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| If control measures aren’t implemented and effective  it 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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