

West Berkshire Walking for Health Risk Assessment

Routes
Last updated
Zoe Campbell

All
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Hazard	Who might be harmed	How can the risk be controlled?	What further action is needed to control the risk?	Beansheaf	Discovery Centre	Greenham	Hermitage	Hosehill	Kintbury	Mortimer	Northcroft	Snelsmore	Stanford Dingley	One off / Seasonal Walks
Slips and trips on uneven and/or muddy ground	Everyone	Highlight potential hazard areas along the route, before and during the walk. Wear suitable footwear. Identify alternative route options.	Evaluate routes quarterly	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dehydration in hot weather	Everyone	Ensure walkers have a bottle of water		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Exposure to adverse weather conditions - sun, wind, rain	Everyone	Appropriate clothing and equipment for the weather ie sun cream, hats, clothing	In case of extreme weather, postpone walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Getting lost	Everyone	Ensure there is a back up leader who knows the route. Carry a map.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Injury from being struck by a car / bicycle / train whilst crossing roads	Everyone	Care and vigilance taken whilst crossing. Ask walkers to stop chatting while crossing roads, to ensure they are paying attention.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Aching joints / collapsing	Particularly those with health problems, high blood pressure	First aid training available for leasers. Health questionnaire to be completed by new walkers to ascertain health concerns Back up leader	Any changes in health conditions, walkers should update health questionnaires	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Falling in open water, lake or canal	Everyone	Highlight potentially hazardous areas along the route		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Trips and slips whilst climbing stiles / gates / crossings / cattle grids	Everyone	Health questionnaire to be completed by new walkers to ascertain any potential difficulties. Wear suitable footwear. Highlight hazard areas along the route.	Any changes in health conditions, walkers should update health questionnaires	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Livestock escaping through open gates, causing an accident / injury	Road users Walkers	Ensure gates are closed behind you.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Insect sting resulting in anaphylactic shock	Everyone	Highlight potential hazards along route.	Walkers to carry any necessary equipment / medication	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Injury from being struck by car when walking along road	Everyone	Avoid walking on busy roads. Hi-vis vest worn by walk leaders Walk in single file in accordance with the Highway		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

		Code. Use crossings where possible Lights (white at front, red at back) to be worn when dark.												
Being 'stranded' with injured person	Everyone	Know your route – eg road names or best way access gained by ambulance; leaders keep mobile phones on them to call emergency services. Carry a map.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Exhaustion of walkers		Walkers advised as to length of walk by the walk timetable supplied.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Overhanging branches / vegetation		Avoid hazardous situations by taking an alternative route		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓