

Worcester Canoe Club - Reviewed Nov 2025 – Next Review Nov 2026
General Risk Assessment Sheet. Appendix 9

Project Title: Ergometer Training		Assessors: J Parker	Risk Assessment		
Hazard & Likely Outcome	Persons Affected (member, public, contractor)	Description of Control Measures (note: ERICPD!)	P	S	Risk Rating
Moving Machinery – Physical Injury	Members	Worcester Canoe Club accreditation.	1	3	LOW
Trips – Physical injury	Members	Designated work area. Correct storage. Correctly Maintained equipment. Good Housekeeping.	1	3	LOW
Repetitive Strain Injury – Long term effect.	Members	Worcester Canoe Club accreditation. Personal Regular Health checks.	1	3	LOW

Notes on Use:

1. Identify all significant or potentially significant hazards associated with an item or activity
2. Apply hierarchy of control ERICPD (Eliminate, Replace, Isolate, Control, PPE, Discipline)
3. Assign probability (P) of harm occurring (1 to 4)
4. Assign likely severity (S) of harm (1 to 4)
5. Identify risk rating from the matrix
6. Identify any **significant** information that needs to be passed on and recorded.

S \ P	Negligible 1	Minor 2	Major / Severe 3	Extreme 4
1. Improbable			LOW	MEDIUM
2. Remote			LOW	MEDIUM
3. Possible		LOW	MEDIUM	HIGH
4. Probable		MEDIUM	HIGH	HIGH