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| **Risk Assessment** |
| **Risk Assessment for the activity of** | **Punjabi Society Weekly Bhangra Classes** | **Date** | **11/10/20** |
| **Unit/Faculty/Directorate** | **Punjabi Society** | **Assessor** | **H.Jassal (President)****R.Sharad (VP)****B.Bahra (Bhanra Rep)****M.Lalria (Bhangra Rep)** |
| **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** |
| Slippery floor | Participants may slip, possibly resulting in bruising themselves and/or damaging muscles  | Themselves and participants nearby | **2** | **2** | **4** | Ensure that dancers are either barefoot or are wearing appropriate footwear to ensure grip | **1** | **2** | **2** | Inform all participants of the conditions prior to classes in order to ensure that all participants have the appropriate footwear |
| Previous physical injuries (e.g. a muscle injury) | Worsening of the injury | Themselves | **2** | **3** | **6** | All participants will be required to fill out a form where they must state any previous injuries. Bhangra reps will then alter routines where necessary and ensure that participants are always working at their own pace/level. Regular breaks will also be scheduled. All sessions will begin with a warm-up and will end with a cool down. | **1** | **2** | **2** | Ensure that recently injured participants rest in order to heal fully before they return to classes |
| Loss of balance while dancing | Participants may fall over, again possibly resulting in bruising themselves and/or damaging muscles, or falling into participants nearby | Themselves and participants nearby | **2** | **2** | **4** | Bhangra reps will lead workouts focusing on balance as this is a key aspect of bhangra. Again, participants will be encouraged to work at their own level. Bhangra reps will break each move down when teaching, and will offer one-to-one support when necessary. | **1** | **2** | **2** | If any participants are struggling, move them away from other participants in order to ensure that they have enough space to practice balancing, as well as to ensure that other participants do not get injured by the struggling participants. One of the bhangra reps will join these participants in order to guide them. Struggling participants will also initially be moved closer to the wall in order to practice balancing. |
| Exhaustion | More likely to make mistakes and injure themselves | Themselves | **2** | **1** | **2** | Regular breaks, and water breaks, will be a necessity. Classes will be once a week to ensure participants are not draining/overworking themselves, so to ensure that participants have enough time to rest their bodies between classes. Ensure that all participants work at their own pace. | **1** | **1** | **1** | If a participant is particularly tired, encourage them to take a longer break to rest, either until they are feeling better or until the end of the session in order to prevent further exhaustion. |
| Fire alarm | May cause those in the room to panic and collide with each other when leaving the vicinity | People in the room | **1** | **1** | **1** | Inform all participants of the appropriate fire procedures at the beginning of each session | **1** | **1** | **1** | Bhangra reps will regularly check and note down any scheduled fire alarm tests and will inform all participants of these. |
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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** |
| 1 | Bhangra reps must be aware of fire procedures. All information must be passed onto all participants. | Bhangra reps |  |  |  |
| 2 | All participants must know where to go for first aid | Bhangra reps |  |  |  |
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| Responsible manager’s signature: B K BAHRA | Responsible manager’s signature: M K LALRIA |
| Print name: MISS BENITA KAUR BAHRA | Date: 11/10/20 | Print name: MISS MYA KAUR LALRIA | Date: 11/10/20 |

**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 |