

MARSH ACADEMY LEISURE CENTRE

RISK ASSESSMENT – DETAIL REVIEW

RISK ASSESSMENT FOR:

Fitness Suite

DESCRIPTION	REF	HAZARD	RISK OF	RISK TO	EXISTING CONTROLS	LR	SR	RRN	FURTHER ACTION REQUIRED
Facilities (General)	FS1	Floor surfaces	Slip/falls	Users Staff	<ul style="list-style-type: none"> Good housekeeping Cables covered Well maintained floor covering 	2	3	6	N/A
	FS2	Electricity	Shock, burns Electrocution	Users Staff	<ul style="list-style-type: none"> Equipment, installation by qualified personnel to meet current Regs and in accordance with equipment instructions. Certificate of inspection by I.E.E for premises. Regular maintenance by qualified personnel. Statutory inspections/tests Visual inspections Staff instructions and training Customer usage instructions 	1	4	4	N/A
	FS3	Ceiling/Lights	Damage to lights or ceiling resulting in shattered light fittings or falling objects.	Users Staff	<ul style="list-style-type: none"> Appropriate materials/fittings. Well maintained light units and ceiling 	1	3	3	N/A
			Poor lighting	User injury due to inadequate	Users	<ul style="list-style-type: none"> Adequate level of illumination. Well maintained lighting system. 	1	2	2
FS4	Heating and Ventilation	Discomfort Heat Stress	Users	<ul style="list-style-type: none"> Adequate and well maintained heating and ventilation system. Temperatures monitored. 	2	3	6	N/A	

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Facilities (General)	FS5	Emergency Exits	Blocked exits or defective doors preventing escape in an emergency	Users Staff	<ul style="list-style-type: none"> All exits kept free of obstructions – inside and outside. Well maintained doors. Daily inspections. 	2	3	6	N/A
	FS6	Hygiene and Cleanliness	Poor standards of hygiene resulting in infection or disease	Users	<ul style="list-style-type: none"> Effective cleaning schedules Regular monitoring to maintain high standards 	1	1	1	N/A
	FS7	Positioning Equipment	<ul style="list-style-type: none"> Impact injuries Slips/falls Blocked access/ exit routes 	Users Staff	<ul style="list-style-type: none"> Safe positioning of equipment to avoid obstruction or collision Emergency exits clear No trailing cables 	1	3	3	N/A

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Equipment (General)	FS8	Type/ Condition/ maintenance of equipment	Personal injury resulting from unsuitable or defective equipment	Users	<ul style="list-style-type: none"> • Reputable supplier • Correct installation • Daily inspections by trained staff • Regular maintenance and servicing by specialist Contractor 	1	3	3	N/A
	FS9	Lack of user skill	Personal injury arising from poor training techniques	Users	<ul style="list-style-type: none"> • Medical questionnaire • Induction for new users • Supervision by qualified/trained staff • Warning signs and customer information on safe use 	2	3	6	N/A
	FS10	Unauthorised use	Personal injury (various)	Users	<ul style="list-style-type: none"> • Admission system to restrict unauthorised access 	1	3	3	N/A

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Resistance Equipment – including TRX system, cable X-over and smith-jones equipment + weights.	FS11	<ul style="list-style-type: none"> • Moving parts, cables, upholstery, fixings. • Poor training techniques 	<ul style="list-style-type: none"> • Cuts/abrasions • Crushing/ trapping injuries • Muscular disorders. 	<p>Users</p> <p>Staff during Maintenance</p>	<p>As for Equipment (General)</p> <p>Refer to FS7 – FS10</p> <ul style="list-style-type: none"> • New equipment will be shown to those who choose to use it prior to their using it. • Equipment to be maintained by qualified staff. • Daily pre-use inspections 	2	2	4	N/A
CV Equipment	FS12	<ul style="list-style-type: none"> • Moving parts • Fixings • Poor training techniques • Power supply 	<ul style="list-style-type: none"> • Impact injuries • Slips/falls • Muscular injuries • Electric shock/ burns 	<p>Users</p> <p>Staff during Maintenance</p>	<p>As for Equipment (General)</p> <p>Refer to FS7 – FS10</p> <ul style="list-style-type: none"> • Correct installation to meet current regulations. • Statutory inspections/tests • Daily pre-use inspections • Cable control to prevent damage or tripping hazards 	2	3	6	N/A

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Free Weights	FS13	<ul style="list-style-type: none"> • Loose dumbbell collars • Racking / storage • Condition of matting • Benches • Poor training technique 	<ul style="list-style-type: none"> • Impact injury • Muscular disorders • Slips/falls 	<p>Users</p> <p>Staff during Maintenance</p>	<p>As for Equipment (General)</p> <p>Refer to FS7 – FS10</p>	2	2	4	N/A
Activities Casual Use	FS14	<ul style="list-style-type: none"> • Unauthorised access • Overcrowding • Poor training techniques 	<ul style="list-style-type: none"> • Personal injury (various) 	Users	<ul style="list-style-type: none"> • Limit on numbers • Admission system to control access. • Supervision by qualified/trained staff • Induction and personal training programmes. 	2	2	4	N/A
Coached/Organised Sessions	FS15	<ul style="list-style-type: none"> • Quality of Coaching • Coach- public ratio 	<ul style="list-style-type: none"> • Personal injury (various) 	Users	<ul style="list-style-type: none"> • Qualified coaches • Monitoring of classes and staff appraisals • Limit on numbers • Ability groupings • Accurate customer information 	2	2	4	N/A
Club/Private Hire	FS16	<ul style="list-style-type: none"> • Lack of user skill • Inadequate supervision • Overcrowding 	Personal injury (various)	Users	<ul style="list-style-type: none"> • Contractual hire agreement • Formal booking procedures • Limits on numbers • Qualified/trained personnel to supervise • Effective support and emergency arrangements 	2	2	4	N/A

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