

Company: Thistle Trekking LTD	Description of Work Activity or Area of the Workplace Assessed: The East Highland Way					Compiled by: Scarlet Trevett
	<b>The East Highland Way Risk Assessment</b>					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.			Reviewed: 23.1.2019	
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"> <li>Suitable footwear must be worn where possible.</li> <li>Hazards must be clearly explained to the group.</li> </ul>	1	2	2	
Falling	All	<ul style="list-style-type: none"> <li>Provide appropriate supervision where such hazards exist.</li> </ul>	3	1	3	
Blisters	All	<ul style="list-style-type: none"> <li>Wear suitable footwear where possible.</li> <li>Provide advice regarding socks.</li> <li>Provide advice regarding lacing footwear up properly.</li> </ul>	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"> <li>• When in an area with ticks advise all group members to wear long trousers and or put on an insect repellent.</li> <li>• Provide advice on how to remove them.</li> <li>• Tell participants what the signs and symptoms of Lyme disease are and emphasise that they should to go to the doctor if they appear.</li> </ul>	3	1	3	
Reaction to midge bites	All	<ul style="list-style-type: none"> <li>• Advise everyone to take along an appropriate insect repellent.</li> <li>• Advise everyone to take along a head net when appropriate.</li> </ul>	2	1	2	
Stomach Upsets from drinking polluted water	All	<ul style="list-style-type: none"> <li>• Advise everyone not to drink from any rivers or streams while walking.</li> </ul>	3	1	3	
Sickness from eating wild vegetation.	All	<ul style="list-style-type: none"> <li>• Advise everyone not to eat wild berries, mushrooms, flowers or any other wild vegetation.</li> </ul>	3	1	3	
Exhaustion	All	<ul style="list-style-type: none"> <li>• Provide opportunities for the participants to eat, drink and rest.</li> <li>• Where necessary provide shelter.</li> </ul>	1	1	1	
Hypothermia	All	<ul style="list-style-type: none"> <li>• Use appropriate clothing.</li> <li>• Encourage adequate intake of food prior to and during the trip.</li> </ul>	3	1	3	

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Sunburn/ eye strain	All	<ul style="list-style-type: none"> <li>• Use sun hats/baseball caps</li> <li>• Encourage participants to bring and use an appropriate cream/spray.</li> <li>• Drink water at regular intervals.</li> <li>• Seek shade where required.</li> <li>• Use sunglasses as required.</li> </ul>	1	1	1	
Getting Lost;	Group Members	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Brief all participants to take their mobile phone should they decide to ignore the above.</li> <li>• Only use remote supervision if it meets all criteria of use in the remote supervision policy.</li> </ul>	1	2	1	
Livestock	All	<ul style="list-style-type: none"> <li>• Advice participants to avoid all livestock</li> <li>• Find an alternative route for participants with dogs when reasonable.</li> <li>• Advice participants with dogs to release the dog if being chased by livestock.</li> </ul>	3	1	3	
Being hit by a Vehicle	All	<ul style="list-style-type: none"> <li>• Advise participants to walk on the right hand side of the road where possible.</li> </ul>	3	1	3	

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		<ul style="list-style-type: none"> <li>Warn participants of upcoming roads.</li> <li>Advise participants to be aware when in car parks.</li> </ul>				
Collision with cyclists	All	<ul style="list-style-type: none"> <li>Warn participants of approaching cyclists when visible.</li> <li>Warn participants of well-known cyclist areas.</li> </ul>	2	1	2	
Alcohol Related Injury	Group Members	<ul style="list-style-type: none"> <li>Advise all participants to limit their alcohol intake during the daytime.</li> </ul>	2	1	2	
Lightning	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of walking begins to see the risk of lightning.</li> <li>During a high risk of lightening the support vehicle must remain ready for emergency pick up if lightning starts.</li> <li>If lightening begins which has not been forecast or if the support vehicle is unable to reach the participants for an emergency pick up the leader must follow "The Lightening Procedure".</li> </ul>	3	1	3	
Snow	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of walking begins to see the risk of snow.</li> </ul>	2	1	2	

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		<ul style="list-style-type: none"> <li>If heavy snow is forecast or if the path is covered in deep snow an alternative route must be found.</li> </ul>				
High winds	All	<ul style="list-style-type: none"> <li>A weather forecast should be checked before each day of walking begins to see the risk of high winds.</li> <li>If high winds are forecast or develop during the walk care should be taken when walking through forest or wooded areas.</li> <li>Walking should not be attempted during winds of over 60mph.</li> </ul>	3	1	3	
River Crossings/Drowning	All	<ul style="list-style-type: none"> <li>The guide will continually monitor river levels throughout the duration of the walk.</li> <li>River crossing should only be attempted if the river level is below the knee height of all members of the group.</li> <li>The guide must follow the river crossing procedure.</li> <li>The guide must not allow customers to help each other cross the river. Instead the guide should be fully helping each customer individually.</li> </ul>	3	1	3	

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