

## **Risk Assessment for Forest and Lochs Landscape Photography Day**

Staff hold a first aid certificate and health and safety certificate

People at risk: Participating staff and clients

### **Main Risks:**

1. Foot and ankle injuries on uneven and/or slippery ground
2. Hypothermia
3. Exhaustion
4. Dehydration
5. Blisters/wet foot problems
6. Getting lost, being late
7. Exposure
8. Falls on steep terrain
9. Heat Stroke
10. Sunburn
11. Water hazards

Activity Leaders must ensure an emergency escape plan and a full route plan is completed before the activity is undertaken.

Summoning Help: A call-out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted, they will take appropriate action.

Date Reviewed: 15/03/2020

Next Review Date: 15/03/2021

Completed By: Daniel Long

Is the Activity Acceptably Safe if Managed as Below: YES

Signed: *DR Long*

### **How to manage/control/reduce these risks safely (corresponding numbers):**

1. Wear appropriate, well fitting footwear not trainers
2. Wear fibre pile clothing and waterproofs
3. Routes chosen within the capabilities of the group
4. Carry extra fluids and water purification tablets
5. Ensure adequate socks initially for good fit, carry spare dry socks
6. Take map, compass, torch and GPS
7. Carry group shelter and spare food/drink, plus hat and gloves in winter
8. Carry and use safety and technical equipment suitable for the chosen route, avoid steeper areas when choosing the route
9. Wear loose clothing and hat to shade neck
10. Use sun block and after sun cream
11. Use appropriate safety techniques to protect the hazard



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## **Risk Assessment for Forests and Lochs Landscape Photography Day**

### **Minimum Equipment To Be Carried**

#### **Participants:**

1. Sturdy footwear NOT trainers
2. Warm clothing (warm layer kept in pack during summer)
3. Water proof clothing
4. Warm hat and gloves
5. Extra, dry socks
6. Food and drink

**Note:** Participants are to report all defects or damage of equipment to the activity leader immediately.

### **Activity Leader:**

1. Company first aid kit
2. Survival shelter
3. Emergency food and drink
4. Extra warm clothing
5. Sun block and after sun
6. Map, compass, GPS
7. Torch and whistle
8. Water purification tablets

**Note:** The Activity Leader must remove any defective equipment from service, clearly mark the item with what is wrong and notify the stores person using a damage report form