



## 2<sup>nd</sup> Chance First Aid Risk Assessment

HARARDS IDENTIFIED	PEOPLE EXPOSED TO HAZARD	CONTROLS IN PLACE	SEVERITY 1 2 3	LIKELIHOOD 1 2 3	RISK RATING A+B
<p><b>Adverse Weather Conditions General</b></p>	<p><b>ALL</b></p>	<p><b>This Risk Assessment Only Covers the Outdoor Elements of Sports, Forest Schools &amp; Outdoor First Aid Courses. The Indoor Elements Are as Per Our Indoor Risk Assessment</b></p> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> Chance First Aid will ensure that weather forecasts are observed in the build-up to any course that requires outdoor elements.</li> <li>• In cases where an Amber or Red weather warning has been issued by the Met Office in the area where the course is due to take place, 2<sup>nd</sup> Chance First Aid will consider whether the course is safe to take place.</li> <li>• As stated in the Candidate Pre-Course Information 2<sup>nd</sup> Chance First Aid will make the ultimate decision to cancel or not, and our decision is final.</li> <li>• Dependant on the weather, the trainer/s may adjust the course structure/timings to accommodate the best weather for the outdoor elements.</li> <li>• Trainer/s may also consider spending more time covering course content indoors.</li> </ul>	<p><b>1</b></p>	<p><b>1</b></p>	<p><b>LOW</b></p>



## 2<sup>nd</sup> Chance First Aid Risk Assessment

HARARDS IDENTIFIED	PEOPLE EXPOSED TO HAZARD	CONTROLS IN PLACE	SEVERITY 1 2 3	LIKELIHOOD 1 2 3	RISK RATING A+B
<p style="color: red; text-align: center;"><b>Adverse Weather Conditions Hot Weather</b></p>	<p><b>ALL</b></p>	<ul style="list-style-type: none"> <li>• In <b>Hot Weather</b> conditions trainer\ s should consider the amount of time spent outdoors to a minimum to complete assessment criteria.</li> <li>• Trainer/ s should ensure any outdoor elements are conducted under shade wherever possible.</li> <li>• Trainer/ s should provide and ensure that all candidates have applied sun protection/ cream to reduce the risk of Sunburn.</li> <li>• Trainer/ s should ensure the candidates wear loose/ light full-length clothing to help ventilation and reduce the risk of Sunburn.</li> <li>• Candidates will be advised to cover their heads with an appropriate Sun Hat/ Cap.</li> <li>• Trainer/ s to ensure that there is ample access to drinking water, ensuring all candidates drink regularly and have adequate breaks.</li> <li>• When the assessment processes require casualties to be wearing Wet/ Cold weather clothing, assessment should be kept to a minimum and clothing remove between assessments.</li> <li>• Trainer/ s to looking for signs of Heat Exhaustion/ Heat Stoke and Outdoor elements stopped if required.</li> <li>• Candidates should be advised to bring spare clothing to change into if clothing becomes wet due to excessive sweating.</li> </ul>	<p><b>1</b></p>	<p><b>1</b></p>	<p><b>LOW</b></p>



## 2<sup>nd</sup> Chance First Aid Risk Assessment

HARARDS IDENTIFIED	PEOPLE EXPOSED TO HAZARD	CONTROLS IN PLACE	SEVERITY 1 2 3	LIKELIHOOD 1 2 3	RISK RATING A+B
<p style="color: red; text-align: center;"><b>Adverse Weather Conditions Wet/Cold Weather</b></p>	<p><b>ALL</b></p>	<ul style="list-style-type: none"> <li>In <b>Wet/Cold Weather</b> conditions trainer\ s should consider the amount of time spent outdoors to a minimum to complete assessment criteria.</li> <li>Trainer/ s should ensure any wet weather outdoor elements are conducted under shelter wherever possible.</li> <li>Candidates are asked via the Candidate Pre-Course Information to ensure the bring adequate wet/cold weather clothing to include: <i>Walking Boots/Wheelies, Waterproof Jacket/Trousers, Warm Hat &amp; Gloves.</i></li> <li>Prior to outdoor elements the trainer/ s is to ensure candidates are layered up and waterproofed apparently.</li> <li>2<sup>nd</sup> Chance First Aid can provide a small amount of Wet/Cold weather clothing if required.</li> <li>2<sup>nd</sup> Chance First Aid will supply drinking flasks for candidates to make hot drinks to take out with them when outdoors.</li> <li>2<sup>nd</sup> Chance First Aid will provide Roll Mats/Survival Bags for the practical assessments to insulate and protect simulated casualties.</li> <li>Trainer/ s to looking for signs of Hypothermia and Outdoor elements stopped if required.</li> <li>Candidates should be advised to bring spare clothing to change into if clothing becomes wet.</li> </ul>	<p><b>1</b></p>	<p><b>1</b></p>	<p><b>LOW</b></p>



## 2<sup>nd</sup> Chance First Aid Risk Assessment

HARARDS IDENTIFIED	PEOPLE EXPOSED TO HAZARD	CONTROLS IN PLACE	SEVERITY 1 2 3	LIKELIHOOD 1 2 3	RISK RATING A+B
<p><b>Outdoor Environmental Risks</b></p>	<p><b>ALL</b></p>	<ul style="list-style-type: none"> <li>• Trainer/s are to arrive at venue with ample time to assess the outdoor training area/s to ensure their suitability.</li> <li>• Trainer/s are to walk the area/s where outdoor elements are to be conducted, to ensure they are safe and free from the following:   <b>Biohazards:</b> <i>Litter, Dog/Animal Faeces, Drug Paraphernalia etc.</i>  <b>Trip Hazards:</b> <i>Loose Rocks, Roots, Undulations/Holes etc.</i>  <b>Slip Hazards:</b> <i>Loose Gravel, Wet Grass etc.</i>  <b>Animal/Insect Hazard:</b> <i>Insect Nests, Animals Sets etc.</i></li> </ul> <p>Where the above risks cannot be removed or avoided safely trainer/s should consider moving to another area to conduct outdoor elements.</p> <ul style="list-style-type: none"> <li>• If conducting outdoor elements in <b>Wooded Areas</b>, the trainer/s should also consider the condition of trees above the practical area and look for obvious loose/damaged or dead looking branches.</li> <li>• If conducting outdoor elements <b>Near Water</b> the trainer/s are to ensure there is adequate water saving equipment (life ring).</li> <li>• Ensure candidate know to “Reach or Throw don’t go”.</li> <li>• Trainer to ensure access to equipment to combat Hypothermia if casualty has been removed from water.</li> </ul>	<p><b>1</b></p>	<p><b>1</b></p>	<p><b>LOW</b></p>



## 2<sup>nd</sup> Chance First Aid Risk Assessment

HARARDS IDENTIFIED	PEOPLE EXPOSED TO HAZARD	CONTROLS IN PLACE	SEVERITY 1 2 3	LIKELIHOOD 1 2 3	RISK RATING A+B
<p style="text-align: center; color: red;"><b>First Aid Emergency/Access &amp; Egress</b></p> <p style="text-align: left; margin-top: 20px;"><b>PAGE 5 OF 5</b></p>	<p><b>ALL</b></p>	<ul style="list-style-type: none"> <li>• Course trainer/s to act as “First Aider” if a medical emergency arises during course delivery.</li> <li>• Trainer to ensure a fully stocked and appropriate outdoor First Aid kit is carried on their person during outdoor elements.</li> <li>• Trainer to ensure whilst walking the outdoor area/s prior to candidate arrival to check mobile phone signal strength.</li> <li>• If good signal strength cannot be acquired, then trainer is to ensure the nearest place where good signal strength can be achieved, or nearest public/private landline location.</li> <li>• Trainer/s to find the nearest access/egress for the emergency services and note positioning using Grid Reference, What 3 Words app or GPS co-ordinates.</li> </ul> <p><b>If More Remote:</b></p> <ul style="list-style-type: none"> <li>• Trainer/s to consider having on their person a Whistle and or Flashlight to attract attention.</li> <li>• Trainer/s to consider having on their person a Group Shelter.</li> </ul>	<p><b>1</b></p>	<p><b>1</b></p>	<p><b>LOW</b></p>