

High Mountain Days: Summer

| Activity Description | Foreseeable Hazard | Who might be harmed and how? | L | S | R | Control measures | L | S | R |
|-----------------------------|---|--|----------|----------|----------|---|----------|----------|----------|
| Mountain Walking | Slip trip fall | Any member of the group, slip trip or fall, bodily injury, fatality | 2 | 3 | 5 | Route choice and group control and leadership, boots as footwear | 1 | 3 | 4 |
| Mountain Walking | Rock fall | Any member of the group hit by rock or rocks head injury, fatality | 2 | 3 | 5 | Route choice, observation and group control and leadership | 1 | 3 | 5 |
| Mountain Walking | Environmental, wet, windy, cold | Any member of the group, cold, first stage hypothermia | 2 | 2 | 4 | Check clothing, carry food and drink and spare layers, monitor group, check forecast | 1 | 2 | 3 |
| Mountain Walking | Environmental effects of the sun heat | Any member of the group, sun burn, dehydration | 2 | 2 | 4 | Ensure group do not drink from non-moving water | 1 | 2 | 3 |
| Mountain Walking | Polluted water | Any member of the group, stomach upset from drinking polluted water | 2 | 2 | 4 | Ensure group only drink from fast moving aerated streams or their own water bottles | 1 | 2 | 3 |
| Mountain Walking | Navigation mistake, getting lost or misplaced | All members of the group lost physically exhausted and physiologically distressed | 2 | 2 | 4 | Use experienced, skilled, trained and qualified mountain leaders only | 1 | 2 | 3 |
| Mountain Walking | Falling from wall or fence | Any member of the group falling when climbing wall or fence, head or bodily injury | 2 | 2 | 4 | Group leadership supervision and briefing, avoid climbing walls or gates unless the last resort | 1 | 2 | 3 |

Kendal Therapy Risk Assessments 2012

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|-------------------------|--|--|----------|----------|----------|--|----------|----------|----------|
| Mountain Walking | Kicked, charged or bitten by farm stock animals | Any member of the group injured by farm animals | 2 | 2 | 4 | Route choice, briefing, leadership and group control hazard awareness | 1 | 2 | 3 |
| Mountain Walking | Foot injuries, blisters | Any member of the group, new or poor fitting boots and or socks, blisters | 2 | 2 | 4 | Leadership, check footwear before departure, observation and monitor group proactive use of plasters before blisters become too bad | 1 | 2 | 3 |
| Mountain Walking | Tick bites, Lyme disease | Any member of the group bitten by ticks, infection | 2 | 2 | 4 | Briefing about ticks and what to look out for, possibility of infection or Lyme disease, beware bracken route choice | 1 | 2 | 3 |

Key: L – Likelihood, S – Severity, R – Risk
 Risk Score 1-2 = Low 3-4 = Medium 5-6 = High

Reviewed and updated by Chris Frampton December 2012