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| **Site / Location:** Queen Elizabeth II Jubilee Centre23a Whitstable RoadFavershamKentME13 8BF  | **Activity:**Weights / Fitness Suite | **Persons conducting assessment:** Richard WoolardTech IoSH **Person Reviewing:**Karen Cheeseman |
| **Risk Assessment**: No. 4 | **Review Date:** 8th June 2023 | **Next Review Due:** June 2024 | **Revision No:**V1.4 | **Name:**Richard Woolard | **Signature:**R. Woolard | **Date:**1st May 2019 |
| Persons Exposed: | Employees ✓ | Other Workers ✓ | Public/Visitors ✓ | Students ✓ |

| **HAZARD** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| Factors of Harm | RiskMultiple of columns 1 × 2 | CONTROL MEASURES | Factors of Harm | Residual riskMultiple of columns 5 × 6 |
| Likelihood  | Severity  | Likelihood  | Severity  |
| **Slips, trips and falls.** In the fitness suite multiple users and busy daily schedules can result in the creation of slipping and tripping hazards. Tripping hazards can include, but may not be limited to:Loose weights, dumbells, across walkways, etc.Items stored on floors (bags and water bottles).Slipping and tripping can result in a fall on the same level leading to:* Fall/impact injuries.
* Other physical injuries such as strained muscles.
* Damage to dropped items.
 | 3 | 2 | 6 | * Floor to be kept free of loose articles as far as is practical
* Spilt liquids to be cleaned immediately
* Floorcoverings to be kept at a good standard
* Good standards of housekeeping
* Employees to receive regular talks on slips trips and falls
* Regular refreshing of the Hazard Tape on thresholds
 | 1 | 2 | 2 |
| **Housekeeping**Poor housekeeping can lead to greater risks of trips, falls etc., greater fire risk and environmental hazards.  | 3 | 2 | 6 | * Rubbish bins to be strategically placed within suite area
* Rubbish bins to be emptied on a regular basis
* Walkways to be kept obstruction free
* Managers to supervise employees to ensure good level of housekeeping is maintained
* Employees to receive regular reminders on importance of good housekeeping
 | 1 | 1 | 1 |
| **Lighting**. Poorly lit conditions can be experienced at night, late afternoons, early morning or poor weather conditions or broken bulbs, lights etc.Can result in visual impairment leading to the exacerbation of other hazards. | 3 | 2 | 6 | * Ensure all lights are in good working order to prevent eyestrain or musculoskeletal disorders, if clients cannot see equipment settings clearly
* Employees to report any lighting defects to management
 | 1 | 1 | 1 |
| **Fire**Can result in injuries or fatalities | 3 | 3 | 9 | * Fire exits and routes to be kept clear at all times
* A Fire marshal to be in attendance when premises are occupied (ensure designated ‘fire marshal responsible’ areas are within reason)
* Extinguishers serviced and maintained on an annual basis
* Extinguishers to be unobstructed at all times
* Regular fire evacuations to be undertaken – at least every 6 months to ensure all employees attend at least 1 fire drill annually. Be aware of vulnerable people and make sure staff know how to evacuate anyone with special needs.
* Routine inspections on fire detection and alarms to be conducted and documented (at least annually)
* Fire alarm points to have evacuation plan (showing muster points)
 | 1 | 1 | 1 |
| **Electricity** e.g.* Over-flexed/stretched cables
* Overloaded electrical sockets
* Poorly maintained equipment

This can result in:* Electric shock and burns
* Failure of equipment

Shorting out of cable leading to electrical fire | 3 | 3 | 9 | * Equipment to be Portable Appliance Tested on an annual basis if over a year old, results kept on file with register of all electrical appliances
* Visual inspections of electrical equipment to be conducted prior to use and regular inspections documented
* PAT labels attached to all equipment to aid visual inspection
* Mains electric installation panel to be tested every 5 years
* Customers using their own devices (telephones etc) must not plug any equipment into the mains outlets (sockets) unless the equipment has been certified as safe for use
 | 1 | 1 | 1 |
| **Manual Handling**, such as:* Lifting, carrying, pushing, pulling

These can be associated with:* Furniture and equipment
* Stationery Supplies
* Other heavy, unwieldy items

Can result in:* Slipped Disc
* Hernias
* Strained muscles

Other Musculoskeletal Disorders | 3 | 2 | 6 | * Employees to be trained on manual handling procedures
* No person is to be expected to complete a manual handling activity beyond their personal ability
* Items to be stored appropriately and not demand over reaching or stretching
* Materials/equipment to be moved as close as possible to activity by mechanical aids before relying on manual handling
* Employees to receive regular talks on manual handling
 | 1 | 1 | 1 |
| **Working at Height**, such as changing a lightbulb, obtaining materials.This can result in a fall leading to:* Fatality or other fall impact injuries
* Contact injuries if fall occurs on someone else

Fall onto materials below, leading to injury/damage | 3 | 2 | 6 | * No employee is expected to work at height, unless assessed as competent to do so
* Items should not be stored where employees require use of working at height equipment
* Competent staff and contractors will only use working at height equipment that is suitable to the task
* Employees to receive regular talks on working at height
 | 1 | 1 | 1 |
| **Use of Work Equipment** (the fitness suite has a range of weight training machines and rowing simulators.) These can expose the user to:* Physical injuries
* Damage to equipment/materials
 | 3 | 3 | 9 | * All users to receive thorough induction on equipment before first use
* All equipment to be used as per manufacturers’ instructions
* Area to be supervised (CCTV) to monitor current use
* All weight training equipment must be regularly inspected by a competent person, and annually given a thorough examination by the manufacturer/supplier and the certificate kept on file.
* Any defects must be reported immediately and the equipment taken out of use until rectified.
 | 1 | 1 | 1 |
| **Storage and Stacking Systems**. Poor storage arrangements can result in the fall of items, such as:Spare parts/equipment,Other items stored in offices, etc.The toppling or falling of items can result in:Crush/impact/collision injuries.Damage to office equipment.Damage to stored products. | 3 | 3 | 9 | * Storage and racking to be inspected regularly
* Storage and racking must not be loaded beyond their designed weight limit
* Limit storage of items above head height
 | 1 | 1 | 1 |
| **COSHH** (Control of Substances Hazardous to Health) items such as:* Surface cleaners
* Aerosols
* Adhesives

These can enter the body by inhalation, ingestion, injection or skin contact and can result in:* Respiratory Diseases
* Internal Injury
* Skin Injury
* Eye Injury
 | 3 | 2 | 6 | * Only employees trained and competent in COSHH items within the office to handle these substances
* COSHH spillages to be cleared immediately
* COSHH assessments to be read and understood by employees handling COSHH items
* PPE to be worn in accordance with COSHH assessment when using COSHH substances
* Employees to receive regular talks on COSHH items
 | 1 | 1 | 1 |
| **Work Related Stress** Pressures exist in the workplace that can positively affect performance.These conditions can include, but may not be limited to:* Working long and unsociable hours.
* Inflexible work schedules.
* Poor working relationships.
* Unreasonable completion targets.
* Poor physical working condition

Well-designed, organised and managed work helps to maintain and promote individual health and well-being.Work-related stress can become apparent due to prolonged levels of pressure associated with:* Insufficient attention to job design.
* Poor work organisation.
* Poor management techniques.

Work-related stress is a significant cause of illness and disease and, if not controlled, can lead to mental and physical ill health including but not limited to:* Heart Disease.
* Ulcers.
* Depression.
* Nervous breakdown.
* Mood swings.
* Interrupted sleep.
 | 3 | 2 | 6 |  | 1 | 1 | 1 |
| **Public conflict**Potential for reception staff to come into direct contact with public who could be aggressive both physically or verbally.Resulting in possible physical injury or stress. | 2 | 2 | 4 | * Ensure emergency alarm is fully operational and checked frequently
* No lone working permitted
* Consider staff training in conflict resolution if necessary
* Any concerns to be recorded and investigated by senior management
 | 1 | 2 | 2 |

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|  | **Severity rating** |
| **Likelihood** **rating** | **1** | **2** | **3** |
| **1** | **1** | **2** | **3** |
| **2** | **2** | **4** | **6** |
| **3** | **3** | **6** | **9** |

 | **Likelihood**Rating 1 = Very unlikelyRating 2 = LikelyRating 3 = Almost certain | **Severity**Rating 1 = Minor injuryRating 2 = “7 day” injury or illnessRating 3 = Major injury or illness Fatality, disabling  injury, etc |
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|  | **Action Required** |
| **Risk level** | **Level of risk** |
| **High** | Work must stop until suitable and sufficient risk control measures are implemented. Alternative working practice should be used. |
| **Medium** | Work is safe to continue adhering to the safe system of work prescribed. Residual risk to be managed and monitored. Additional control measures to be implemented within the time scale |
| **Low** | Level of risk is satisfactory. Work can continue following the safe system of work. To be reviewed if work pattern changes. |

 | **Risk = Likelihood x Severity** |
|  | Risk Level Acceptable |  | Further review required |  | Unacceptable Risk immediate action required |

**DECLARATION**

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| *I have read and understood Faversham Community Gymnastics Centre Risk Assessment and agree to abide by the control measures contained therein. I understand that I will not endanger myself or others during Faversham Community Gymnastics Centre operations and that I will ask management for guidance if I am unsure as to any aspects of work that may not be safe.* |
| **NAME (CAPITALS)** | **SIGNATURE** | **DATE** |
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