

LOCATION: THE STUDIO, GREAT HARWOOD

DATE: 25TH SEPTEMBER 2021

## Equipment

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Broken oor unsuitable exercise equipment	Everyone	Weekly checks of all exercise equipment to be performed  Any equipment identified as broken to be removed from use immediately  Participants to provide thier own where possible	Low	-	Victoria	-
Electrical equipment shorting out may cause a fire	Everyone	All electrical equipment to be PAT tested  Turn all equipment off before turning power off  Any electrical equipment not PAT tested must not be used  Any electrical equipment past it's PAT test renewal date will not be used  Any electrical equipment identified as broken will be removed from use immediately	Low	-	Victoria	-

# Environmental 1

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Slipping on The Studio floor	Everyone	<p>Ask participants to have bare feet or use 'yoga socks' with grips on the bottom</p> <p>The instructor will check before the commencement of the session that participants are wearing correct socks or bare feet</p>	Low	-	Victoria	-
Food and drink brought into the hall causing a trip hazard	Everyone	<p>Ask that participants don't bring any food or drink into The Studio</p> <p>Ask them to bring only one bottle with a sports cap and to leave on the window sill</p>	Low	-	Victoria	-
Other slip/trip hazards	Everyone	<p>Ask participants to leave all belongings in the waiting area</p> <p>Remove all clutter from The Studio and waiting room floor before the start of the session and all wires to be appropriately tucked away or contained</p> <p>Checks and cleaning to be done before each session</p>	A	-	Victoria	-



# Environmental 2

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Temperature of the hall getting too hot or too cold	Everyone	<p>Inform participants before arrival to wear plenty of warm layers on cold days</p> <p>Keep The Studio door ajar on hot days to circulate the air and remind participants to bring water with them</p>	Low	-	Victoria	-
Radiator getting hot enough to burn skin	Everyone	<p>Turn the radiator off approximately 30 minutes before the start of a session</p> <p>Inform participants before arrival to wear plenty of warm layers on cold days</p>	Low	-	Victoria	-
Splinters from wood in wood store	Everyone	<p>Make sure wood is stacked neatly at all times</p> <p>Provide a sturdy cover for the wood store to hide the wood from view</p>	Low	-	Victoria	-

# People 1

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Muscular injury - strain or sprain	Everyone	<p>The instructor will provide appropriate warm and cool down</p> <p>Participants will not be admitted after the warm up has been completed</p> <p>The instructor will observe and correct poor form and technique throughout the session</p> <p>The instructor will provide an appropriate range of progressions, modifications and adaptations for each level allowing participants to work at an appropriate level for them</p> <p>Slip and trip hazards will be controlled as above</p> <p>The instructor will carry a fully charged mobile phone at all times</p> <p>The instructor will be first aid qualified and provide emergency first aid</p> <p>Activity will be stopped and the rest of the group will be asked to congregate and keep warm until the situation is resolved</p> <p>Arrangements will be made to ensure the injured party is warm and safely transported home</p> <p>The injured party will be advised to seek medical advice</p>	low	-	Victoria	-

# People 2

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Serious medical incident	Everyone	<p>All participants will be required to complete an online Health Questionnaire prior to their first session</p> <p>Participants will also be required to update the instructor about any changes to their health</p> <p>The instructor will ask at the start of each session if there is anything they need to know</p> <p>Participants will be encouraged to work at their own pace and rest/take water as and when required</p> <p>After identifying a serious medical incident has taken place contacting the emergency services will be prioritised as the immediate action to be taken</p> <p>The instructor will carry an fully charged mobile phone at all times</p> <p>The instructor will be first aid qualified and provide emergency first aid until the arrival of the emergency services</p> <p>The same procedure for muscular strain/sprain will be utilised to manage the wellbeing of the rest of the group</p>	Low	-	Victoria	-

5

# Other

HAZARD	WHO COULD BE HARMED?	EXISTING CONTROL METHODS	CURRENT RISK RATING	ARE EXTRA CONTROLS NEEDED?	PERSON RESPONSIBLE	NEW RISK RATING
Rabbit getting under foot and cuasing a trip hazard	Everyone	Keep the rabbit in his cage or outside in the garden with the door shut at all time whilst there are participants in The Studio  Warn particioants before they enter the waiting area if the rabbit is out of his cage and under foot	Low	-	Victoria	-
The rabbit biting someone	Everyone	Don't allow participants to handle, stroke or touch the rabbit at any time  Keep the rabbit in his cage or outside in the garden with the door shut at all time whilst there are participants in The Studio	Low	-	Victoria	-

# Notes

1

2

3

4

NOTES

NOTES

NOTES

NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Sincerely,  
**VICTORIA JACKSON**  
Owner

7