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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Olympic Weightlifting** | **Date** | **22/09/20** |
| **Unit/Faculty/Directorate** | **University of Southampton Olympic Weightlifting Club** | **Assessor** | **Joseph Chan** |
| **Line Manager/Supervisor** | ***Joseph Chan*** | **Signed off** | ***J CHAN*** |

| ***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 caused by participation | Muscle strains, tears, minor bruising, cuts, blisters and broken limbs | Participant | **3** | **4** | **12** | All participants supervised and under proper instruction, sufficient warm up is carried out prior to activity. All participants have appropriate clothing.  | **1** | **1** | **1** | 1. Supervising instructor to ensure all participants are correctly attired and clothing adequate.
2. Supervising instructor to ensure safe practice is used when performing a lift.
3. Ensure movement between apparatus is performed safely and sensibly.

In conditions below 16ºC ensure sufficient heating is provided in the gymnasium.  |
| Unsafe Placement of equipment | Trips, slips and bumps. | Participants | **4** | **1** | **4** | Supervisor to assess the equipment layout prior to start of session and ensure safe storage. | **1** | **1** | **1** | Supervising instructor to disseminate information to all participants about safe storage and placement both during and after a session.  |
| Inadequate preparation | Muscle strains and tears, dehydration. | Participants | **2** | **3** | **6** | Supervisor to undertake an adequate warm up before the session. To ensure all participants are in the correct frame of mind before taking part. | **1** | **1** | **1** | Supervising instructor to remind participants of the importance of hydration and an adequate warm up prior to session beginning.  |
| Distractions | Muscle strains and tears, bruising. | Participants | **1** | **3** | **3** | Ensure doors are closed or sufficient barrier is created to avoid encroachment by members of the public and stray animals.Ensure music is not at inappropriate levels during the session and no personal media to be used.  | **1** | **1** | **1** | Supervising instructor to remind participants of safe practise.  |
| Covid-19 | Contracting Covid-19 | Participants | **1** | **4** | **4** | Training facility is equipped with disinfectant spray, which will be used to clean equipment down at the end of each session. | **1** | **3** | **3** | Participants will be reminded to sanitise their hands before training. |

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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** |
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| Responsible committee member signature: A J MCCROSSEN | Responsible committee member signature: |
| Print name: ALEX MCCROSSEN | Date: 22/09/21 | Print name: | Date: 22/09/21 |

**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 |