

Worcester Canoe Club - Reviewed Nov 2024 – Next Review Nov 2025
General Risk Assessment Sheet. Appendix 9

Project Title: Weight Training.		Assessors: J Parker	Risk Assessment		
Hazard & Likely Outcome	Persons Affected (member, public, contractor)	Description of Control Measures (note: ERICPD!)	P	S	Risk Rating
Heavy Weights – Physical Injury	Members	Worcester Canoe Club Accreditation. BC or Local Council recognised proficiency training. Minimum group of people.	3	3	MED
Moving Machinery – Physical Injury.	Members	Worcester Canoe Club Accreditation. BC or Local Council recognised proficiency training. Adequate protection of moving parts. Regular Equipment maintenance – documented.	2	4	MED
Trips – Physical injury.	Members	Allocated marked areas. Correct Storage in areas. Correctly maintained Housekeeping and Hygiene.	1	3	LOW
Repetitive Strain Injury – Long Term Effect.	Members	Worcester Canoe Club Accreditation. BC or Local Council recognised proficiency training. Minimum group of people. Regular personal 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.

P \ S	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