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| Path Name and Location |  | Date |  |
| Grid Reference |  | Nearest Postcode |  |
| Planned Route |  | Vehicle Parking |  |
| Mobile phone signal |  | Nearest Phone |  |

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| Hazard | Likelihood &  Seriousness of Injury | Control Measures | Remaining Risk |
| Terrain  Slips, Trips,  Fall Injuries | Likely  Serious | Appropriate footwear worn.  Small First Aid kit to be carried for minor injuries.  Dynamic risk assessment carried out continually when walking, choosing the most appropriate  route.  Charged mobile telephone carried.  Follow emergency procedure if you need emergency assistance. | Medium |
| Adverse  Weather | Likely  Serious | Weather reports assessed and interpreted.  Appropriate plan selected for the outing, considering the current and expected weather  conditions.  Only undertake survey in summer walking conditions.  If in doubt about weather conditions, don’t go out! | Medium |
| Other Path Users | Possible  Serious | Other users on hill should be identified and assessed; Bikers, horse riders and runners.  Discussions with other site users are useful to reduce any conflict and risks; make other users aware of group on the path, and of path work potentially occurring.  Look and listen for people coming along the path | Low |
| Getting Lost | Possible  Serious | Individuals competent at summer mountain navigation.  Ensure group sticks together  Charged mobile telephone carried. | Low |
| Infections &  Diseases  (e.g. Lymes  Disease) | Possible  Serious | Identify infections and diseases present in area.  Insect repellent used.  Skin covered to avoid bites and stings.  Good hand hygiene.  Participants aware of symptoms and to regularly check for tick bites. | Low |
| Hypothermia | Possible  Fatal | Appropriate warm protective clothing worn/ carried.  Food and fluids available.  Appropriate emergency equipment available.  Continual review of weather conditions and of objectives.  Emergency evacuation strategies (navigation) planned for remote walking.  Spare warm clothes carried. | Low |
| Heat / Cold  Injuries | Likely  Serious | Appropriate clothing and footwear worn, spare gloves/ clothes available.  Plan for regular hydration and food breaks.  Sunglasses, sun hat and sun cream carried.  Regular food and fluid breaks.  Appropriate emergency equipment carried. | Low |
|  |  | Some volunteers may also take part in Path Maintenance volunteering for which a personal risk assessment should also be considered and include use of tools such as below |  |
| Hand tools, | Likely  Serious | All users of hand tools provided should be informed of correct use of tool.  Tools should not be used by anyone who has not seen a demonstration of correct use of tool.  Tools should not be used by anyone with underlying injuries which may affect the use of the tool.  All users should be wearing suitable personal protective equipment including- but not limited to- gloves, solid boots and full leg cover. | Medium |
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| Signed: |  | Date: |  |