

Risk Assessment

Risk Assessment for the activity of	Judo Club: Generic Risk Assessment	Date	26 Sept 2025
Are you a sports club or society?	Sports Club	Assessor	Gary Hill (Coach)
President/Captain Name/2nd Committee Member	Abigail Baker (President/Captain), Suresh Kamani (Welfare)	Signed off	SUSU USE ONLY
Risk Assessment Information (What is this risk assessment for? Please provide a summary of the activity or event, including all relevant information)	<p><i>Risk assessment for general Judo Club training sessions</i></p> <p>Judo Club training sessions are all scheduled in Suite 3 of the Jubilee Sports Centre. Session duration is between 90 and 120 minutes.</p> <p>All sessions are supervised by coaches with British Judo coaching qualifications and first aid training. As Judo is a physical contact sport, all training is structured to allow club members to develop skills in gradual and structured manner.</p> <p>In the case of injuries, the appropriate approaches for return to training are followed based on British Judo guidelines.</p>		

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General Considerations (including group meetings)										
External incidents in the host building – e.g. fire	Smoke inhalation, burns and more severe. Risk of becoming trapped in building	All participants and organisers/staff and spectators	1	5	5	<p>Those leading the session must ensure they are aware of and fully understand the venue or locations fire procedures.</p> <p>Those leading must make sure that all exit routes are clearly highlighted and report any issues immediately to the venue.</p> <p>Highlight to all the participants the nearest emergency exit routes at the start of a session, and the importance of leaving calmly in case of an emergency.</p> <p>Consider accessibility requirements</p>	1	4	4	<p>In case of an emergency, please pull nearest fire alarm and ensure all participants leave the venue calmly and safely.</p> <p>Once in a safe position to do so, call the emergency services on 999.</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Setting up/moving or chairs/tables/other objects in the area.	Bruising or broken bones from tripping over table and chairs.	Meeting organisers and attendees	2	3	6	<p>Make stall operators aware of the potential risks, follow manual handling guidelines</p> <p>Ensure that at least 2 people carry tables. Setting up tables will be done by organisers.</p> <p>Work in teams when handling other large and bulky items.</p> <p>Request tools to support with move of heavy objects- SUSU Facilities/venue. E.g., hand truck, dolly, skates</p> <p>Make sure anyone with any pre-existing conditions isn't doing any unnecessary lifting and they are comfortable.</p>	1	3	3	<p>Seek assistance if in need of extra help from facilities staff/venue staff if needed</p> <p>Seek medical attention from SUSU Reception if in need</p> <p>Contact emergency services if needed</p> <p>All incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy</p>

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Reputational Risk: For the club or society, as well as to SUSU and the University	<p>Incidents during club or society activity could pose a reputational risk to the club, Southampton University Students' Union or Southampton University itself.</p> <p>This could be controversial posts, conduct during a game, conduct during social, or anything else that brings the clubs/societies, SUSU or the University's name into disrepute.</p>	The club, SUSU or the University's reputation	2	1	2	<p>Ensuring all parts of this risk assessment are adhered to.</p> <p>Ensuring that any incidents involving public or others are recorded and addressed.</p> <p>Ensuring all members are reminded that they are representing the club/society, SUSU and the University in (usually) branded clothing.</p>	1	1	1	

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Financial Risk: For the club or society, or potentially even SUSU if the club/soc finds itself in difficulty.	Club or society activity costing more than planned, weakening their financial position. Incidents with members of the public, participants, staff or members causing lawsuits and financial penalties.	The club or society Members subject to lawsuits SUSU if required to assist.	1	1	1	Clubs and societies required to complete financial forecasting and budget for the year. All encouraged to review membership fees yearly to ensure they can comfortably cover costs. SUSU can offer clubs and societies loans – these will need to be agreed and a payment schedule decided upon. Clubs and societies that rely on a loan will be subject to development plans to ensure their future is protected.	1	1	1	

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<p>Legal Compliance:</p> <p>Club or society activity going against set law.</p> <p>This includes breaches of the freedom of speech act</p>	<p>Fines imposed upon the student group as well as SUSU.</p> <p>Jail sentences.</p> <p>Reputational risk to the student group, SUSU and the wider University</p>	<p>The club or society, committee and members, SUSU or the Wider University.</p>	1	1	1	<p>All clubs and societies should ensure they are following set law at all times. If ever in doubt, they will contact the Activities team prior to the activity taking place.</p> <p>All who wish to bring in an external speaker must follow due process, available here</p> <p>This will be looked over by the University Legal Services team and may require security being consulted and an extra risk assessment being submitted.</p>	1	1	1	

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Medical Issues: Pre-existing conditions and process for any that occur during club or society activity	Illness, death	Members, committee	3	5	9	All sessions are supervised by coaches with First Aid qualifications. Access to Southampton Sport staff is available to seek additional assistance Club members are asked to inform coaches of any pre-existing conditions so that their training can be managed appropriately.	1	1	1	In an emergency, contact 999. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.
Activity Considerations										
Qualification of coaches/instructors	Participants could be hurt or hurt each other if the coach does not possess relevant qualifications to be able to deliver the sport or activity safely.	Players/Participants	3	3	9	Clubs will source coaches/instructors that have the relevant qualifications to deliver Judo sessions safely. Sessions will not be run without a coach present to provide supervision	1	3	3	

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Training Room Poorly maintained mat area may lead to injury	Damaged mats or gaps between mats can lead to injuries from entrapment or causing a fall.	All participants and bystanders.	2	2	4	Before any session check that the room is in good order, particularly that mats are not damaged and there are no gaps in mats from movement during previous sessions	1	1	2	Seek medical attention if problem arises Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy. Report equipment issues to Southampton Sport
Training room Studio 3 has a mirrored wall with LCD display that may present a risk to players during dynamic movements in training	Heavy impact to mirror/monitor could lead to injuries to players in the vicinity of the incident and damage to the mat area.	All participants and bystanders.	3	3	9	Brief players about their use of the training space. Area along mirrored wall to be avoided during dynamic training and used as the resting area for players not actively training.	1	3	3	Seek medical attention if problem arises Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Training room Studio 3 has no facilities for players to store drinking bottles or other training accessories separately from training area	Poorly placed training accessories increase the risk of an uncontrolled fall during training exercises	All participants and bystanders.	4	2	8	Players directed to store all loose equipment (drinking bottles, strapping tape, etc) in the nominated resting area along the mirrored wall.	1	2	2	Seek medical attention if problem arises Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.
Injury arising from training with inappropriate clothing e.g. wearing jewellery, clothing with hard elements.	Entrapment leading to injury to the party wearing inappropriate attire, cuts/bruises to their training partners	All participants and organisers/staff.	2	2	4	Coaches brief all club members on appropriate preparation and attire for safe training. Particularly no hard/metallic items to be worn as jewellery or on clothing if not wearing judo suit. Toenails and fingernails to be maintained at a short length.	1	2	2	If any injury occurs, seek medical attention. If severe, call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Training with illness or injury	Players seeking to train with an injury or suffering illness may present a danger to themselves or other attendees	All participants and organisers/staff.	3	2	6	Training modified for anyone training while recovering from an injury. Coaches to determine whether training is appropriate in any given case. Players with an illness, particularly any respiratory illness that could easily be passed to training partners required to avoid training until recovered.	1	2	2	Seek medical attention if problem arises from training in such a situation. Call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.
Overcrowding	Physical injury	All participants and organisers/staff.	2	3	6	Coaches to monitor the size of training groups and rotate training in smaller groups if the size of the group warrants it	1	3	3	Seek medical attention if problem arises. Call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Ability of players	Training at a level inappropriate to experience may increase the risk of injury	Players/Participants, Coaches/Instructors	2	4	8	<p>Different training sessions are clearly denoted as to the level expected of attendees.</p> <p>Coaches ensure that training delivered is appropriate to attendees and offer adaptations for mixed ability groups.</p> <p>Judo players wear a coloured grade belt providing an indication of their skill/experience that allows players to modify their interactions appropriately.</p>	1	4	4	<p>If an injury occurs that is serious and participant in a lot of pain or discomfort, seek medical attention immediately.</p> <p>Call 999 in an emergency.</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Injury from insufficient warmups	Pulled or strained muscles	Players/Participants	3	3	9	Players/participants told the benefits of an effective warm up and encouraged to complete. Warmups led by an appropriately qualified or experienced individual. Appropriate recovery methods also discussed to ensure muscles are more pliable to warm up.	1	3	9	If an injury occurs that is serious and participant in a lot of pain or discomfort, seek medical attention immediately. Call 999 in an emergency. Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Over-exertion or exhaustion. Strenuous exercise and the effect on the body	Muscle injury – strains and pulls.	All participants and organisers/staff	3	3	9	Those leading the session should ensure a proper and thorough warm up is carried out prior to the session that focuses on the areas that are likely to be used the most i.e., arms. Level of training must be appropriate for the attendees and practice adapted for different levels of skill / fitness if appropriate Breaks for recovery and hydration provided at appropriate intervals during sessions	1	3	3	If any injury occurs, seek medical attention. If severe, call 999 in an emergency (although unlikely for muscular) Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.

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Practicing standing Judo techniques requires players to lift and throw each other.	Failure to execute a throw successfully could lead to an injury to either player	Any training player	3	4	12	<p>Players are taught throws in a progressive manner appropriate to their level of experience.</p> <p>Players are trained how to safely protect themselves when receiving a throw.</p> <p>The training space is equipped with industry standard mats to allow safe practise.</p> <p>Judo players wear a coloured grade belt providing an indication of their skill/experience that allows players to modify their interactions appropriately.</p>	2	2	4	<p>If any injury occurs, seek medical attention.</p> <p>If severe, call 999 in an emergency (although unlikely for muscular)</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Ground techniques performed in Judo involve arm-locks (<i>kansetsu-waza</i>), strangles, chokes (<i>shime-waza</i>), and pins (<i>osaekomi-waza</i>)	Armlocks are applied by locking the elbow joint which presents a risk of injury. Strangles and chokes present a risk of unconsciousness.	Any training player	2	3	6	<p>Players are only taught armlocks and strangles when they reach an appropriate level of experience.</p> <p>Players receiving a technique are taught how to signal submission from such techniques and to submit at an appropriate level.</p> <p>Players applying a technique are required to apply pressure gradually.</p> <p>Judo players wear a coloured grade belt providing an indication of their skill/experience that allows players to modify their interactions appropriately.</p>	1	3	3	<p>If any injury occurs, seek medical attention.</p> <p>If severe, call 999 in an emergency (although unlikely for muscular).</p> <p>Any incidents need to be reported as soon as possible ensuring duty manager/health and safety officers have been informed. Follow SUSU incident report policy.</p>

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Travel to external events	Vehicle collision – causing anything from minor to severe injuries, as well as mental health issues.	Members, those driving, members of the public	4	5	20	Club committee to check that drivers have the relevant licences and insurance for the mode of travel. This includes if they have completed a SUSU minibus test. Members expected to drive or travel in a sensible manner, with those doing otherwise to face disciplinary action (from the club in the first instance). Can cause reputational issues, especially if driving SUSU branded vehicles. Importance of this to be reminded.	2	2	4	Contact emergency services as required 111/999 Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy

Southampton Sport Facilities Considerations

<p>Facility defects, including, Lighting, Heating, Fire, Bomb Treat (unidentified package), fire exit blocked</p> <p>Wet floors, uneven surfaces or defects. Extreme heat, fire exits blocked</p>	<p>Causing slip, trip or Falls.</p> <p>Minor bruising, sprain, fracture, dislocation, concussion, dehydration, entrapment.</p> <p>Person or persons falling over or into objects and/or each other, due to fire exit blocked</p>	<p>Participants involved in the activity, referees, spectators and customers of the facility</p>	<p>2</p>	<p>3</p>	<p>6</p>	<p>Everyone to ensure they do visual checks of the facility / pitch/ court before the session starts and report anything to the Southampton Sport Staff.</p> <p>If playing surface is deemed unsafe then the session is not to go ahead.</p> <p>If the area can be sectioned off then play can continue avoiding this area, this will be determined by the club.</p> <p><i>Excessive Heat</i> Ensure participants take on enough water in extreme heat. Report heat to Southampton Sport Staff.</p> <p><i>Fire exit blocked</i> Everyone to ensure they do not put anything in front of fire exits.</p> <p>Everyone to ensure they remove anything put in front of fire exits.</p> <p>Clear walkways are maintained in all areas accessing the fire exits.</p>	<p>2</p>	<p>2</p>	<p>4</p>	<p>QR codes to report any defects to the Southampton Sport Staff.</p> <p>Injuries to be reported to the Southampton Sport Staff and via the SUSU reporting system.</p>
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<p>Violent or aggressive behaviour or actions towards staff or other members</p>	<p>Inflicting physical injury, vandalising property, financial loss or reputation</p>	<p>Staff, members, and guests</p>	<p>3</p>	<p>3</p>	<p>9</p>	<p>Abiding by facility rules, everyone should treat people with respect.</p> <p>In serious circumstances seek assistance.</p>	<p>2</p>	<p>2</p>	<p>4</p>	<p>Make Southampton Sport Staff aware, call security.</p> <p>Injuries to be reported to the Southampton Sport Staff ad via the SUSU reporting system.</p> <p>Contact Report and Support Report + Support - University of Southampton</p>
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Socials

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Costumes/Fancy Dress	Props/costumes causing injury or offence	Participants Members of the public	2	2	4	<p>Ask members to only bring small items and use sensibly. Members of the society are responsible for their own possessions and the use of them.</p> <p>Choose a theme unlikely to cause offence. Any participant wearing items deemed offensive asked to remove these.</p> <p>Society to follow and share with members Code of conduct/SUSU Expect Respect policy</p>	1	2	2	<p>SUSU Expect Respect policy to be followed</p> <p>Committee WIDE training</p>

<p>Alcohol consumption</p>	<p>Participants may become at risk because of alcohol consumption</p> <p>Members of the public may act violently towards participants.</p>	<p>Event organisers, event attendees</p>	<p>2</p>	<p>5</p>	<p>10</p>	<p>Members are responsible for their individual safety though and are expected to act sensibly.</p> <p>Initiation behaviour not to be tolerated and drinking games to be discouraged.</p> <p>For socials at bars/pubs etc bouncers will be present at most venues.</p> <p>Bar Security staff will need to be alerted, and emergency services called as required.</p> <p>Where possible the consumption of alcohol will take place at licensed premises. The conditions on the license will be adhered to and alcohol will not be served to customers who have drunk to excess.</p> <p>Committee to select 'student friendly' bars/clubs and contact them in advance to inform them of the event.</p> <p>Society to follow and share with members Code of conduct/SUSU Expect Respect policy</p>	<p>1</p>	<p>3</p>	<p>5</p>	<p>Follow SUSU incident report policy</p> <p>Call emergency services as required 111/999</p> <p>Committee WIDE training</p>
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<p>Travel</p>	<p>Vehicle's collision - causing serious injury</p>	<p>Event organisers, event attendees, Members of the public</p>	<p>4</p>	<p>3</p>	<p>12</p>	<p>Members are responsible for their individual safety though and are expected to act sensibly.</p> <p>Local venues known to University of Southampton (UoS) students chosen.</p> <p>Event organisers will be available to direct people between venues.</p> <p>Attendees will be encouraged to identify a 'buddy', this will make it easier for people to stay together. They will be encouraged (but not expected) to look out for one another and check in throughout the night where possible.</p> <p>Avoid large groups of people totally blocking the pavement or spilling in to the road.</p> <p>Anybody in the group who is very drunk or appears unwell and therefore not safe should be encouraged to go home ideally with someone else. If required a taxi will be called for them (ideally SUSU safety</p>	<p>2</p>	<p>2</p>	<p>4</p>	<p>Where possible venues chosen for socials will be local/known to members and within a short distance from each other. Contact emergency services as required 111/999</p> <p>Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed.</p> <p>Follow SUSU incident report policy</p>
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						bus will be used, or radio taxis). Be considerate of other pedestrians & road users, keep disturbance & noise down.				
Travel by car, train, bus, plane when leaving the local area.	Vehicle collision – causing anything from minor to severe injuries, as well as mental health issues.	Members, those driving, members of the public	4	3	12	Club committee to check that drivers have the relevant licences and insurance for the mode of travel. This includes if they have completed a SUSU minibus test. Members expected to drive or travel in a sensible manor, with those doing otherwise to face disciplinary action (from the club in the first instance). Can cause reputational issues, especially if driving SUSU branded vehicles. Importance of this to be reminded.	2	2	4	Contact emergency services as required 111/999 Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy

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Medical emergency	Members may sustain injury /become unwell Pre-existing medical conditions, sickness, distress	Members	3	5	15	Advise participants; to bring their personal medication. Members/Committee to carry out first aid if necessary and <u>only</u> if qualified and confident to do so. Contact emergency services as required 111/999 Contact SUSU Reception/Venue staff for first aid support	2	5	15	Incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed. Follow SUSU incident report policy

<p>Spiked Drinks/Alcohol Poisoning</p>	<p>Participants may consume too much alcohol during this event or be spiked. This could result in a loss of consciousness or self-control.</p>	<p>Event organisers, event attendees</p>	<p>2</p>	<p>5</p>	<p>10</p>	<p>Supervision, the event will be run by the society committee These attend each venue. Ideally, they will not drink to excess during the event.</p> <p>Bouncers/trained staff in Pubs should watch for excessive drinking and watch people who are believed to have consumed a lot of alcohol. Report any suspicious behaviour to staff.</p> <p>Participants encouraged to stay with the group.</p> <p>The organizers have confirmed the premise is licensed. Action organizers (b).</p> <ul style="list-style-type: none"> The consumption of alcohol will take place at licensed premises. The conditions on the license will be adhered to and alcohol will not be served to customers who have drunk to excess. Action licensee. <p><u>Games involving binge drinking or the consumption of excessive amounts of alcohol are not to be</u></p>	<p>2</p>	<p>3</p>	<p>6</p>	<p>Members are responsible for their individual safety though and are expected to act sensibly when walking around. For anyone who is too inebriated it will be suggested to them that they should return home rather than continue the social. Taxis will be called if required (look at SUSU safety Bus, Radio Taxis options).</p> <p>If they need to go to the hospital they will also be accompanied there.</p> <p>Participants advised to avoid leaving drinks unattended and if you think anything has been added to a drink; report it; try and retain the drink for testing.</p> <p>All incidents are to be reported on the as soon as possible ensuring the duty manager/health and safety officer have been informed.</p> <p>Follow SUSU incident report policy</p>
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						<u>undertaken.- Society to follow Code of conduct/Expect Respect policy</u>				

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Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			Likelihood	Impact	Score		Likelihood	Impact	Score	
Members getting lost or separated. Members leaving an event/activity alone or without notifying others.	During the event participants may decide they want to leave, or they may get lost on the way	Event organisers, event attendees,	3	3	9	<p>If a person leaves without warning all efforts will be done to locate them. Stress however that attendees are responsible for their individual safety.</p> <p>Supervision, the event will be run by the society committee These attend each venue. Ideally, they will not drink to excess during the event.</p> <p>Venues chosen local and within a short distance from each other. Will look to select venues known to UoS students and within student areas.</p>	2	2	4	<p>Follow SUSU incident report policy</p> <p>Call emergency services as required</p>

PART A										
(1) Risk identification			(2) Risk assessment					(3) Risk management		
Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			Likelihood	Impact	Score		Likelihood	Impact	Score	
Violent or offensive behaviour	<p>Participants may become violent or offensive due to the consumption of too much alcohol.</p> <p>Members of the public may act violently towards participants.</p>	Event organisers, event attendees,	2	5	10	<p>Bouncers will be present at most venues.</p> <p>Bar Security staff will need to be alerted and emergency services called as required.</p> <p>The consumption of alcohol will take place at licensed premises. The conditions on the license will be adhered to and alcohol will not be served to customers who have drunk to excess.</p> <p>Committee to select 'student friendly' bars/clubs and contact them in advance to inform them of the event Society to follow and share with members Code of conduct/SUSU Expect Respect policy</p>	1	3	5	<p>If the situation becomes very serious and results in the participant being arrested, then it will be made clear that they cannot be accompanied to the police station.</p> <p>Follow SUSU incident report policy</p> <p>Call emergency services as required</p>


PART A										
(1) Risk identification			(2) Risk assessment					(3) Risk management		
Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			Likelihood	Impact	Score		Likelihood	Impact	Score	
Adverse weather	Injury, Illness, Slipping, Burns	Event organisers, event attendees,	4	3	12	Lead organiser to check the weather are suitable for activities on the day. Warn those attending to prepare by wearing appropriate clothing and footwear e.g. via social media posts, email invites. In the case of hot weather organisers to advice participants to bring/wear appropriate level sunscreen, hydrate .	4	1	4	If adverse weather is too extreme to be controlled, the event should ultimately be cancelled or postponed to a different date.

PART A										
(1) Risk identification			(2) Risk assessment					(3) Risk management		
Hazard	Potential Consequences	Who might be harmed (user; those nearby; those in the vicinity; members of the public)	Inherent			Control measures (use the risk hierarchy)	Residual			Further controls (use the risk hierarchy)
			Likelihood	Impact	Score		Likelihood	Impact	Score	
Slips, trips and falls as a result of alcohol	Consumption of too much alcohol may result in participants falling and subsequently injuring themselves.	Event organisers, event attendees,	3	2	6	Committee to check that chosen venues meet the following requirements: <ul style="list-style-type: none"> - Venue is in good condition with no major trip hazards. - Bar staff monitor the condition of the floors & mop up split drinks. - Security staff & Bar Staff provide first aid cover. DJ's or bands equipment placed so as not to form a trip hazard. Power supply leads taped down.	3	1	3	If necessary, emergency services will be called . Request first aid at venue Follow SUSU incident report policy
Allergies - food and drink	Allergic reactions to food and drink when out	Event organisers, event attendees,	3	5	15	Attendees responsible for own welfare I such instances- follow guidelines of venues. First aid requested from bar staff as required.	1	5	5	Call Emergency Services/alert bar staff

PART B - Action Plan


Risk Assessment Action Plan

Part no.	Action to be taken, incl. Cost	By whom	Target date	Review date	Outcome at review date

Responsible committee member signature: 

Print name: Abigail Alexandra Baker

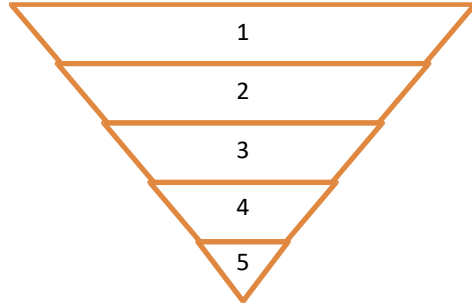
Date:
26/09/2025

Responsible committee member signature: 

Print name: Suresh Achyut Kamani

Date:
26/09/2025

Assessment Guidance

1. Eliminate	Remove the hazard wherever possible which negates the need for further controls	If this is not possible then explain why	
2. Substitute	Replace the hazard with one less hazardous	If not possible then explain why	
3. Physical controls	Examples: enclosure, fume cupboard, glove box	Likely to still require admin controls as well	
4. Admin controls	Examples: training, supervision, signage		
5. Personal protection	Examples: respirators, safety specs, gloves	Last resort as it only protects the individual	

LIKELIHOOD	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
		1	2	3	4	5
		IMPACT				

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

Impact		Health & Safety
1	Trivial - insignificant	Very minor injuries e.g. slight bruising
2	Minor	Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered.
3	Moderate	Injuries or illness e.g. strain or sprain requiring first aid or medical support.
4	Major	Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks.
5	Severe - extremely significant	Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work.

Likelihood	
1	Rare e.g. 1 in 100,000 chance or higher
2	Unlikely e.g. 1 in 10,000 chance or higher
3	Possible e.g. 1 in 1,000 chance or higher
4	Likely e.g. 1 in 100 chance or higher
5	Very Likely e.g. 1 in 10 chance or higher

