

Company: Thistle Trekking LTD	Description of Work Activity or Area of the Workplace Assessed: Summer Scrambling					Compiled by: Oliver Mentz
	<b>Summer Scrambling / Mountaineering</b>					Date completed: June 2016
Location: UK		All RA's should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.			Reviewed 9.4.2019	
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.</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> <li>Assessment of client's ability / fitness to be made and used to</li> </ul>	3	1	3	Rope / climbing equipment should only be used by qualified / appropriately

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)

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		<p>ascertain appropriate route choice.</p> <ul style="list-style-type: none"> <li>• Appropriate footwear should be worn.</li> <li>• Rope / climbing equipment to be used if assessment of serious consequence or likely to fall.</li> <li>• Ratio to be appropriate for use of the rope and terrain found.</li> </ul>				<p>experienced individuals. Group members should be briefed appropriately on any rope / equipment use.</p>
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	
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</li> </ul>	3	1	3	

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		should to go to the doctor if they appear.				
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	
Sickness 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	
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> </ul>	1	1	1	

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		<ul style="list-style-type: none"> <li>• Use sunglasses as required.</li> </ul>				
Getting Lost; Unaccompanied group	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>• While on the scramble all group members must remain with the guide and rest of the group.</li> </ul>	1	1	1	
Livestock	All	<ul style="list-style-type: none"> <li>• Advise participants to avoid all livestock.</li> <li>• Find an alternative route for participants with dogs when reasonable.</li> <li>• Advise 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> <li>• Warn participants of upcoming roads.</li> <li>• Advise participants to be aware when in car parks.</li> </ul>	3	1	3	
Collision with cyclists	All	<ul style="list-style-type: none"> <li>• Warn participants of approaching cyclists when visible</li> </ul>	2	1	2	

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		<ul style="list-style-type: none"> <li>Warn participants of well known cyclist areas.</li> </ul>				
Alcohol Related Injury	Group Members	<ul style="list-style-type: none"> <li>Alcohol should not be consumed before attempting any exposed sections of scrambling.</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 lightning 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 Lightning Procedure”</li> </ul>	3	1	3	
Snow & Frozen Terrain	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> <li>If heavy snow is forecast or if the path is covered in deep snow an alternative route must be found.</li> </ul>	2	1	2	

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		<ul style="list-style-type: none"> <li>If terrain is widely frozen or key sections of the route are frozen then the route should not be attempted.</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 scramble an appropriately sheltered route should be selected.</li> <li>Exposed sections should not be attempted during winds of over 30mph where buffeting could cause an increased likelihood of a fall.</li> <li>Ridges or summits exposed to the wind should not be attempted during winds of over 60mph.</li> </ul>	3	1	3	
Falling rock/object	All	<ul style="list-style-type: none"> <li>Helmets to be worn when near exposed terrain.</li> <li>Appropriate briefing on what to do (firm stance, avoid being knocked off, rucksack, helmet used 'for cover' listen for 'below' shout. etc..)</li> </ul>	3	1	3	

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		<ul style="list-style-type: none"> <li>● Appropriate movement technique to avoid hazards</li> <li>● Position of group to minimise chance of being caught by rockfall.</li> </ul>				
Equipment failure	All	<ul style="list-style-type: none"> <li>● Equipment to be checked before use.</li> <li>● Equipment only to be used within manufactured guidelines.</li> <li>● Equipment history to be known to instructor and/or logbook used to ascertain history before use.</li> </ul>	3	1	3	Instructor should be aware that the condition of any kit is their responsibility to prevent any confusion. If in doubt 'don't use' policy should be followed.
Overexertion injury - Strain, pull, dislocation	All	<ul style="list-style-type: none"> <li>● Fitness level to be discussed before undertaking scramble</li> <li>● Fitness to be monitored during the day</li> <li>● Appropriate route selected to assess fitness on.</li> </ul>	2	1	2	
Entrapment	All	<ul style="list-style-type: none"> <li>● Briefed on how to avoid using loose rock for movement.</li> <li>● Instructor to assess appropriate route to avoid hazard if possible.</li> <li>● If loose rock can't be avoided all parties clearly warned of risk associated with loose rock.</li> </ul>	3	1	3	

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