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| If control measures aren’t implemented and effectiveit is rated **HIGH RISK** (50 ): Severity(5 ) x Likelihood(10 ) |

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| Groups at risk • All club members• Contractors• Visitors/guests | Hazards • Impact injuries• Crush injuries• Ligament/tendon/muscle damage• Fractures/dislocations• head injuries resulting in unconscious | Practices resulting in hazards • Use of ladders and steps• Storage of ladders and steps• cleaning above baths• cleaning areas above head height • using chairs incorrectly or to stand on  |

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| Control Measures • Take care at all times.• Only trained personnel are permitted to use such equipment.• Checks on structure of equipment – inspect before use to check for damaged rungs, legs, struts.• Use appropriate equipment for situation.• Stools or chairs must not be used to access high areas.• Use on firm flat base which must also be dry.• Take care when sitting near doors - avoid such areas or provide protection.• Open steps fully and put any support or latches in place.• Use ladders at correct angle, the ratio should be 1:4 i.e. one out and four up.• Use additional securing where necessary.• Rest top of ladder against firm support.• Wear appropriate footwear – shoes must be dry and free from grease.• Store safely in an area where they are protected from the effects of heat, chemicals etc.• Report defects and damage to Manager – damaged ladders or steps must not be used.• Never move ladders whilst in use.• Do not overstretch whilst on a ladder; if the work is more than an arm’s length from the ladder, it must be repositioned.• Contractors using the Club equipment must comply with these control measures.• Ladders must always be footed.• Carry out work at height risk assessment. |

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| **After Control Measures:** Severity(5 ) x Likelihood(10 )MEDIUM RISK(25 ) |

Responsible Person: T P Aston. Responsible Person Signature: Tim Aston

Date 03 December 2021 – To be reviewed annually.

Review Date:

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| 08 Nov 22 - TA |  |  |
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