

Club/Society/Project name	Lifesaving Club	Assessment date	28 October 2010 23 October 2011
Assessed by	Stephanie Wilson Suanne Wong (Club Captain)	Approved by	Angela Jelfs

Locations	Malet Room Room 2B, ULU	Activities	First aid training
	Energy Base pool		Swim training
	Open water		Competitions/training

1	INDOOR HAZARDS	
1.1	Inappropriate lighting	Y
1.2	Temperature	N
1.3	Insufficient or unsuitable space	Y
1.4	Untidiness – causing trip / fire hazard	N
1.5	Stairs – dark / steep / no handrail	N
1.6	Lack of fire escapes / extinguishers / procedures	N
1.7	Slip / trip / fall hazards	Y
1.8	Inadequate ventilation	N
1.9	Inhalation of dust	N
1.10	Poor surfaces for activities – slips / trips / impact	N
1.11	Electrical hazards	N

2	SPORTING ACTIVITY HAZARDS	
2.1	Uneven playing surface	N
2.2	Playing surface too hard or soft	Y
2.3	Hard or sharp objects on pitch	N
2.4	Sliding on Astroturf or tarmac	N
2.5	Collisions / Conflict with surrounding objects or people	Y
2.6	Impact from sports equipment	Y
2.7	Contact sport injury	Y
2.8	Personal injury – fracture / sprains / cuts	Y

3	HAZARDS ON COASTS & COASTAL WATERS	
3.1	Falls from cliffs, piers, sea walls	Y
3.2	Struck by falling objects from cliff	Y
3.3	Slips and falls on slopes / loose surfaces	Y
3.4	Quick sand and mud	Y
3.5	Access problems due to steep angle of beach slope	Y
3.6	Collisions between water users	Y
3.7	Swept away by wave surges	Y
3.8	Being washed against rocks / piers	Y
3.9	Low water temperatures	Y
3.10	Communication problems from waves / swell / distance	Y
3.11	Struck by objects in water	Y
3.12	Stranded by tides	Y
3.13	Swept away by currents	Y
3.14	Rip tides	Y
3.15	Longshore drift	Y
3.16	Conflicts between beach users	Y

4	HAZARDS ON STILL / MOVING WATER	
4.1	Getting swept away from equipment or people	Y
4.2	Collision with rocks and to sides of rivers	Y
4.3	Striking / trapping by submerged obstacles	Y
4.4	Being dragged down by undertow	Y
4.5	Restricted or impossible access to / from water	Y
4.6	Access problems – rescue / getting kit into water	Y
4.7	Falls from drops in level at weirs / waterfalls	Y
4.8	Getting out of depth	Y
4.9	Low water temperature	Y
4.10	Separation from other people	Y

4.11	Slips / trips on steep banks or uneven surfaces	Y
4.12	Difficult communications	Y
4.13	Remote locations	Y

5	HAZARDS ON HILLS AND MOUNTAINS	
5.1	Slips and trips on grass, mud, rock	N
5.2	River crossings	N
5.3	Remote locations	N
5.4	Difficult communication – weather / distance	N
5.5	Falling debris	N
5.6	Extra work imposed by terrain type / angle	N
5.7	Lack of shelter	N
5.8	Separation of group members	N
5.9	Getting lost	N
5.10	Falls from height	N
5.11	Extremes of weather	N

6	PEOPLE AND ORGANISATIONAL HAZARDS	
6.1	Lack of information, training or instruction	Y
6.2	Poor activity planning or preparation	Y
6.3	Poor activity delivery or organisation	Y
6.4	Ignorance of rules and / or procedures	Y
6.5	Unsafe behaviour or attitude	Y
6.6	Lack of appropriate first aid equipment and experience	Y
6.7	Medical conditions of participants	Y
6.8	Poor safety control from group leaders	Y
6.9	Poor safety awareness from participants	Y
6.10	Lack of co-operation within group	Y
6.11	Differing skill levels in group	Y
6.12	Low level of physical fitness / strength	Y
6.13	Aggression between participants	Y
6.14	Aggression from crowd / public	Y
6.15	Contact between participants increasing risk	Y

7	EQUIPMENT AND OTHER HAZARDS	
7.1	Cash handling	Y
7.2	Transport to and from your activity	Y
7.3	Food poisoning	NY
7.4	Hazardous substances	N
7.5	Equipment with moving / hot parts	N
7.6	Heavy equipment	Y
7.7	Electrical hazards from equipment	N
7.8	Noise from equipment	N
7.9	Risk of trapping body / clothing in equipment	Y
7.10	Inadequate environment for equipment operation	N
7.11	Inadequate protective equipment	N
7.12	Equipment in unstable condition	N

8	OTHER HAZARDS (not included in sections 1-7)	
8.1		
8.2		
8.3		
8.4		
8.5		
8.6		
8.7		
8.8		
8.9		
8.10		

Club/Society/Project name	Lifesaving Club	Number of persons involved	2-20+
Nature of activity	Training	Frequency of activity	Thrice weekly

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Hazard Ref.	Potential effect	Existing controls in place	Score: Low/Medium/High risk	Further controls required?	OFFICE USE Who by	OFFICE USE Target date
<i>Example</i> 7.6	<i>Weights dropped on body part causing injury.</i>	<i>Instructors present, 'spotters' for all people bench pressing.</i>	<i>Medium</i>	<i>New grip tape for old equipment to minimise risk of object slipping during lift.</i>	<i>[IGNORE]</i>	<i>[IGNORE]</i>
1.1	Falling over equipment if lights turned off for an incident	All unnecessary equipment cleared away	Low	Leave one set of lights on to make the room dim but not dark		
1.3	Tripping over equipment during incidents due to room furniture	All unnecessary furniture cleared away	Low	Ask for the room to have fewer chairs/furniture in, clear away all excess furniture to sides of the room		
1.7	Injury due to running whilst in an incident	Set incidents that don't require participants to run	Low			
2.2	Floor may be too hard when participants were to be handled when lying on the ground	Ensure that 'rescuers' have proper training in lifesaving skills	Low			
2.5	Injury due to collisions during incidents	Clear unnecessary equipment away	Low	Give safety briefings before incidents.		
2.6	Dropping the pool manikin (tangoman) on a body part	Only use tangoman in the pool	Low			
2.7	Injury during incident/training for defensive actions	Ensure 'casualties' and 'rescuers' are adequately briefed	Low			
2.8	Injury whilst on poolside	Ensure participants are aware of the pool safety operating procedure (PSOP).	Low			
3.1-3.16	Injury whilst participating in open water training or competitions	Ensure participants are aware of dangers. Qualified lifeguards present.	Low			
4.1-4.13	Injury whilst participating in open water training or competitions	Ensure participants are aware of dangers. Qualified lifeguards present.	Low			
6.1	Injury due to lack of instructions of handling equipments during training	Ensure briefing of an activity before doing it	Low			
6.2	Injury resulting from a dangerous incident, e.g. tripping over casualties.	Ensure sessions planned well and checked by an RLSS Trainer/Assessor.	Low			
6.3	Exhaustion from swimming sessions.	Run differentiated training, focusing on the individual.	Low	Make members aware of potential effects of exercise. Request that they tell the coach if they start to feel unwell		
6.4	Injury caused by action of participants not aware of dangers	Ensure all participants are aware of pool operating procedures and dangers by briefing before activity	Low			
6.5	Make stimulated incidents too 'real', which may cause injuries at times	Ensure the presence of at least one experienced member during incident set up	Low	Plan all incidents prior to training sessions, incident plans to be checked by an experienced member		

6.6	New members may not have any first aid experience	Ensure new members are well briefed of basic lifesaving skills	Low	Having stimulated incident during dry training sessions to enhance application skills		
6.7	Injury or illness by participating in lifesaving training/competitions	Ensure any medical conditions are written on membership form and the instructor made aware	Low	Make the lifeguards aware of medical conditions where recommended by the ISRM.		
6.8	Team leader may be inexperienced, which may lead to injuries due to poor management	Ensure team leaders are experienced	Low			
6.9	Injury caused by unsafe action during training/competition	Ensure participants aware of pool operating procedures	Low			
6.10	A member may be injured and unable to inform team mates	Ensure participants go to venues in groups during activities	Low			
6.11	Differing skill levels may result in poorer members injuring themselves when attempting to ditto better members	Ensure that members of a group have rather similar skill levels	Low			
6.12	Exhaustion from competition training	Ensure adequate rest allocated for members of different skill levels	Low			
6.13	Members may be aggressive if drunk before training session	Ensure that participating members are sober to proceed on with training	Low			
6.14	Lifeguards may be aggressive if an unfavourable stimulated incident were to be set up in the pool	Tell lifeguards that the incidents are merely stimulated ones	Low			
6.15	Injury during incident/training for defensive actions	Ensure 'casualties' and 'rescuers' are adequately briefed	Low			
7.1	Cash being stolen during cash collections for events	Implemented petty cash box system where cash could be securely locked during events	Low			
7.2	Road accident on way to competition	Ensure that driver has adequate insurance, and has taken the ULU driving test.	Low			
7.6	Injury caused by lifting a full poolside manikin out of pool	2 people to lift and empty before carrying	Low	Manual handling training.		
7.9	Body getting trapped by ropes	Tie up ropes before returning rope to the cage	Low	Coiling training.		