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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Free sports massage taster session at the Bunfight** | **Date** | **29th September 2022** |
| **Unit/Faculty/Directorate** |  | **Assessor** |  |
| **Line Manager/Supervisor** |  | **Signed off** |  |

| ***PART A***  |
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| **(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** |  | **Residual** | **Further controls (use the risk hierarchy)** |
| **Likelihood** | **Impact** | **Score** | **Control measures (use the risk hierarchy)** | **Likelihood** | **Impact** | **Score** |
| Injury due to massage | Students receiving or giving massage may sustain an injury due to the sports massage process | Students receiving and/or giving the massage | **1** | **3** | **4** | **All students giving massage have successfully completed the Level 3 Extended Diploma in Sports Massage and have been trained in reducing the risk of injury to both themselves and their clients. All students receiving massage will be asked to complete a pro forma with a list of contraindications, if any of these are ticked then the massage will not go ahead, this reduces the risk of any injury due to the massage techniques.** | **1** | **1** | **1** |  |
| Safeguarding issues due to students being massaged eg. Removing clothing | Students may be at risk of being exposed or having clothes removed during standard massage treatments | Students receiving massage | **1** | **1** | **1** | **Only pre and post-event massage will be offered through clothing, or if the student is wearing shorts/tshirt then this can be offered with skin to skin contact to legs/arms only. No areas to be exposed which would put either the client or massage student at risk.** | **1** | **1** | **1** | All physiotherapy students providing massage also have extended DBS checks to reduce the risks to clients.  |
| Slips due to massage lotion on surfaces | Slips/falls resulting in injury | Students attending bunfight | **2** | **2** | **4** | **Sanitising products and paper towels will be provided and all students massaging will be advised to clean up any spillages immediately. This already forms part of our physiotherapy/hospital training and we are used to looking out for and dealing with spillages and trip hazards immediately.** | **1** | **1** | **1** |  |
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| ***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** |
| Injury due to massage | Printed proformas listing contraindications to be completed by clients £20 approx | Iona Bateman | 27/09/22 |  |  |
| Slips/spillages | Sanitising equipment purchased, £12 | Iona Bateman | 26/09/22 |  |  |
| Safeguarding | Students giving and receiving massage informed that no clothing can be removed during massage | Iona Bateman | 26/09/22 |  |  |
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| Responsible manager’s signature: | Responsible manager’s signature: |
| Print name: Samantha Reading | Date: 09/10/22 | Print name: Erin Roper | Date: 09/10/22 |

**Assessment Guidance**

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

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| **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** |

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| 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.  |

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.

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| 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 |