

### Time to Move: Generic Risk Assessment

<b>TASK</b>	<i>Physical Activity</i>	<b>ASSESSMENT No</b>	<i>TimetoMove01</i>	<b>Likelihood</b>	<b>Consequence</b>				
<b>Source</b>	<i>Time to Move Initiative</i>	<b>Date of Assessment</b>	<i>01.06.18</i>		1	2	3	4	5
<b>PREMISES/Other</b>	<i>All Wales</i>	<b>PERSON RESPONSIBLE</b>	<i>All staff</i>		1	2	3	4	5
				2	4	6	8	10	
				3	6	9	12	15	
				4	8	12	16	20	
				5	10	15	20	25	

<b>Ref No</b>	<b>Hazard</b>	<b>Person(s) exposed to Hazard</b>	<b>Risk Identified</b>	<b>Pure Risk Rating</b>			<b>Control Measures Required</b>	<b>In place</b>		<b>Residual Risk Rating</b>		
				<b>C</b>	<b>L</b>	<b>R</b>		<b>Y</b>	<b>N</b>	<b>C</b>	<b>L</b>	<b>R</b>
<b>01</b>	Environment	Staff/Others	Slips/Trips/Falls – Physical injury	3	3	9	Wear appropriate footwear for activity and other clothing Carry mobile phone Undertake activities in pairs/groups	✓		3	1	3
			Pedestrians/dogs/ Vehicles /Cyclists/objects (Visibility)	3	3	9	Wear appropriate clothing (PPE i.e. hi-visibility bike helmet) – be seen be safe Plan routes that minimise risks Designate safe area. Draw attention to obstacles. Control pace and numbers of people active in the space.	✓		3	1	3
			Weather conditions/ Wet/Slippery surfaces	3	3	9	Check weather conditions prior to undertaking activity – dress accordingly for the weather. Cancel activity for that day	✓		3	1	3

							Undertake dynamic risk assessment throughout activity session	✓				
<b>02</b>	Physical Activity	Staff	Dehydration Heat exhaustion	3	2	6	Drink fluids prior to and during activity, take rest breaks	✓		3	1	3
			Physical discomfort	3	3	9	Check with medical professional if required prior to undertaking activity. Undertake activities appropriate for your physical/mental condition Walk/run a couple of minutes, rest and repeat if comfortable. Check out Couch to 5K app or other sources <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a>	✓ ✓ ✓ ✓		3	1	3
			Muscular injury though excessive stress/strain. Injury though incorrect execution of activity.	3	3	9	Follow aerobic and mobilising warm up exercises. Use appropriate size/weight equipment. Follow governing body guidelines and adhere to safe practice	✓		3	1	3
			Exercising alone	3	3	9	Undertake activities in pairs/groups Refer to Lone Working Procedure Have access to mobile phone Let people know where you are (Buddy system)	✓ ✓ ✓ ✓		3	1	3

03	Equipment	Staff	Poor equipment	3	3	9	Check all equipment prior to and after use. Only use if safe Ensure you are competent to use the equipment	✓ ✓		3	1	3
			Visibility	3	2	6	Lights, bells to be fitted	✓		3	1	3

Consequence X Likelihood = Risk Total (C x L = R)

**RED** **IMMEDIATE ATTENTION REQUIRED** Top Priority – must not be allowed to continue

**ALL RED risks MUST be reported to your**

**Health & Safety** **ORANGE** **ATTENTION REQUIRED** As soon as possible.

**Line Manager**

**YELLOW** **RISK REDUCTION REQUIRED** As soon as reasonably practicable

**GREEN** **NO IMMEDIATE ACTION REQUIRED** Risk is tolerable for the time being, needs reviewing regularly, especially after changes.