

WHEELCHAIR BASED WORKOUT RISK ASSESSMENT

By taking part in these sessions, you are agreeing that you have read and implemented the information below. You are taking part at your own risk and are responsible for your own safety and welfare.

We remind people to do the following to ensure personal injury is avoided:

- Make sure you are well hydrated and have a bottle of water for your session
- Ensure the breaks on your chair are on
- Make sure you are on a solid, firm ground to keep your chair stable
- Only do what you physically can and take breaks when needed
- Make sure you have enough space around you to participate safely in the activities and that the space is clear
- Stop if you feel dizzy or unwell
- If you feel unwell or hurt yourself, have an accident or are injured while undertaking an activity – stop and take appropriate measures
- Only do things within your capabilities and modify if safe and able to do so and if necessary

Risk Rating Key

Risk rating	
Severity (S)	Likelihood (L)
1 - Low	1 – Improbable
2	2 – Remote
3 - Medium	3 – Possible
4	4 – Probable
5 – High	5 – Very likely

Rating Action Bands	
Risk (S x L)	Action Required
(1 – 5) Low Risk	Manage for continuous improvement
(6 – 15) Medium Risk	Implement control measures or further control measure where possible to reduce risk rating to as low as is reasonably practicable
(16 – 25) High Risk	Must be referred to a senior member of staff within the foundation prior to any activity taking place.

Hazard: Injury/Damage

Risk: Personal Injury or damage

People at Risk: Participants

Implemented by Who?: The participant

Occurrence: In advance of each session

S:3 L:3 Risk Rating: 6