



RISK ASSESSMENT FOR SOUTH EAST COAST AMBULANCE SERVICE PHYSICAL FITNESS ACTIVITIES JANUARY 2014

This document sets out identifiable risks associated with Fitness Activities conducted for South East Coast Ambulance Service (SECamb). It is not exhaustive and LemonBody Instructors are expected and required to use common sense and to be vigilant at all times.

LemonBody adopts a very simple approach to Health and Safety: Identify risks and reduce them to an absolute minimum.

All LemonBody Instructors receive Health and Safety Training before they qualify as a LemonBody Instructor and this is updated yearly, with bulletins issued to Instructors where circumstances change or new risks are identified. All LemonBody Instructors are First Aid trained and issued with First Aid Kits and other equipment.

Instructors are expected to conduct a dynamic risk assessment every time they train with SECamb Staff and are required to highlight risks to Staff and alert them to possible hazards.

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RISK ASSESSMENT TABLE

No.	Hazard	Potential Cause	Avoidance Strategy
1.	Slip and Trip	Mud, wet grass, wet floor, debris, uneven surface, equipment.	Instructors are to avoid muddy, wet and uneven surfaces where possible. Gym floors are to be dry and equipment is to be kept in a specified area.
2.	Sprains and Strains	Insufficient warm up, inappropriate activities, uneven ground, incorrect footwear and/or clothing, excessive weight and/or resistance.	Instructors are to ensure a thorough and progressive warm up is completed by all participants. A list of inappropriate activities is included in the LemonBody Instructors Training Manual. Correct techniques for each exercise are to be explained and demonstrated. Ground and terrain are to be carefully selected for suitability. Instructors are to advise participants if footwear/clothing is considered inadequate/incorrect. Instructors are to ensure that all participants are briefed not to lift weights or work with resistance with which they are not comfortable.
3.	Cardiac Events	Family history, existing conditions, at risk groups.	All participants are required to complete a LemonBody (or SECamb equivalent) Physical Activity Readiness Questionnaire (PARQ) before being permitted to participate in any Fitness Activity. All LemonBody Staff are CPR trained.
4.	Asthma Attacks		

		Asthma attack brought on by high breathing rate and/or cold conditions.	The LemonBody PARQ requires disclosure of known asthma conditions. Sufferers are required to satisfy Instructors that they can identify the onset of an attack, are in possession of their inhaler and that they know how to react when an attack is likely.
5.	Heat/Cold Injuries	Extreme weather.	When extreme weather is forecast, training will usually take place indoors. Instructors are to watch for the effects of heat/cold on participants and to react accordingly. Instructors are to carry spare water and participants are to be advised to add/remove clothing layers to prevent excessive heating/cooling.
6.	Collisions	Activities involving chasing and/or sudden changes of direction, particularly in enclosed spaces, may result in a collision.	Instructors are to brief on the risk of collision and to avoid activities where an unacceptable risk of collision exists.
7.	Dogs	Public spaces where dogs are off lead. Dogs can be excited and confused by large groups, especially when the group is moving quickly and noisily. This may lead to chasing and even to an attack.	Instructors are to pause activities if dogs are nearby and deemed to be a hazard.
8.	Lifting Injuries	Poor technique, existing injury, excessive weight, insufficient warm up, peer pressure.	All lifting activities are to be fully explained and demonstrated by Instructors prior to lifting. Those with existing injuries are to be briefed to take extra care and are

			to be supervised closely. A comprehensive and progressive warm up is to be completed prior to any heavy lifting. Weights are to be within the scope of those lifting them and LemonBody Instructors are to reiterate that no participant should attempt to lift any weight that they feel may be beyond their ability. Peer pressure is not to be allowed to reverse this.
9.	Insects	Insect bites and stings may cause allergic reactions and swelling, quite apart from being irritating or painful.	Insect repellent is provided for all outdoor activities and participants are to be encouraged to use it.
10.	Hygiene	Dirt, standing water and dog waste may present hazards to participants.	LemonBody Instructors are to select areas that reduce hazards and to ensure that antiseptic hand gel and wipes are readily available.
11.	Equipment Failure	Poorly maintained or incorrectly used equipment may injure participants.	LemonBody Instructors are to check all equipment is serviceable prior to use and to fully brief participants to ensure it is safely used.