

Company: Thistle Trekking LTD	Description of Work Activity or Area of the Workplace Assessed: Torridon Area, North West Scotland					Compiled by: Oliver Mentz
	Torridon Giants Trek					Date completed: April 2018
Location: UK	All RA's should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.					Reviewed
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. • 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. • Assessment of client's ability / fitness to be made and used to ascertain appropriate route choice. • Appropriate footwear should be 	3	1	3	Rope / climbing equipment should only be used by qualified / appropriately experienced individuals. Group members

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)

		<p>worn.</p> <ul style="list-style-type: none"> • Rope / climbing equipment to be used if assessment of serious consequence or likely to fall. • Ratio to be appropriate for use of the rope and terrain found. 				should be briefed appropriately on any rope / equipment use.
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	
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	

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)

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	Note: increase risk while at sea so third party sea tour company used for that part of the trek. Otherwise risk assessed and handled by Thistle Trekking staff.
Sunburn/ eye strain	All	<ul style="list-style-type: none"> Use sun hats/baseball caps. Encourage participants to bring and use an appropriate cream/spray. Drink water at regular intervals. Seek shade where required. Use sunglasses as required. 	1	1	1	Note: increase risk while at sea so third party sea tour company used for that part of the trek. Otherwise risk assessed and handled by Thistle Trekking staff.

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)

Getting Lost; Unaccompanied group	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. • While on the scramble all group members must remain with the guide and rest of the group. 	1	1	1	
Livestock	All	<ul style="list-style-type: none"> • Advise participants to avoid all livestock. • Find an alternative route for participants with dogs when reasonable. • Advise 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 walk on the right hand side of the road where possible. • Warn participants of upcoming roads. • Advise participants to be aware when in car parks. 	3	1	3	
Collision with cyclists	All	<ul style="list-style-type: none"> • Warn participants of approaching cyclists when visible • Warn participants of well known cyclist areas. 	2	1	2	
Alcohol Related Injury	Group Members	<ul style="list-style-type: none"> • Alcohol should not be consumed before attempting any exposed sections of scrambling. 	2	1	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)

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. • During a high risk of lightening the support vehicle must remain ready for emergency pick up if lightning starts • 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 Lightening Procedure” 	3	1	3	
Snow & Frozen Terrain	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 or if the path is covered in deep snow an alternative route must be found. • If terrain is widely frozen or key sections of the route are frozen then the route should not be attempted. 	2	1	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)

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

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)

Equipment failure	All	<ul style="list-style-type: none"> ● Equipment to be checked before use. ● Equipment only to be used within manufactured guidelines. ● Equipment history to be known to instructor and/or logbook used to ascertain history before use. 	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"> ● Fitness level to be discussed before undertaking scramble ● Fitness to be monitored during the day ● Appropriate route selected to assess fitness on. 	2	1	2	
Entrapment Mountaineering	All	<ul style="list-style-type: none"> ● Briefed on how to avoid using loose rock for movement. ● Instructor to assess appropriate route to avoid hazard if possible. ● If loose rock can't be avoided all parties clearly warned of risk associated with loose rock. 	3	1	3	
Entrapment on Sea Tour	All	<ul style="list-style-type: none"> ● Clear brief by sea tour company on boat and hazards ● Sea tour staff to have appropriate safety procedures in place 	3	1	3	Note: experienced third party sea tour used to provide activity to lower risk

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)

Food poisoning	All who eat food caught while on sea tour	<ul style="list-style-type: none"> ● Customers to be made aware of the risk ● Sea tour company to take appropriate measure while preparing food 	2	1	2	Note: experienced third party sea tour used to provide activity to lower risk
Allergic reaction to shellfish	All who eat shellfish while on sea tour	<ul style="list-style-type: none"> ● Customers to be made aware of risk ● Appropriate first aid (epipen) to be carried by customers if there is a concern 	3	1	3	Note: experienced third party sea tour used to provide activity to lower risk
Drowning	All on sea tour	<ul style="list-style-type: none"> ● Life jacket / buoyancy aid to be worn while in boat ● Instructions on what to do made clear to everyone before leaving port ● Sea tour company to have appropriate procedures in place 	3	1	3	Note: experienced third party sea tour used to provide activity to lower risk
Lost at sea / failure of boat motor	All on sea tour	<ul style="list-style-type: none"> ● Appropriate procedure in place by sea tour company 	2	1	2	Note: experienced third party sea tour used to provide activity to lower risk

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)