>							
<b>All participants</b> – Falls/ entrapment due to instructor error.	<ul style="list-style-type: none"> <li>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.</li> <li>Check systems to encourage multiple responsibility on equipment set up to minimise the risk of instructor error through repetition.</li> <li>Instructors on a 'team teach' can control the safety rope, the lead instructor must always tail the rope.</li> <li>Check all metal work before lowering.</li> <li>Staff regularly refreshed on rescues methods for any entrapments.</li> </ul>	5	1	5				
<b>All participants</b> – Psychological scarring.	<ul style="list-style-type: none"> <li>Challenge by choice model, for all.</li> <li>Every participant may can change their mind about having a go.</li> <li>Ensure instructors receive training in soft skills, communication methods to deliver to a variety of participants.</li> <li>Clear instructions/ demonstration from the instructor to clarify the activity.</li> <li>Start low and progress to higher platforms if participants are willing.</li> <li>Celebrate all success, no matter how small.</li> </ul>	3	2	5				

<b>Please now pass this assessment to your manager for approval</b>					
<b>Name of assessor's manager:</b>	Ack Moore	<b>Date:</b>		<b>Manager's comments</b>	
<b>Signature:</b>					

\* [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](#).