

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: Land based Team Building Activities					
Persons affected: Participants and Instructors					
Hazard	Hazard Rating	Control measures	Risk Rating	Recommendations	Revised risk rating
Difficult Terrain	5	Assessment of groups ability	2	Fitness, motivation, skills etc	1
Falling to ground	5	Close supervision of participants involved Restrict the height above the ground to 1.5m	3	Limit the number moving above the ground to a max of 2 at anyone time.	2
Falling on to a suspended rope	4	Close supervision of participants involved Restrict the height above the rope 0.5m	2	Limit the number moving above the ground to 1 at anyone time. Attach rope to fixing with elastic cord where possible Ensure limbs are covered	1
During these activities the participant's enthusiasm to succeed must be closely monitored and channelled in the right direction.					