

Risk Assessment

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

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

Signed:		Date:	
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