

Company: Thistle Trekking LTD	Description of Work Activity or Area of the Workplace Assessed: Ben Nevis – Pony Track					Compiled by: Scarlet Trevett
	Ben Nevis(Tourist Track) Risk Assessment					Date completed: November 2011
Location: UK		All RA's should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.			Updated/Reviewed 24.1.2019	
STEP 1	STEP 2	STEP 3	STEP 4			STEP 5
List potential Hazards:	List of people who are at risk from the hazards. Including those most vulnerable:	List of existing measures to manage the hazard or note where information may be found:	Calculation of the residual risk taking the presence and effectiveness of existing measures into account: Severity x Likelihood = Risk Rating			List further control measures necessary to reduce risk to an acceptable level <i>and</i> date of their proposed introduction:
Slipping/ Tripping	All	<ul style="list-style-type: none"> Suitable footwear must be worn where possible. Hazards must be clearly explained to the group. 	1	2	2	
Falling	All	<ul style="list-style-type: none"> Provide appropriate supervision where such hazards exist. 	3	1	3	
Blisters	All	<ul style="list-style-type: none"> Wear suitable footwear where possible. Provide advice regarding socks. Provide advice regarding lacing footwear up properly. 	1	2	2	

Note – Risk Ratings of 4 or more are significant and require further action to control risk

Severity: **1=Slight** (all injuries not defined as major or serious); **2=Serious** (injuries that are not major but are likely to prevent someone working normally for more than 3 days); **3=Major** (death or major injury e.g. fracture of a bone, amputation, serious damage to an eye etc)

Likelihood: **1=Low** (unlikely to happen); **2=Medium** (could well happen); **3=High** (certain or near certain to happen)

Lyme disease From Tick bites	All	<ul style="list-style-type: none"> • When in an area with ticks advise all group members to wear long trousers and or put on an insect repellent. • Provide advice on how to remove them. • Tell participants what the signs and symptoms of Lyme disease are and emphasise that they should to go to the doctor if they appear. 	3	1	3	
Reaction to midge bites	All	<ul style="list-style-type: none"> • Advise everyone to take along an appropriate insect repellent. • Advise everyone to take along a head net when appropriate. 	2	1	2	
Sickness from drinking polluted water.	All	<ul style="list-style-type: none"> • Advise everyone not to drink from any rivers or streams while walking. 	3	1	3	
Sickness from eating wild vegetation.	All	<ul style="list-style-type: none"> • Advise everyone not to eat wild berries, mushrooms, flowers or any other wild vegetation. 	3	1	3	
Exhaustion	All	<ul style="list-style-type: none"> • Provide opportunities for the participants to eat drink and rest. • Where necessary provide shelter. 	1	1	1	
Hypothermia	All	<ul style="list-style-type: none"> • Use appropriate clothing. • Encourage adequate intake of food prior to and during the trip. 	3	1	3	
Sunburn/eye strain	All	<ul style="list-style-type: none"> • Use sun hats/baseball caps. 	1	1	1	

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		<ul style="list-style-type: none"> • Encourage participants to bring and use an appropriate cream/spray. • Drink water at regular intervals. • Seek shade where required. • Use sunglasses as required. 				
Getting Lost;	Group Members	<ul style="list-style-type: none"> • Brief all participants that they must be able to see the guide at all times. If they cannot see the guide they must stop and wait. • Brief all participants to take their mobile phone should they decide to ignore the above. • Only use remote supervision if it meets all criteria of use in the remote supervision policy. 	1	1	1	
Livestock	All	<ul style="list-style-type: none"> • Advice participants to avoid all livestock. • Find an alternative route for participants with dogs when reasonable. • Advice participants with dogs to release the dog if being chased by livestock. 	3	1	3	
Being hit by a Vehicle	All	<ul style="list-style-type: none"> • Advise participants to be aware of cars when in the car park both and start and end of the day. 	3	1	3	
Collision with cyclists	All	<ul style="list-style-type: none"> • Warn participants of approaching 	2	1	2	

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		cyclists when visible.				
Alcohol Related Injury	Group Members	<ul style="list-style-type: none"> Advise all participants to limit their alcohol intake during the daytime. 	1	1	1	
Lightning	All	<ul style="list-style-type: none"> A weather forecast should be checked before each day of walking begins to see the risk of lightning. If lightening begins which has not been forecast the leader must follow "The Lightening Procedure". 	3	1	3	
Snow	All	<ul style="list-style-type: none"> A weather forecast should be checked before each day of walking begins to see the risk of snow. If heavy snow is forecast/if the path is completely covered in deep snow/any technical equipment is needed (Ice Axe/Crampons) then WML must be used or trek must be cancelled. 	2	1	2	
High winds	All	<ul style="list-style-type: none"> A weather forecast should be checked before each day of walking begins to see the risk of high winds. Ridges or summit should not be attempted during winds of over 	1	3	3	

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		60mph.				
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