



Risk assessment form (H&S)

Name of assessor(s)	Kirsty Darlington	Group / Establishment:	SORLS / SSE
Date	December 2019		

What is the workplace / activity / equipment / conditions (delete as appropriate) being assessed:	How was the assessment done? e.g. desktop exercise, site visit, in consultation with employees, managers, safety representatives?	Next review date:
		January 2021
Abseiling takes place within our grounds and is a purpose-built tower. It has a gravel landing area. There is lighting within the tower and flood lights outside, if needed.	On-site assessment by Centre Manager	Mobile reception/nearest landline
		Good reception /main office

Who could be harmed, and how?	What is already being done to control the risks?	*Risk Rating Severity x Likelihood			What further action is recommended to reduce risks further?	Action by whom?	Date action due	Date action done
		S	L	S x L				
All participants – being hit by a falling object from above	<ul style="list-style-type: none"> Safety/Activity briefing for all participants Activity run in accordance with SOPs Helmets to be worn whilst in gravelled area Constant monitoring of participants Encouragement/guidance provided throughout activity session School/ assisting staff to assist with supervision on the ground Clothing to be securely fitted and checked Pockets emptied or closed securely All shoes worn correctly 	2	1	2				
All participants – stepping over safety line without being attached to safety rope (failure to	<ul style="list-style-type: none"> Instructor in control of session at all times Safety rope controlled by instructor attached to participant prior to stepping past the designated safety line / barrier Instructor attached safely prior to opening doors 	5	1	5				

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follow safety brief)	<ul style="list-style-type: none"> • Calm control at all times • Activity run in accordance with SOPs and training • Safety/Activity briefing for all participants • Constant monitoring of participants • Encouragement/guidance provided throughout activity session • School/assisting staff to reiterate instructors safety brief 							
All participants – Falls due to safety equipment failure	<ul style="list-style-type: none"> • Only centre owned equipment to be used • Manufacturers guidelines for replacement / storage / use to be followed • Equipment checks to be carried out in line with SORLS equipment management procedure • Each instructor to check equipment for signs of wear and damage each session • Damaged / worn equipment to be placed in the 'dead bin' in the High Ropes shed and corresponding defect form filled out • Assessed instructor to oversee the tower operation and any of its associated safety equipment • Instructors on a 'team teach' can control the safety rope, the lead instructor MUST tail the rope at all times • Harness and helmet to be checked by lead instructor before each turn & during abseil session • 'Check check' systems to encourage multiple responsibility for safety checks and eliminate instructor error • Working as trained 	5	1	5				

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All participants – Falls due to instructor error	<ul style="list-style-type: none"> • non RCI holders may only use the method they have been trained and assessed in, at this time to lower participants – an Italian hitch on an HMS Karabiner makes up the safety line and will be using dynamic rope. • The abseil rope will, at all times, be a releasable system with enough rope to facilitate a lower off • RCI holders may modify the system in line with their professional judgement and training, but will ensure all equipment is reset in line with centre in house procedure • 'Check check' systems to encourage multiple responsibility for safety checks and eliminate instructor error • Working as trained 	5	1	5				
All participants – slips, trips on ground/stairs	<ul style="list-style-type: none"> • Safety brief for all participants • Walking expected at all times • Group to be kept under control at all times • Briefed to take care moving up or down the stairs 	2	2	4				
All participants – jumping from height	<ul style="list-style-type: none"> • Doors not in use remain locked at all times • Safety line attached by instructor prior to participant stepping forwards for their turn • Participants briefed to remain seated on the designated bench until called forward by the instructor who will attach the participant immediately to the safety rope • Working as trained • Constant close monitoring of behaviour • Clear precise activity brief • Activity session stopped if the safest option for the group/individual 	5	1	5				

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	<ul style="list-style-type: none"> Continuous encouragement and guidance given throughout the session School staff to assist with group throughout session 							
All participants – clothing/ hair entrapment	<ul style="list-style-type: none"> SOP guidance regarding clothing to be followed Releasable abseil to be used Regular staff training to refresh rescue techniques 	2	2	4				
All participants – Psychological scarring	<ul style="list-style-type: none"> Always challenge by choice model, for all Every participant may, presuming it is safe to do so, change their mind about having a go Ensure instructors receive training in soft skills, communication methods to deliver to a variety of participants Clear instructions/ demonstration from the instructor to clarify the activity Start low and progress to higher platforms if participants are willing Celebrate all success, no matter how small 	4	2	8				
All participants – misuse/damage to equipment	<ul style="list-style-type: none"> Safety briefing & continuous monitoring Equipment checks pre & post session Standing operating procedures adhered to Reinforcement of safety briefing throughout session Referral to learning objectives Equipment stored within guidance from manufacturer Report faulty equipment Regular equipment inspections to be carried out and recorded 	3	2	6				

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All participants – extreme weather	<ul style="list-style-type: none"> Check weather prior to start of session/day Covered in morning briefing Cease activity if lightening is within 2 miles (1 mile per second from thunder to lightening) Alternative activity identified if winds are high 	2	4	8				

* [Click here](#) for guidance in calculating Risk Rating. Rate the **severity** of the potential harm (between 1-5, where 5 is fatal) and the **likelihood** of the harm occurring (again 1-5 where 5 is very likely). Guidance is at [HS 004](#).

Please now pass this assessment to your manager for approval				
Name of assessor's manager:	Daniel Moncrieff	Date:	03/12/2019	Manager's comments
Signature:				