

Risk Assessment – Mountain Walking



Reviewed Date	01/03/2023
Next Review Date	01/03/2024
Manager Name)	Paul Taylor
T/A	Mark Garland

General Information	This risk assessment considers mountain walking in the UK during summer time conditions.
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Instructor Competence	Mountain Leader Assessed
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Ratios & Remits	1:12
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Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">- Tripping over rocks.- Tiredness leading to falling over more easily.- Descending steep routes.- Back injuries caused by lifting heavy rucksacks	<ul style="list-style-type: none">- Instructor to provide health and safety briefing to prevent injuries where appropriate.- Instructor to carry first aid kit.- Group taught how to lift rucksacks appropriately in pairs if necessary- Walking rope to be carried for emergency use.- First Aid and emergency procedure training to be provided prior to expedition.
Difficulty controlling body	Instructors & All	<ul style="list-style-type: none">- Cold, wet windy days.	<ul style="list-style-type: none">- Obtain a weather forecast and plan

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temperature (Hyperthermia/Hypothermia)	Participants/Group Leaders	<ul style="list-style-type: none">- Carrying heavy equipment- Hot, sunny days- Inappropriate clothing	<p>accordingly.</p> <ul style="list-style-type: none">- Appropriate clothing to be worn / carried.- Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc.- Use of sunscreen to be encouraged.- Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Water Borne Infection	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">- Drinking from inappropriate sources.	<ul style="list-style-type: none">- Instructors consider carefully the sources of water which are used by themselves and group, based on local knowledge.
Ticks & Lyme's Disease	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">- Sitting in long grass- Walking through thick undergrowth.	<ul style="list-style-type: none">- Appropriate brief given to group
Group not returning	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">- Low cloud- Injury- Poor navigation	<ul style="list-style-type: none">- Instructor to leave route details, including return time and emergency contact details.

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment speak to your manager.