

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: Orienteering					
Persons affected: Participants and Instructors					
Hazard	Hazard Rating	Control measures	Risk Rating	Recommendations	Revised risk rating
Difficult Terrain	5	Assessment of groups ability Specific terrain Route choice Appropriate footwear	3	Fitness, motivation, skills etc Will change with weather conditions Briefing on terrain likely to be i.e. tree roots branches etc. encountered.	2
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
Injury From other users	5	Activity location Awareness of other users Awareness of Forestry activity	3	Briefing the group of other users i.e. MTB, horse riders walkers etc. Info provided by Forest Ranger	2
Locations usually used are Hamsterly Forest and Whinlatter Forest both of which have permanent orienteering courses.					