

# Mountain Activity Company

## Hazard and Risk Assessment Sheet

Hazard (Without control measures)		
Rating	Hazard	Description
5	Severe	Fatality/ Multiple injuries
4	High	Major injury/ Ill health
3	Medium	Medical treatment required
2	Low	First Aid Required
1	Negligible	No injury/ ill health predicted

Risk (With application of control measures)		
Rating	Hazard	Description
5	Severe	Almost certain
4	High	Probable
3	Medium	Quite probable
2	Low	Remote
1	Negligible	Improbable

Activity: Summer Hill Walking					
Persons affected: Participants and Instructors					
Hazard	Hazard Rating	Control measures	Risk Rating	Recommendations	Revised risk rating
Difficult Terrain	5	Assessment of groups ability Route choice Appropriate footwear	2	Fitness, motivation, skills etc Will change with weather conditions Specific boots with ankle support	1
Exposure/ hypothermia	5	Suitable clothing Food & Shelter carried Choice of route is appropriate. Weather assessment Good group control	1	Hat, gloves, waterproofs carried	1
Injury from lack of fitness or prep	3	Suitable route Suitable progression Acceptable load carrying system Appropriate pace and support Preventative measures used to avoid injury	1	Specific rucksack  Blister kits inhalers	1
The MLTB are specific in their instructions to leaders of a group and these should be followed whether the group is in high mountain country or not. Route information will be left with the relevant person associated with the group.					