



London Sport Institute
School of Science & Technology
Risk Assessment Database

Allianz Park East Stand

Copthall

Greenlands Lane

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Risk Assessment

Risk assessments help identify, manage and often reduce or eliminate risks in the workplace. By law, risk assessments must be conducting in the working environment in order to protect the business and the workers within (the management of health and safety at work regulations, 1999).

A risk is a likelihood of a hazardous event occurring and its consequence, thus;

Risk = likelihood x consequence (severity)

Likelihood is the measure of the chance the hazardous event will occur.

Consequence (severity) is the outcome of the hazardous event.

Although impossible to eliminate all risks it is the employer's responsibility to reduce the risk exposure as far as is 'reasonably practicable'. In order to conduct an appropriate risk assessment the following stages should be followed as defined by IOSH (3.1):

- 1) List the work tasks – What is carried out, where and by who?
- 2) Identify the risks – what are the hazard, who might be harmed and how?
- 3) Estimate the risk – Middlesex university utilise a 9 point scale
- 4) Evaluate the risk – each scale via the risk estimation will be bracketed into Acceptable (1-2), Tolerable (3-4) and Unacceptable (6-9).
- 5) Record the findings – This can be done utilising the Middlesex template which helps to record all relevant information for that risk assessment.
- 6) Review findings – All risks should be reviewed at a later date in order to maintain a safe working environment.

Appendix 1 is a template used by the university covering the 6 stage method of conducting a risk assessment (as above)

Appendix 2 is a template in which a risk assessment is conducted for different activities.

Appendix 3 depicts how the university help quantify and define risks. This is a useful tool to help fill in parts of your risk assessment

Appendix 1 – Risk assessment template for Labs & Equipment

Risk Assessment

Risk Assessment For:	Date:
Carried out by:	Review Date:

Hazard	Persons affected	Risk Controls	Risk Rating			Accept Risk	Future Requirements (with timescales)
		Outline the controls in place	Severity	Likelihood	Risk	Yes/no	

Appendix 2 - Risk assessment template for lab activities.

<u>Risk Assessment :</u>		<u>Code:</u>
Procedure:		
Hazards	Risk Rating	Control Measures
Risk Evaluation (Overall):		
Emergency Procedures:		
Monitoring Procedures:		
Assessment Record:		
Initial Risk Assessment conducted by: Review Period: Reviewer signature:		

Appendix 3 – Quantifying and defining risks

Severity		Likely (likelihood)	
High	Death, major injury or illness causing long term disability	High	Where it is certain or near certain that harm will occur
Medium	Injuries or illness causing short term disability	Medium	Where harm will often occur
Low	All other injuries or illness	Low	Where harm will seldom occur

RISK RATING	Low likelihood 1	Medium likelihood 2	High likelihood 3	Persons affected
Low severity 1	Trivial Risk 1	Tolerable Risk 2	Moderate Risk 3	E – Employees S – Students V – Visitors C – Contractors
Medium severity 2	Tolerable Risk 2	Moderate Risk 4	Substantial Risk 5	
High severity 3	Moderate Risk 3	Substantial Risk 6	Intolerable risk 9	

A guide to a risk control plan

Risk Level	Action and Timescale (<i>Timescales where required shall be determined by the appropriate school/service or management unit</i>)
Trivial	No action required and no documentation necessary
Tolerable	No additional controls are required. Monitoring is required to ensure that the controls are maintained.
Moderate	Efforts should be made to reduce the risk further where reasonable and practicable. Risk reduction measures (where identified) should be implemented within a defined period.
Substantial	Work should not be started until the risk has been reduced. If work is already in progress then urgent action should be taken.
Intolerable	Work should NOT be started or continued until the risk has been reduced. If it is not possible to reduce the risk then work has to remain prohibited

Procedures requiring risk assessments

The following are examples of procedures that require a risk assessment to be conducted – remember to consider the risks not only the participant but also to the investigator and others involved in the study:

- The collection/storage/analysis of bodily fluids (e.g. blood, urine, saliva etc).
- Intrusive tests (e.g. internal measures)
- Tests that may cause some harm or discomfort (e.g. muscle stimulation)
- Tests requiring full physical exertion (e.g. maximal strength tests, maximal sprints).
- Tests requiring physical training interventions.
- Tests requiring exposure to radiation (e.g. DXA scanning)
- Bodily morphometrics (e.g physical measures that might involve embarrassment/removal of clothing i.e. DXA, BMI, body weight, or where the equipment may be threatening i.e calipers.)
- The provision of external agents into the body (e.g. food, supplements, medicines, etc).
- Testing conducted outside of the University (this requires a filed work risk assessment form to be completed, appendix 3)
- Tests that generate psychological stress (e.g. stress tests, timed tests to criteria, cognitively demanding or very difficult tasks etc).
- Testing vulnerable individuals (e.g. the elderly, children, those with mental disorders etc).
- Imaging tests (e.g. DXA, electrophysiology, EMG, ECG, etc.)
- Testing using a computer for prolonged periods of time (sitting position, eye-strain etc).
- Tests using computer software that might induce epilepsy (flashing lights/colours etc).
- Mood induction (e.g. creating negative mood states).
- Tests involving an invasion of privacy or which may cause embarrassment (e.g. surveys requiring information on sexual orientation, history of mental illness, medical history etc).
- Tests that might lead to psychological distress (e.g. questionnaires, mental illness, depression, disgust etc).

LSI Lab Risk Assessment Data Base

General lab associated risks

AP01 – H&F Lab

AP02 – Physiology Lab

AP03 – Biomechanics Lab

AP04 – Clinical Therapy Lab

AP05 – PA/Psych Computer Lab

AP07 – Portakabin

AP08 – S&C Lab (Shaftsbury Barnet Harriers)

General risk associated with all labs

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Falls, trips and slips.	S, E,V, C	<ul style="list-style-type: none">Room is kept tidy, with appropriate, space for mobility.Individuals occupying the space are made aware of the potential hazards.	2	2	4	Y	
Student/Individual awareness	S, E, V, C	<ul style="list-style-type: none">Group size(s) is/are appropriate for the intended lecture or practical.	2	2	4	Y	
Fire and Safety							
Fires.	S, E, V,C	<ul style="list-style-type: none">Fire extinguishers are easily locatable.Individuals occupying the room should be made aware of the fire exits, routes and assembly points.Fire exits and extinguishers are not obstructed.	3	1	3	Y	
Equipment Hazard – Including Safety Critical equipment (i.e, equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA.	S, E	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.	-	-	-	-	All consent forms are kept, either as hard or electronic copy.
Other							
Injury incidents	S, E	<ul style="list-style-type: none">A first aid box is easily accessible with the room.Accident and near miss forms are filled out by the individual.	2	1	2	Y	All incident report forms are kept, either as hard or electronic copy.

AP01 – S&C Lab

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Utilisation of free weights in open spaces	S, E, C	<ul style="list-style-type: none">Free weights are being used appropriately with appropriate surrounding space.Students are aware of others using free weights around them.	2	2	4	Y	
Fire and Safety							
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA. Damages to equipment.	S, E, C	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.Damages to equipment are reported and logged.Preventative measure of further damage or harm is set in place.	-	-	-	Y	All consent forms are kept, either as hard or electronic copy.
Other							
Students and/or externals using the space unauthorised.	S, C, V	<ul style="list-style-type: none">Qualified and/or authorised personnel present where applicable.	3	1	3	Y	

AP02 – Physiology Lab (Human Performance Lab, HPL)

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Fire and Safety							
Highly flammable materials/chemicals.	S, E, C	<ul style="list-style-type: none">All highly flammable materials/chemicals are marked and signed clearly.All highly flammable materials/chemicals are kept clear high temperature areas (ie, machinery, plugs etc).					
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA. Damages to equipment.	S, E, C	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.Damages to equipment are reported and logged.Preventative measure of further damage or harm is set in place.	-	-	-	-	All consent forms are kept, either as hard or electronic copy. Service reports are kept up to date highlighting any previous issues.
Other							
Contamination Potential Explosive material	S, E	<ul style="list-style-type: none">Sterilisation of equipment and use of gloves when working with bodily fluids.Disposing of sharps and clinical waste in the appropriate ‘Clinical Waste’ bins provided.High pressure gas canisters are turned off when not in use.	3 2	1 2	3 4	Y Y	All incident report forms are kept, either as hard or electronic copy. Warning signs to be easily visible in hazardous areas.

AP03 – Biomechanics Lab (Human Movement Lab, HML)

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Utilisation of free weights and or sprints/COD in open spaces	S, E	<ul style="list-style-type: none">Dynamic activities are being performed appropriately with appropriate surrounding space.Students are aware of others performing dynamic activities around them.	2	1	2	Y	Ensure labs are set with appropriate spacing between stations,
Fire and Safety							
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA.	S, E, C	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.	-	-	-	-	All consent forms are kept, either as hard or electronic copy.
Damages to equipment.		<ul style="list-style-type: none">Damages to equipment are reported and logged.Preventative measure of further damage or harm is set in place.					
Other							

AP04 – Clinical Therapy Room

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Modesty of clients undressing.	S, E, V	<ul style="list-style-type: none">Privacy curtains are drawn when with a client, or when appropriate.No security cameras permitted inside the room.	1	3	3	Y	
Fire and Safety							
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA. Damages to equipment.	S, E, C	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.Damages to equipment are reported and logged.Preventative measure of further damage or harm is set in place.	-	-	-	Y	All consent forms are kept, either as hard or electronic copy.
Other							
Client confidentiality	S, E ,V	<ul style="list-style-type: none">All client records are kept in a secure locked cabinet.	3	1	3	Y	All consent forms are kept, either as hard or electronic copy.
Client consent	S, E	<ul style="list-style-type: none">Client has given consent prior to treatment verbally or documented.	2	1	2	Y	Prior to each treatment therapist must make sure they have asked the client if they are ok to progress with the treatment.

AP05 – Computer Lab

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Fire and Safety							
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Other							
Long durations at the computer		<ul style="list-style-type: none">• Making sure the ergonomics of the work space is suited for the individual.• Providing comfortable adjustable chairs with adjustable monitors to suit individual needs.	1	2	2	Y	

AP07 – Portakabin

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
		<ul style="list-style-type: none">					
Fire and Safety							
Blocking of the fire exit	S, E, C	<ul style="list-style-type: none">Ensure all portable table and chairs are clear from the fire exit.	1	1	1	Y	
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Other							
Surrounding entrance trip hazards		<ul style="list-style-type: none">Ensure any trip hazards surrounding the portakabin entrance from either Middlesex or Saracens (Allianz Park) are reported, and seen to ASAP.	1	2	1	Y	

AP08 – S&C Lab (Shaftsbury Barnet Harriers)

Hazard	Persons affected	Risk Controls (Outline the controls in place)	Risk Rating			Accept Risk? (Y/N)	Future Requirements (with timescales)
			Severity	Likelihood	Risk		
Environment							
Utilisation of free weights in open spaces	S, E, C	<ul style="list-style-type: none">Free weights are being used appropriately with appropriate surrounding space.Students are aware of others using free weights around them.	2	2	4	Y	
Fire and Safety							
Blocking of the fire exit	S, E, C	<ul style="list-style-type: none">Ensure all weightplates, bars and riser blocks are stored appropriately as to not block the fire exit.	1	1	1	Y	
Equipment Hazard – Including Safety Critical equipment (Ie equipment whose failure to operate correctly would result in unsafe conditions)							
Please see individual equipment RA. Damages to equipment.	S, E, C	<ul style="list-style-type: none">Consent and PAR-Q forms filled prior to first use of equipment or engagement of physical activity.Damages to equipment are reported and logged.Preventative measure of further damage or harm is set in place.	1	2	1	Y	All consent forms are kept, either as hard or electronic copy.
Other							
Students and/or externals using the space unauthorised.	S, C, V	<ul style="list-style-type: none">Qualified and/or authorised personnel present where applicable.A register is signed prior to entry.	3	1	3	Y	

Procedures Risk Assessments Database

ANTHRO_01 (Height, weight, BMI, WHR)

ANTHRO_02 (Skin fold)

ANTHRO_03 (BEI)

BLOOD_01 (capillary blood sampling)

BLOOD_02 (Venepuncture blood collection)

COMPUTER_01 (testing using a computer and or tablet for prolonged periods)

CRYO_01 (Whole body cryotherapy)

CWI_01 (Cold water immersion)

ECG_01 (surface electrocardiography)

EMG_01 (surface electromyography)

EXERCISE_01 (submaximal physiological response to treadmill running)

EXERCISE_02 (intermittent high-intensity treadmill running)

EXERCISE_03 (testing maximal oxygen consumption)

EXERCISE_04 (testing speed and agility)

EXERCISE_05 (stationary vertical, counter-movement and drop jumps)

EXERCISE_06 (repeated sprint test)

EXERCISE_07 (Wingate on cycle ergometer)

EXERCISE_08 (Cycling time trial)

EXTERNAL_01 (testing in an external institution, e.g. school, hospital, prison)

FILM_01 (filming)

FILM_02 (motion capture using CODA, Qualysis)

FLUID_01 (saliva sampling)

FLUID_02 (urine sampling)

GAS_01 (gas Analysis Douglas)

GAS_02 (gas Analysis CPEX/Powerlab)

INTERVIEW_01 (face-to-face interview on University premises)

IMAGING_01 (fMRI)

IMAGING_02 (DXA)

MASSAGE_01 (Manual therapy)

MUSCLE_01 (isokinetic measurement of muscle force)

MUSCLE_02 (Isolated isometric measurement of muscle force)

MUSCLE_03 (functional isometric measurement of muscle strength)

MUSCLE_04 (maximal strength testing)

OCCLUSION_01

SALIVA_01

SPUTUM_01

SUPP_01 (acute supplementation – on site)

SUPP_02 (chronic supplementation)

URINE_01

VULN_01 (testing adolescents).

VULN_02 (testing elderly)

Risk Assessment : Anthropometrics and physical characteristics.		Code: ANTHRO_01
Procedure: Participants are required to have their weight, height and other physical measurements recorded (e.g. waist, hips) for example to calculate Body Mass Index (BMI), Waist-Hip Ratio (WHR).		
Hazards	Risk Rating	Control Measures
Participant embarrassment if they have to remove or adjust their clothing for the measurements to take place	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Written and verbal consent is gained from the participant prior to testing. • Participant is made aware of the exact procedure and that some items of clothing may need to be readjusted or removed, and they have full right to refuse. • Experimenter is the same gender as the participant where possible. • Privacy is given to the participant. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Participant may become embarrassed for their weight/shape to be revealed to another person	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Consent form clearly states that all data is kept confidential. • Reassurance is verbally given to the participant that confidentiality will be kept. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Knowledge of one's physical measurements might lead to an increase in body dissatisfaction/anxiety, and lead to dieting/anxiety/low self-esteem etc.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Participant will be provided with advice and information based on their reading confidentially. • Resources and may be given to the participant if any issues arise as a result of the test. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg = 1.6)		
Emergency Procedures:		
n/a		
Monitoring Procedures:		
Monitoring the participant throughout and after the test, with privacy given when necessary.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Skin fold measures to assess body fat levels.		Code: ANTHRO_02
Procedure: Participants are required to have their bodyfat taken as a means of skin fold total from various sites generally outline ford NSCA protocols. These sites include, but are not limited to; triceps, pectorial, midaxillary, subscapular, suprailiac, abdominal and thigh.		
Hazards	Risk Rating	Control Measures
Participant embarrassment if they have to remove or adjust their clothing for the measurements to take place	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Written and verbal consent is gained from the participant prior to testing. • Participant is made aware of the exact procedure and that some items of clothing may need to be readjusted or removed, and they have full right to refuse. • Experimenter is the same gender as the participant where possible. • Privacy is given to the participant. Post Control Risk: Tolerable (1x2 = 2)
Participant may become embarrassed for their skinfold reading to be revealed to another person.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Consent form clearly states that all data is kept confidential. • Reassurance is verbally given to the participant that confidentiality will be kept. Post Control Risk: Trivial (1x1 = 1)
Knowledge of one's physical measurements might lead to an increase in body dissatisfaction/anxiety, and lead to dieting/anxiety/low self-esteem etc.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Participant will be provided with advice and information based on their reading confidentially. • Resources and may be given to the participant if any issues arise as a result of the test. Post Control Risk: Tolerable (1x2 = 2)
Discomfort of grabbing, pinching around the skinfold site.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • The experimenter will need to make the participants aware that in order to gain accurate readings skinfold sites will need to be handled and 'pinched' with the callipers. • Gently applying the pressure of the calliper. Post Control Risk: Tolerable (1x2 = 2)
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg. = 1.75)		

Emergency Procedures:

n/a

Monitoring Procedures:

Monitoring the participant throughout and after the test, with privacy given when necessary.

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Bioelectrical Impedance (BEI)		Code: ANTHRO_03
Procedure: Participants are required to have their bodyfat and water content taken through bio-electrical impedance (BEI). 4 electrodes are placed on the subject, 2 on the right foot and 2 on the right hand.		
Hazards	Risk Rating	Control Measures
Participant may become embarrassed for their readings to be revealed to another person.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Consent form clearly states that all data is kept confidential. • Reassurance is verbally given to the participant that confidentiality will be kept. Post Control Risk: Tolerable (1x2 = 2)
Knowledge of one's physical measurements might lead to an increase in body dissatisfaction/anxiety, and lead to dieting/anxiety/low self-esteem etc.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Participant will be provided with advice and information based on their reading confidentially. • Resources and may be given to the participant if any issues arise as a result of the test. Post Control Risk: Trivial (1x1 = 1)
Allergic reaction disposable electrodes.	Trivial (1x1 = 1)	<ul style="list-style-type: none"> • Pre-screening questionnaire is filled out by the participant prior to testing to make sure there are no known allergies. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial		
Emergency Procedures:		
n/a		
Monitoring Procedures:		
Monitoring the participant throughout and after the test, with privacy given when necessary.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Finger/Earlobe capillary blood collection		Code: BLOOD_01
Procedure: A small puncture wound is made in a finger-tip or ear lobe using an automated lancet delivery device (1.8mm +). A small volume (< 50 µl) of capillary blood is collected into a plastic cuvette or glass capillary tube.		
Hazards	Risk Rating	Control Measures
Cross infection between subjects, and/or experimenter.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> Investigator is Hep B inoculated and trained in blood sample taking. Subjects complete a pre-screening questionnaire prior to the blood sample to assess the risk of infection. Puncture site sterilized before sample taken. Experimenter must wear gloves while taking the blood sample. Lancet, wipes, cotton bud is to be disposed of in the sharps box immediately after the blood sample has been taken. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Small blood spillage.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> Spillage is cleared up immediately using 5% hypochlorite solution or an equivalent sterilising wipe. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Subject fainting or feeling nauseous.	Substantial (2x2 = 4)	<ul style="list-style-type: none"> The subject is aware they are able to withdraw at any time. Subject is instructed to not look as the blood sample is being taken. Water is available for the subject. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Risk Evaluation (Overall):		
Tolerable (Avg. = 2)		
Emergency Procedures:		
1. Any spillage is swabbed with 5% hypochlorite solution 2. Emergency first aid if the subject faints 3. If skin becomes contaminated swab with 70% alcohol solution		
Monitoring Procedures:		
Continuously monitor throughout the blood collection that the agreed procedures are being adhered to.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Venepuncture blood collection		Code: BLOOD_02
Procedure: A puncture wound is made a suitable vein in the antecubital fossa using a safety needle. Blood is collected into suitable vacutainer tubes.		
Hazards	Risk Rating	Control Measures
Cross infection between subjects, and/or experimenter.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> Investigator is Hep B inoculated and trained in venepuncture. Subjects complete a pre-screening questionnaire prior to the blood sample to assess the risk of infection. Puncture site sterilized before sample taken and afterwards is covered with sterile cotton wool swab. Experimenter must wear gloves while taking the blood sample. Safety needle is to be disposed of in the sharps box immediately after the blood sample has been taken. Each participant has a separate, new sterile puncture device, which will be disposed of immediately after use. Other material (wipes, gloves) to be disposed of in biohazard bag immediately after use. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Small blood spillage.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> Spillage is cleared up immediately using 5% hypochlorite solution or an equivalent sterilising wipe. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Subject fainting or feeling nauseous.	Substantial (2x2 = 4)	<ul style="list-style-type: none"> The subject is aware they are able to withdraw at any time. The subject is always asked to lie down for the procedure. Subject is instructed to not look as the blood sample is being taken. Water is available for the subject. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Risk Evaluation (Overall):		
Tolerable (Avg. = 2)		
Emergency Procedures:		

1. Any spillage is swabbed with 5% hypochlorite solution
2. Emergency first aid if the subject faints
3. If skin becomes contaminated swab with 70% alcohol solution

Monitoring Procedures:

Continuously monitor throughout the blood collection that the agreed procedures are being adhered to.

Assessment Record:

Risk Assessment : Testing using a computer for prolonged periods of time		Code: COMPUTER_01
Procedure: Participant will be required to spend time sitting at a desk in front of a computer or using a tablet for a period of time.		
Hazards	Risk Rating	Control Measures
Sitting for long periods in the same sitting position may cause discomfort.	Tolerable (1x2 =2)	<ul style="list-style-type: none"> • Make sure the ergonomics of the work space is suitable and adjustable, allowing to adapt to each individual's needs. Post Control Risk: Trivial (1x1 = 1)
Sitting utilising a computer or tablet may cause; Eye strain, headaches, wrist pain.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Make sure the screen is eye height. • A mouse and keyboard is used when possible. • Breaks are taken when possible. • Lighting in the room is suitable, and natural where possible. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg. = 1)		
Emergency Procedures:		
Investigator to ensure that the participants can take regular breaks where possible.		
Monitoring Procedures:		
Investigator and participant compliance is monitored throughout.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Whole Body Cryotherapy		Code: CRYO_01
Procedure: Participants will be required to spend 30 seconds in the pre-cooling chamber before spending 2.5-3 minutes in the treatment chamber.		
Hazards	Risk Rating	Control Measures
Risk of slips, trips and falls when entering/exiting the mobile cryotherapy chamber	Moderate (2 x 2 = 4)	<ul style="list-style-type: none"> No trailing wires or leads or any other equipment which could present a trip hazard Research team and BOC operative available to provide assistance if necessary <p>Post Control Risk: Trivial (1 x 1 =1)</p>
Risk of pain, discomfort or injury as a result of exposure to cold air	Moderate (2 x 2 = 4)	<ul style="list-style-type: none"> All participants will be screened for any pre-existing injuries or conditions which could make them more susceptible to the cold Participants will be required to wear appropriate attire including shoes, socks and face mask. Procedure will follow recommendations from previous studies to minimise potential for deleterious effects Participants will be asked not to touch the walls whilst inside the chamber Participants will be required to dry themselves thoroughly before entering the chamber to prevent frostbite injuries <p>Post Control Risk: Tolerable (2 x 1 =2)</p>
Risk of equipment failure	Tolerable (1 x 1 = 2)	<ul style="list-style-type: none"> A trained BOC operative will be present at all times Temperature inside the chamber will be continuously monitored and adjusted as necessary <p>Post Control Risk: Trivial (1 x 1 = 1)</p>
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg = 1.3)		
Emergency Procedures:		
First aider will be present		

Monitoring Procedures:
Continuous monitoring by a qualified individual throughout activity.
Assessment Record:
Initial Risk Assessment conducted by: Lygeri Dimitriou , Emma Cockburn Review Period: September 2016 Reviewer signature:

Risk Assessment : Surface ECG		Code: ECG_01
Procedure: Surface electrodes are placed on the skin to measure activity of the heart. Skin should be prepared prior to electrode placement to reduce effects of noise.		
Hazards	Risk Rating	Control Measures
Discomfort / allergic reaction due to skin preparation procedures (ie, cleaning , shaving, abrasion)	Tolerable (1x2 =2)	<ul style="list-style-type: none"> • Participants informed of the procedure prior to consent. • Investigator to check the participant isn't allergic to the shaving products used before applying them Post Control Risk: Tolerable (1x2 = 2)
Risk of wires being caught during exercise.	Moderate (2x2 =4)	<ul style="list-style-type: none"> • Investigators responsibility to make sure all wires are secured with tape and are positioned so there is no risk of catching on any other equipment and no risk of tripping to the participant. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Tolerable (Avg. = 2)		
Emergency Procedures:		
Emergency first aid if the subject trips or falls.		
Monitoring Procedures:		
Participant is monitored throughout via observation and verbal questioning.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Cold water immersion		Code: CWI_01
Procedure: Participants will be required to be partially submerged in water cooled to 10 degrees Celsius for 10 minutes following exercise		
Hazards	Risk Rating	Control Measures
Risk of slips, trips and falls when entering/exiting the cold water bath	Moderate (2 x 2 = 4)	<ul style="list-style-type: none"> • Sufficient space around the cold water bath • No trailing wires or lead • Research team available to provide assistance if necessary • Any water on the floor will be cleaned up immediately to reduce likelihood of slips <p>Post Control Risk: Trivial (1 x 1 =1)</p>
Risk of pain or discomfort as a result of exposure to cold water	Tolerable (1 x 2 = 2)	<ul style="list-style-type: none"> • All participants will be screened for any pre-existing injuries or conditions which could make them more susceptible to the cold • Procedure will follow recommendations from previous studies to minimise potential for deleterious effects <p>Post Control Risk: Trivial (1 x 1 = 1)</p>
Risk of drowning	Trivial (1 x 1 = 1)	<ul style="list-style-type: none"> • Participants will remain seated for the duration of the protocol and will only be submerged to the waist • Participants will be monitored throughout by a member of the research team <p>Post Control Risk: Trivial (1 x 1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg = 1)		
Emergency Procedures:		
First aider will be present		
Monitoring Procedures:		
Continuous monitoring by a qualified individual throughout activity.		
Assessment Record:		

Initial Risk Assessment conducted by: Lygeri Dimitriou, Emma Cockburn

Review Period: Academic year 2016-2017

Reviewer signature:

Risk Assessment : Surface EMG		Code: EMG_01
Procedure: Surface electrodes are placed on the skin to measure activity of the heart. Skin should be prepared prior to electrode placement to reduce effects of noise.		
Hazards	Risk Rating	Control Measures
Discomfort / allergic reaction due to skin preparation procedures (ie, cleaning , shaving, abrasion)	Tolerable (1x2 =2)	<ul style="list-style-type: none"> • Participants informed of the procedure prior to consent. • Investigator to check the participant isn't allergic to the shaving products used before applying them Post Control Risk: Tolerable (1x2 = 2)
Risk of wires being caught during exercise.	Moderate (2x2 =4)	<ul style="list-style-type: none"> • Investigators responsibility to make sure all wires are secured with tape and are positioned so there is no risk of catching on any other equipment and no risk of tripping to the participant. Post Control Risk: Tolerable (2x1 = 2)
If using muscle stimulation discomfort maybe experienced by the participant.	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Investigator to make sure the participant is aware of the procedure and the mA used for stimulation. Post Control Risk: Tolerable (1x3 = 3)
Risk Evaluation (Overall):		
Tolerable (Avg. = 2.3)		
Emergency Procedures:		
Emergency first aid for activity (ie, trips, falls, injury via activity) Emergency stop easily accessible for muscle stimulation.		
Monitoring Procedures:		
Participant is monitored throughout via observation and verbal questioning.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Submaximal physiological response to treadmill running/cycling		Code: EXERCISE_01
Procedure: The participant exercises to an individualised sub-maximum level on a motorised treadmill or cycle ergometer, where either the speed/gradient or load is increased incrementally. Blood chemistry may also be monitored through the test. Please refer to your module hand book for exact protocol. Please specify your exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV complications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Falling off the bike/treadmill.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Make sure crash mats are placed close to the treadmill in case of the participant falling off. • Making sure there is no obstruction in the immediate surroundings of the bike. The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg. = 1.6)		
Emergency Procedures:		
First aider (preferably trained on the defib) is present. Spillages from bodily fluid (ie, sweat, vomit) are cleaned as soon as possible. Participants with asthma have accessibility to their inhaler.		

Monitoring Procedures:
Continuous monitoring of participant throughout testing.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Intermittent high-intensity treadmill running/or cycling		Code: EXERCISE_02
Procedure: The participant is subject to exercise at sub-maximal and maximal intervals, either at different speeds (treadmill) or different loads (cycle ergometer). Blood chemistry may also be monitored through the test. Please refer to your module hand book for exact protocol. Please specify your exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Falling off the bike/treadmill.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Make sure crash mats are placed close to the treadmill in case of the participant falling off. • Making sure there is no obstruction in the immediate surroundings of the bike. • The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg. = 1.6)		
Emergency Procedures:		
First aider (preferably trained on the defib) is present. Spillages from bodily fluid (ie, sweat, vomit) are cleaned as soon as possible. Participants with asthma have accessibility to their inhaler.		

Monitoring Procedures:
Continuous monitoring of participant throughout testing.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Maximal VO2 test – treadmill / bike		Code: EXERCISE_03
<p>Procedure: The participant will exercise at an incremental increase of speed and/or gradient (treadmill) or load (cycle ergometer) until volitional exhaustion is reached or the test is terminated by the examiner. Blood chemistry may also be monitored through the test. Please refer to your module hand book for exact protocol.</p> <p>Please specify your exact protocol:</p>		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. <p>Post Control Risk: Minor (1x1 = 1)</p>
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Falling off the bike/treadmill.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Make sure crash mats are placed close to the treadmill in case of the participant falling off. • Making sure there is no obstruction in the immediate surroundings of the bike. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Discomfort during the test (minor – to – severe).	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Participant is explained in full the procedure of the test. • They are aware they can withdraw at any time. • The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) <p>Post Control Risk: Moderate (1x3 = 3)</p>

Risk Evaluation (Overall):

Tolerable (Avg. = 2)

Emergency Procedures:

First aider (preferably trained on the defib) is present.

Spillages from bodily fluid (ie, sweat, vomit) are cleaned as soon as possible.

Participants with asthma have accessibility to their inhaler.

Monitoring Procedures:

Continuous monitoring of participant throughout testing.

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Speed and Agility activities and/or testing		Code: EXERCISE_04
Procedure: Sub-maximal to maximal sprints with changes on direction. May include drill variations.		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Stumbling or falling during the test.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Correct clothing and footwear is worn dependent on weather and surface. • Participants are given submaximal trial runs for familiarisation. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg. = 1.3)		
Emergency Procedures:		
First aider is present. Participants with asthma have accessibility to their inhaler.		
Monitoring Procedures:		
Continuous monitoring by a qualified individual throughout testing.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Jump testing, including SJ, CMJ and DJ at various heights.		Code: EXERCISE_05
Procedure: Variety of jumps are preformed either on the spot, onto a box or off a box. This can be sub maximal to maximal.		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
Falling or tripping from high boxes during a depth jump (DJ).	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Correct clothing and footwear is worn. • There is adequate space surrounding the boxes (including head height). • The boxes are secured with no potential to topple over. • The height used is appropriate for the individual. Post Control Risk: Tolerable (2x1 = 2)
Falling or tripping when jumping onto a box.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Correct clothing and footwear is worn. • Warm up jumps are progressive. • There is adequate space surrounding the boxes (including head height). • The boxes are secured with no potential to topple over. • The height used is appropriate for the individual. • Soft plyometric boxes are used when possible. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial / Tolerable (Avg. = 1.3)		
Emergency Procedures:		
First aider is present.		
Monitoring Procedures:		
Continuous monitoring by a qualified individual throughout activity.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Repeated sprint test (RSA)		Code: EXERCISE_06
Procedure: A test of repeated sprint ability involving all-out short duration sprints with multiple changes of direction at speed around a course of cones with recovery between sprints. Distance, time and recovery periods may vary – please specify:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Falling off the bike/treadmill.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Make sure crash mats are placed close to the treadmill in case of the participant falling off. • Making sure there is no obstruction in the immediate surroundings of the bike. Post Control Risk: Tolerable (2x1 = 2)
Stumbling or falling during the test.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Correct clothing and footwear is worn dependent on weather and surface. • Participants are given submaximal trial runs for familiarisation. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial / Tolerable (Avg. = 1.75)		
Emergency Procedures:		
First aider (preferably trained on the defib) is present.		
Monitoring Procedures:		
Continuous monitoring by a qualified individual throughout activity.		

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Wingate		Code: EXERCISE_06
Procedure: Participant will cycle maximally for 30 seconds (unless modified) on a cycle ergometer, under a load equivalent to 7.5% of bodyweight (unless modified). Please specify exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Discomfort during the test (minor – to – severe).	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Participant is explained in full the procedure of the test. • They are aware they can withdraw at any time. • The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) Post Control Risk: Moderate (1x3 = 3)
Falling off the ergometer.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Making sure there is no obstruction in the immediate surroundings of the bike. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Tolerable (Avg. = 2)		
Emergency Procedures:		

First aider is present.

Monitoring Procedures:

Continuous monitoring by a qualified individual throughout activity.

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Wingate (arm Ergometer)		Code: EXERCISE_07
Procedure: Participant will cycle maximally for 30 seconds (unless modified) on an Arm ergometer, under a load (unless modified). Please specify exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. Post Control Risk: Minor (1x1 = 1)
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Discomfort during the test (minor – to – severe).	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Participant is explained in full the procedure of the test. • They are aware they can withdraw at any time. • The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) Post Control Risk: Moderate (1x3 = 3)
Risk Evaluation (Overall):		
Tolerable (Avg. = 2)		
Emergency Procedures:		
First aider is present.		
Monitoring Procedures:		
Continuous monitoring by a qualified individual throughout activity.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : High-intensity cycling		Code: Cycling Time-Trial
<p>Procedure: The participant is subject to exercise at maximal levels for a defined period of time.</p> <p>Please specify your exact protocol:</p> <p>Following a standardised five minute warm-up at 100W, with a 10s sprint at two minutes 30 seconds, participants will complete a five minute all-out time trial, covering as much distance as possible. Participants will be blinded to time and test performance and will only be informed of the half-way stage by the investigator. No verbal encouragement will be provided. This time frame has previously been suggested to replicate short-term endurance performance (Ansley et al, 2004) whilst others have shown the test to be sensitive to change following muscle damage (Twist & Eston, 2009). Distance covered (m), mean power (W) and work done (J) will be calculated and used for subsequent analysis.</p>		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. <p>Post Control Risk: Minor (1x1 = 1)</p>
CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests • Adequate warm up prior to testing. • Defib trained first aider present. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Falling off the bike/treadmill.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Make sure crash mats are placed close to the treadmill in case of the participant falling off. • Making sure there is no obstruction in the immediate surroundings of the bike. • The Cycle is set appropriately to the individual ergonomics (ie; seta height, handle distance, etc.) <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg. = 1.6)		
Emergency Procedures:		

First aider (preferably trained on the defib) is present.
Spillages from bodily fluid (ie, sweat, vomit) are cleaned as soon as possible.
Participants with asthma have accessibility to their inhaler.

Monitoring Procedures:

Continuous monitoring of participant throughout testing.

Assessment Record:

Initial Risk Assessment conducted by: Joshua Jackman
Review Period: Academic Year 2015- 2016
Reviewer signature:

Risk Assessment : External / off site testing		Code: EXTERNAL_01
Procedure: Data will be collected in an external institution e.g. schools, hospitals, prisons, organizations etc		
Hazards	Risk Rating	Control Measures
Spending time away from the University on an institution's premises to collect data could lead to individuals being vulnerable in terms of health and safety (e.g. fire safety procedures).	Trivial (1x1 = 1)	<ul style="list-style-type: none"> Individual field risk assessment is conducted and documented. HOD or programme leader is aware and has given permission/consent. Permission has been gained from the external. Individual is aware of external safety procedures (fire safety etc). <p>Post Control Risk: Trivial (1x1 = 1)</p>
Access to data which has been collected for purposes other than research.	Trivial (1x1 = 1)	<ul style="list-style-type: none"> Written information has been given to the external as to what is being collected. Sensitive data will be kept anonymous. <p>Post Control Risk: Trivial (1x1 = 1)</p>
A member of the institution might ask for feedback concerning a participant's data/scores etc.	Moderate (1x3 = 3)	<ul style="list-style-type: none"> Prior to testing consent gained from the external would state that all information is kept confidential. This is signed by the external. <p>Post Control Risk: Trivial (1x1 =1)</p>
Travel to and from the institution could put the investigator at risk of accident (car, train, plane or any other form of transport)	Trivial (1x1 = 1)	<ul style="list-style-type: none"> It is the responsibility of the individual conducting the testing to provide their own travel arrangements, unless stated otherwise. All equipment being used is signed out and will be transported safely (see equipment loan form). <p>Post Control Risk: Trivial (1x1 =1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. = 1)		
Emergency Procedures:		

An emergency number is provided to the individual in case of an incident.

The individual is aware of the external emergency procedures (first aid incidents, fire escapes, etc)

Monitoring Procedures:

Continuous monitoring by a qualified individual throughout activity, either externally or with an institution's member of staff.

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Filming physical tests and/or interviews.		Code: FILM_01
Procedure: General filming using cameras or other personal devices, such as phones.		
Hazards	Risk Rating	Control Measures
Musculoskeletal strain via long duration of camera holding.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Tripod to be used if recording for long durations. Post Control Risk: Trivial (1x1 =1)
Trip hazard on tripod / charging wires.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Wires taped down to the floor where possible. • Set up should be in a relatively safe place where there are low amounts of foot traffic. Post Control Risk: Trivial (1x1 =1)
Minor Electric shocks if using the camera outside with power supply or laptop connectivity.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • No mains powers should be used outside where possible. • If it's a necessity measures to avoid the power supply and camera getting wet should be taken (ie, Umbrella, gazebo). Post Control Risk: Trivial (1x1 =1)
Videoing without consent.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Written or Verbal consent must be obtained by those being recorded. • Consent must be gained from relevant individual if recording on private premises. Post Control Risk: Trivial (1x1 =1)
Risk Evaluation (Overall):		
Trivial (Avg. = 1)		
Emergency Procedures:		
First aider is present.		
Monitoring Procedures:		
Making sure only those within consent are being filmed.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Filming / Motion Analysis of physical activity.		Code: FILM_02
Procedure: Motion analysis of various movements using the Qualysis or CODA.		
Hazards	Risk Rating	Control Measures
Trip hazard from 'daisy chained' wires (set up)	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Area of used is closed off to foot traffic. • Only authorised individuals allowed within the area of use. • Activity performed by the individual is within the camera set up. Post Control Risk: Tolerable (2x1 =2)
Allergic reaction to tape adhesive for markers.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • PARQ prior to testing. • Verbal confirmation that the participant that the participant is not allergic to tape adhesive, to the best of their knowledge. • Skin is prepped prior to marker placement. Post Control Risk: Trivial (1x1 = 1)
Electric shock.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • No mains powers should be used outside where possible. • Avoid overloading one power supply socket with multiple plugs where possible. • Adapters and extensions should have trips. Post Control Risk: Trivial (1x1 = 1)
Falling of equipment (tripod, camera)	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Some cameras are set up high or on rigs – a suitably tall individual or a step ladder should be used where appropriate. • If cameras are set at a height, the investigator should make sure they are secured and have minimal potential of falling off. Post Control Risk: Tolerable (2x1 =2)
Embarrassment of partial nudity for marker set ups.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Some marker set ups may require minimalistic clothing to reduce error when tracking. • Participant is made fully aware of where the markers are to be placed. • Consent must be gained from the individual is clothing is required to be minimalistic (ie no shirt, shorts, etc). Post Control Risk: Tolerable (1x2 =2)

Risk Evaluation (Overall):

Tolerable (Avg. = 2)

Emergency Procedures:

First aider is present.

If Camera falls and breaks, glass cleaning kit is available.

Step ladder is available to put up cameras. If placed on high rig, a harness must be worn in conjunction with a safe ladder.

Monitoring Procedures:

Making sure only those within consent are being filmed.

Qualified individual is present during data collection.

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Gas Analysis (Douglas Bag w/ Servomex or Powerlab) in accordance with EXERCISE_01/02/03		Code: GAS_01
Procedure: Gas is collected via a specific testing procedure. The gas volume, temperature and content (O ² , CO ²) is then analysed post-test using a gas analyser via a suction vacuum.		
Hazards	Risk Rating	Control Measures
Spread of air-borne diseases in expired collected gas.	Moderate (3x1 = 2)	<ul style="list-style-type: none"> Subjects complete a pre-screening questionnaire prior to the test to assess the risk of spreading infection. Air is collected in a suitable douglas bag (no leaks, built for purpose). A disposable filter (MLA304) should be used between the mouthpiece and tubing to the douglas bag when possible. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Mouthpiece could be contaminated (viral)	Moderate (3x1 = 2)	<ul style="list-style-type: none"> Mouthpiece and masks are sterilized directly after use. Head strap for mask is rinsed and dried as thoroughly as possible between users, as to get rid of any sweat. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Trip or choke hazard from mouthpiece/analyser to douglas bag.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> Tubing is kept as tidy as possible, as to not interfere with the test or the participant and surrounding investigators. With long tubes, an investigator is holding it up away from the floor, as generally tubes are transparent and become a greater hazard as they can be difficult to see if on the floor. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. 1)		
Emergency Procedures:		
Emergency first aid.		

Monitoring Procedures:
Check the participant is comfortable with the mouthpiece in and is not feeling suffocated. Tubing is kept in safe position without compromise of the gas collection, but with the participants comfort and safety a priority.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Gas Analysis (CPEX) in accordance with EXERCISE_01/02/03		Code: GAS_02
Procedure: Gas is collected via a specific testing procedure . Expired air is directly analysed for O2 and CO2 breathe by breathe.		
Hazards	Risk Rating	Control Measures
Mouthpiece could be contaminated (viral)	Moderate (3x1 = 2)	<ul style="list-style-type: none"> • Mouthpiece and masks are sterilized directly after use. • Head strap for mask is rinsed and dried as thoroughly as possible between users, as to get rid of any sweat. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Trip or choke hazard from mouthpiece/analyser to douglas bag.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Tubing is kept as tidy as possible, as to not interfere with the test or the participant and surrounding investigators. • With long tubes, an investigator is holding it up away from the floor, as generally tubes are transparent and become a greater hazard as they can be difficult to see if on the floor. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Calibration gas cylinders have the appropriate regulators on, and are secured firmly, away from anything highly explosive.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • The manufacturer suggested regulators are used. • Cylinders are checked on a weekly basis. • The technician replaces old cylinders and disposes of them in the correct format, via ISS. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. 1)		
Emergency Procedures:		
Emergency first aid.		
Monitoring Procedures:		
Check the participant is comfortable with the mouthpiece in and is not feeling suffocated.		
Tubing is kept in safe position without compromise of the gas collection, but with the participants comfort and safety a priority.		

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Face to face Interview and/or QA		Code: INTERVIEW_01
Procedure: An interview/survey will be conducted on a face-to-face basis on University premises.		
Please specify the type/orientation of your QA or interview:		
Hazards	Risk Rating	Control Measures
The participant might become upset/rude/abusive/aggressive dependent on the nature of the questions.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Consent must be gained from the participant prior to the interview/QA. • The participants should be made fully aware of the orientation and nature of the interview/QA. Post Control Risk: Tolerable (2x1 = 2)
Some questions could be extremely personal in which the participant may not want to answer. This may cause distress.	Moderate (2x2 = 4)	<ul style="list-style-type: none"> • The participant is aware that they do not have to answer any questions they do not feel comfortable with. • Participants are reassured that all information is sensitive and is kept confidential as stated on the consent form. Post Control Risk: Moderate (2x2 =4)
Risk Evaluation (Overall):		
Tolerable / Moderate (Avg. 3)		
Emergency Procedures:		
Other members of staff are aware of where the interviews taking place.		
Monitoring Procedures:		
The experimenter is monitoring the entire interview /QA process.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Ultra Sound Unit (Sonography)		Code: IMAGING_01
Procedure: The participant has a particular area where the experimenter will apply the head of the ultra sound unit, as to produce an image on screen via oscillating sound waves, at high frequencies.		
Hazards	Risk Rating	Control Measures
Generates ultrasonic frequencies	Trivial (1x1 = 1)	<ul style="list-style-type: none"> Noise level produced by the US machines is above the limit of human hearing (20kHz) in the form of airwave pressure and cannot be heard. Reduce the energy at the source. Servicing to be done at regular annual intervals. Post Control Risk: Trivial (1x1 = 1)
Skin irritation between ultra sound head and skin.	Trivial (1x1 = 1)	<ul style="list-style-type: none"> Experimenter to use ultrasound gel on the ultrasound head. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg.1)		
Emergency Procedures:		
First aider present		
Monitoring Procedures:		
n/a		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Dual X-Ray Absorptiometry (DXA)		Code: IMAGING_02
Procedure: The participant will be scanned for body composition and bone density.		
Hazards	Risk Rating	Control Measures
Participant/experimenter/others are subject to minor doses of radiation, measuring in at a maximum of 0.02 ms/V.	Substantial (2x3 = 6)	<ul style="list-style-type: none"> • A pre-screening questionnaire has been filled out by the participant, and if female they are not pregnant or planning to get pregnant in the very near future. • Quality assurance (calibration) is carried out on the DXA prior to testing. • A diameter of 1 meter is marked around the scanner, as a radiation risk zone. During operation no persons should enter into that zone unless authorised. • The operator has been trained in ionising radiation and is aware of the associated risks. • The participant is made aware of the associated risks. <p>Post Control Risk: Tolerable (2x2 = 4)</p>
The participant could feel claustrophobic when the DXA arm is moving over them.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • The participant is told to keep as still as possible through the test, to minimise risk of injury from moving parts. • The experimenter is continually monitoring the test as to be able to stop it instantly and safely get the participant out if they feel the need to. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Participant embarrassment of body composition and image coming up on the screen.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • The experimenter has made the participant aware that the image will come up directly after the test. • The participants consent has been gained prior to testing if showing the image to others. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Risk Evaluation (Overall):		
Tolerable / Moderate (Avg. 2.6)		
Emergency Procedures:		
Emergency first aid. Emergency stop button located on the arm of the DXA.		

Monitoring Procedures:
Check the participant is comfortable and is not feeling claustrophobic. No persons should step inside the radiation zone, marked 1 meter around the DXA.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Massage and manual therapy		Code: MASSAGE_01
Procedure: Participants are subject to manual therapy. Where the experimenter (or therapist) will be using hands on treatment and techniques.		
Hazards	Risk Rating	Control Measures
Participant/patient embarrassment if they have to remove or adjust their clothing for the treatment to take place	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Written and verbal consent is gained from the participant prior to testing. • Participant is made aware of the exact procedure and that some items of clothing may need to be readjusted or removed, and they have full right to refuse. • Experimenter is the same gender as the participant where possible. • Privacy is given to the participant. <p>Post Control Risk: Tolerable (1x2 = 2)</p>
Participant/patient may become embarrassed of their body in front of the experimenter (therapist) potentially causing body dissatisfaction/anxiety.	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> • Consent form clearly states that all data is kept confidential. • Reassurance is verbally given to the participant that confidentiality will be kept. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Knowledge of one's physical state might lead to anxiety if diagnosed	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Participant will be provided with advice and information based on their physicality confidentially. • Resources and may be given to the participant if any issues arise as a result of the test. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Pain and/or discomfort during treatment.	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Pressure is applied gently and to the participants/patience individual tolerance. • The experimenter/therapist asks about the pressure application during the treatment. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Risk Evaluation (Overall):		
Trivial/Tolerable (Avg = 1.75)		
Emergency Procedures:		

n/a
Monitoring Procedures:
Monitoring the participant throughout and after the test, with privacy given when necessary.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Isokinetic measure of muscle force		Code: MUSCLE_01
Procedure: The Participant is strapped into the Biodex (isokinetic dynamometer) and is required to produce their maximum force from a specified muscle group against a lever arm. Please specify the exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Specific warm-up and pre-test selection criteria will reduce the likelihood of injury. • Test trial to be given to allow familiarization of the set protocol or is at least explained thoroughly to the participant. Post Control Risk: Minor (1x1 = 1)
High volume protocols (high in reps) causing potential CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests . • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Discomfort or numbness when strapped in to the lever arm.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • The limb is strapped as to be comfortable for the participant but not too loose that the data collection is compromised. • Lever arm is set within reasonable range of motion. • Straps are regularly checked for wear and tear. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg. 1.3)		
Emergency Procedures:		
First aider is present. Emergency stop button is within reach of the experimenter and/or participant.		
Monitoring Procedures:		
Continuously monitor the participant throughout and after the exercise test.		

Assessment Record:

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Isometric measure of muscle force (Biodex)		Code: MUSCLE_02
Procedure: The Participant is strapped into the Biodex (isokinetic dynamometer) and is required to produce their maximum force from a specified muscle group against a non-moving lever arm. Please specify the exact protocol:		
Hazards	Risk Rating	Control Measures
Musculoskeletal Injury.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Specific warm-up and pre-test selection criteria will reduce the likelihood of injury. • Test trial to be given to allow familiarization of the set protocol or is at least explained thoroughly to the participant. Post Control Risk: Minor (1x1 = 1)
High volume protocols (high in reps) causing potential CV Implications.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Pre-screening (PARQ) of participant prior to any physically exerting tests. • Adequate warm up prior to testing. • Defib trained first aider present. Post Control Risk: Tolerable (2x1 = 2)
Discomfort or numbness when strapped in to the lever arm.	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • The limb is strapped as to be comfortable for the participant but not too loose that the data collection is compromised. • Lever arm is set within reasonable range of motion. • Straps are regularly checked for wear and tear. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg. 1.3)		
Emergency Procedures:		
First aider is present. Emergency stop button is within reach of the experimenter and/or participant.		

Monitoring Procedures:
Continuously monitor the participant throughout and after the exercise test.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Isometric measure of muscle force		Code: MUSCLE_03
Procedure: The Participant is performing and isometric contraction for up to 5 seconds against an immovable bar/object in a functional position (ie, quarter squat, clean pull, etc).		
Hazards	Risk Rating	Control Measures
Musculo-skeletal injury	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening questionnaire has been completed by the participant, to highlight any injuries and /or potential of injury. • Specific warm-up (gradually building to maximal force) and pre-test selection criteria will reduce the likelihood of injury. • Test trial to be given to allow familiarization of the set protocol or is at least explained thoroughly to the participant. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Discomfort or numbness when strapped in to the bar (Pull or variation of)	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • The hand is strapped to the bar with weightlifting straps and tape (optional). • Straps are regularly checked for wear and tear. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Breaking or damage to the isometric rig set up.	Trivial (1x1 = 1)	<ul style="list-style-type: none"> • Ratchet straps used are suitable, and are regularly checked for wear and tear. • If additional weight is added to the bar, clips are used as to prevent weights falling during the test. • The bar being used is suitable and can withstand high amounts of force with minimal bar oscillation. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. 1.3)		
Emergency Procedures:		
First aider is present. The participant can stop at any time during the test if they feel uncomfortable.		
Monitoring Procedures:		
Continuously monitor the participant throughout and after the exercise test.		
Assessment Record:		

Initial Risk Assessment conducted by: S Chavda (Technical Associate)

Review Period: Academic Year 2014- 2015

Reviewer signature:

Risk Assessment : Maximal muscular testing (Repetition Max)		Code: MUSCLE_04
Procedure: The Participant is performing a repetition max (1RM, 3RM etc) on a specific dynamic movement under load (ie, squat, clean, bench press etc).		
Hazards	Risk Rating	Control Measures
Musculo-skeletal injury	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • Pre-screening questionnaire has been completed by the participant, to highlight any injuries and /or potential of injury. • Specific warm-up (gradually building to maximal force) and pre-test selection criteria will reduce the likelihood of injury. • Test trial to be given to allow familiarization of the set protocol or is at least explained thoroughly to the participant. Post Control Risk: Tolerable (2x1 = 2)
Discomfort	Tolerable (2x1 = 2)	<ul style="list-style-type: none"> • The participant is aware of what is required and is competent at the movement. Post Control Risk: Tolerable (2x1 = 2)
Risk Evaluation (Overall):		
Trivial (Avg.2)		
Emergency Procedures:		
First aider is present. The participant can stop at any time during the test if they feel uncomfortable.		
Monitoring Procedures:		
Continuously monitor the participant throughout and after the exercise test.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2015- 2016 Reviewer signature:		

Risk Assessment : Blood Flow Occlusion		Code: OCCLUSION_01
Procedure: Blood flow occlusion using an automated blood occlusion cuff on upper arm or leg.		
Hazards	Risk Rating	Control Measures
Numbness in the limb due to occlusion of the cuff	Trivial (1x1 = 1)	<ul style="list-style-type: none"> Written and verbal consent is gained from the participant prior to testing. Subjects complete a pre-screening questionnaire to indicate any potential neurological issues or high blood pressure. Post Control Risk: Tolerable (1x1 = 1)
Subject may become light-headed due to blood flow restriction	Tolerable (1x2 = 2)	<ul style="list-style-type: none"> Subjects complete a pre-screening questionnaire to indicate at risk blood pressure. Subjects to rest prior to blood flow restriction. Occlusion time to be kept minimal and within current guidelines from manufacturer guidelines and recommendations based on current literature. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg. = 1)		
Emergency Procedures:		
Remove cuff immediately.		
Monitoring Procedures:		
Monitoring the participant throughout and after the test, with privacy given when necessary.		
Assessment Record:		
Initial Risk Assessment conducted by: S. Miller (Senior Lecturer) Date: August 2015		

Risk Assessment : Salivary Collection		Code: SALIVA_01
Procedure: A swab is taken from the inside cheek or passively induced drooling is carried out by the participant.		
Hazards	Risk Rating	Control Measures
Collecting salivary samples using salivettes. Possibility of transfer of oral blood (disease) from participant to researcher when tubes are handled.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> Investigator is Hep B inoculated and trained in salivary sample taking. Subjects complete a pre-screening questionnaire prior to the sample to assess the risk of infection. Investigator must wear gloves while taking the sample. When possible testing is conducted near or over a sink. Post Control Risk: Tolerable (2x1 = 2)
Hygiene hazard for participants holding the salivettes.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> It is advised for participants to wash their hands prior to collection to avoid contamination of the sample. Participants will hold only their own sample. Tissue to be provided incase of spillages. When possible testing is conducted near or over a sink. Post Control Risk: Tolerable (2x1 = 2)
Transferring the samples from testing room, might result in leakage and hence disease transmission	Tolerable (2x1)	<ul style="list-style-type: none"> Investigator to check that all samples are secured. Samples should be stored appropriately. Transfer of samples should be kept at a minimum. Post Control Risk: Trivial (1x1 = 1)
Spillages or leakage of samples; spread of disease, slip hazard.	Tolerable (2x1)	<ul style="list-style-type: none"> Any spillage is swabbed with 5% hypochlorite solution. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial / Tolerable (Avg. 1.5)		
Emergency Procedures:		
Spillage kit is available Any spill is cleaned with a sterile wipe.		

Monitoring Procedures:
Continuously monitor throughout the collection that the agreed procedures are being adhered to. Monitor spillages or leaks – which are attended to ASAP if present.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Sputum induction using a nebuliser and hypertonic saline		Code: SPUTUM_01
Procedure: Sputum samples will be collected following the use of a nebuliser and aerosol solution of hypertonic saline.		
Hazards	Risk Rating	Control Measures
Possibility of transfer of oral blood (disease) from participant to researcher when collection containers are handled.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> Investigator is Hep B inoculated and trained in sputum collection. Subjects complete a pre-screening questionnaire prior to the sample to assess the risk of infection. Investigator must wear gloves while taking the sample. When possible testing is conducted near or over a sink. Post Control Risk: Tolerable (2x1 = 2)
Hygiene hazard for participants holding the collection containers.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> It is advised for participants to wash their hands prior to collection to avoid contamination of the sample. Participants will hold only their own sample. Tissue to be provided in case of spillages. When possible testing is conducted near or over a sink. Post Control Risk: Tolerable (2x1 = 2)
Transferring the samples from testing room, might result in leakage and hence disease transmission	Tolerable (2x1=2)	<ul style="list-style-type: none"> Investigator to check that all samples are secured. Samples should be stored appropriately. Transfer of samples should be kept at a minimum. Post Control Risk: Trivial (1x1 = 1)
Spillages or leakage of samples; spread of disease, slip hazard.	Tolerable (2x1=2)	<ul style="list-style-type: none"> Any spillage is swabbed with 5% hypochlorite solution. Post Control Risk: Trivial (1x1 = 1)
Risk for participant of bronchial irritation or obstruction	Moderate (3x1 = 3)	<ul style="list-style-type: none"> Any participants with asthma will be excluded from the study Participants will perform a measure of FEV₁ before the initial bout of nebulisation and in between each subsequent bout; If FEV₁ drops below 80% of initial value, salbutamol will be administered via the nebuliser Post Control Risk: Trivial (1x1 = 1)

Risk Evaluation (Overall):
Trivial / Tolerable (Avg. 1.5)
Emergency Procedures:
Spillage kit is available Any spill is cleaned with a sterile wipe.
Monitoring Procedures:
Continuously monitor throughout the collection that the agreed procedures are being adhered to. Monitor spillages or leaks – which are attended to ASAP if present.
Assessment Record:

Risk Assessment : Acute supplement administration (single dose at each testing day)		Code: SUPP_01
Procedure: Participants will be provided with an experimental supplement which they are required to take daily for the duration of the study.		
Hazards	Risk Rating	Control Measures
Subjects may have an adverse reaction to supplements such as gastrointestinal upset or nausea.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Pre Screening questionnaire is carried out prior to supplement administration. • Any participant with a history of hypersensitivity or intolerance to the supplement or its ingredients will be excluded. • Participants on medication or drug that may interact with the supplement and cause adverse effects will also be excluded. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Overdose.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Dosing will be based on current literature as researched by the experimenter, with sound rationale behind the dose. • Each participant will be given clear instruction on taking the dosage. • Each dosage is measure out accurately using accuracy pan scales where possible, as measured by the experimenter. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Choking.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • If in tablet form, participants will be advised to take it with water. • If in powdered form, participants would generally be advised to mix it with fluid for easy administration. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Adverse Event.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • In the event that the participant reacts to the supplement, they will be advised to stop treatment immediately, consult their GP and inform the investigator. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Slips through spillage	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Spillage kit available where the supplement is being administered. <p>Post Control Risk: Trivial (1x1 = 1)</p>

Contamination	Trivial (1x1 = 1)	<ul style="list-style-type: none"> • Make sure all utensils used to measure or transfer supplement is sterile. • Experimenter to use gloves when handling the supplement. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. 1)		
Emergency Procedures:		
First aider present, in case of adverse reactions to the supplement. Spillage kit available.		
Monitoring Procedures:		
Correct dose/supplement taken by the participant.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Chronic supplement administration		Code: SUPP_02
Procedure: Participants will be provided with an experimental supplement which they are required to take daily for the duration of the study.		
Hazards	Risk Rating	Control Measures
Subjects may have an adverse reaction to supplements such as gastrointestinal upset or nausea.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Pre Screening questionnaire is carried out prior to supplement administration. • Any participant with a history of hypersensitivity or intolerance to the supplement or its ingredients will be excluded. • Participants on medication or drug that may interact with the supplement and cause adverse effects will also be excluded. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Overdose.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • Dosing will be based on current literature as researched by the experimenter, with sound rationale behind the dose. • Each participant will be given clear instruction on taking the dosage. • Each dosage is measure out accurately using accuracy pan scales where possible, as measured by the experimenter. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Choking.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • If in tablet form, participants will be advised to take it with water. • If in powdered form, participants would generally be advised to mix it with fluid for easy administration. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Adverse Event.	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> • In the event that the participant reacts to the supplement, they will be advised to stop treatment immediately, consult their GP and inform the investigator. <p>Post Control Risk: Trivial (1x1 = 1)</p>

Slips through spillage	Tolerable (2x1 = 2).	<ul style="list-style-type: none"> Spillage kit available where the supplement is being administered. <p>Post Control Risk: Trivial (1x1 = 1)</p>
Risk Evaluation (Overall):		
Trivial (Avg. = 1)		
Emergency Procedures:		
First aider present, in case of adverse reactions to the supplement.		
Monitoring Procedures:		
Correct dose/supplement taken by the participant.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Risk Assessment : Urine Collection		Code: URINE_01
Procedure: The Participant urinates into a tube for analysis of hydration and glucose via refractometry.		
Hazards	Risk Rating	Control Measures
Collecting urinary samples.	Tolerable (2x1 = 3)	<ul style="list-style-type: none"> Investigator is trained in urinary sample taking. Subjects complete a pre-screening questionnaire prior to the sample to assess the risk of infection. Investigator must wear gloves while taking the sample. When possible testing is conducted near or over a sink. Post Control Risk: Trivial (1x1 = 1)
Hygiene hazard for participants holding the tube containing the urine.	Tolerable (2x1 = 3)	<ul style="list-style-type: none"> It is advised for participants to wash their hands prior to collection to avoid contamination of the sample. Participants will hold only their own sample. Tissue to be provided incase of spillages. When possible testing is conducted near or over a sink. Post Control Risk: Trivial (1x1 = 2)
Transferring the samples from testing room, might result in leakage and hence disease transmission	Tolerable (2x1)	<ul style="list-style-type: none"> Investigator to check that all samples are secured. Samples should be stored appropriately. Transfer of samples should be kept at a minimum. Post Control Risk: Trivial (1x1 = 1)
Spillages or leakage of samples; spread of disease, slip hazard.	Tolerable (2x1)	<ul style="list-style-type: none"> Any spillage is cleaned with 5% hypochlorite solution. Post Control Risk: Trivial (1x1 = 1)
Risk Evaluation (Overall):		
Trivial (Avg. 1)		
Emergency Procedures:		
Spillage kit is available Any spillage is cleaned with a sterile wipe.		

Monitoring Procedures:
Analysis is done over a sink. Spillages are attended to instantly by whomever the sample belongs to.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2016-2017 Reviewer signature:

Risk Assessment : Testing adolescents below the age of 18.		Code: VULN_01
<p>Procedure: Testing procedure is dependent on the study; however the participants being used are under 18 and are therefore classed as vulnerable, hence requiring a risk assessment.</p> <p>Please state the risk assessment code for the testing procedure to be carried out on this group:</p>		
Hazards	Risk Rating	Control Measures
Being alone with an adolescent.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • The experimenter MUST have an up to date DBS check. Ethics should not be granted without this • The experimenter is aware and familiar with Children's safeguarding (found on www.gov.uk) • Where possible the participants guardian or parent should be present. • The experimenter will make it explicit on the whereabouts of the testing. <p>Post Control Risk: Tolerable (2x1 = 2)</p>
Participant is too young to give consent.	Moderate (1x3 = 3)	<ul style="list-style-type: none"> • Written consent is gained by the guardian/parent. • Guardian/Parent has given pre-screening information to make sure the participant is suitable for the test. • Participant is made aware of the exact testing procedure. <p>Post Control Risk: Tolerable (1x1 = 1)</p>
High risk injury during sub-maximal or maximal testing.	Moderate (3x1 = 3)	<ul style="list-style-type: none"> • Tests selected by the experimenter are suitable. • Protocol is explained to the participants clearly. • Participants are able to have trial runs to better understand the tests. <p>Post Control Risk: Tolerable (1x1 = 1)</p>
Risk Evaluation (Overall):		
Tolerable (Avg. = 1.3)		
Emergency Procedures:		
First aider present. Guardian/Parent is easily contactable.		

Monitoring Procedures:
Guardian/Parent is present where possible. An individual the participant is familiar with is present.
Assessment Record:
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:

Risk Assessment : Testing vulnerable elderly participants who are at high risk of injury.		Code: VULN_02
<p>Procedure: Testing procedure is dependent on the study; however the participants being used are elderly and are therefore classed as vulnerable, hence requiring a risk assessment.</p> <p>Please state the risk assessment code for the testing procedure to be carried out on this group:</p>		
Hazards	Risk Rating	Control Measures
High risk injury during sub-maximal or maximal testing.	Substantial (3x2 = 6)	<ul style="list-style-type: none"> • Pre Screening and consent has been given prior to the testing. • Tests selected by the experimenter are suitable. • Protocol is explained to the participants clearly. • Participants are able to have trial runs to better understand the tests. <p>Post Control Risk: Moderate (2x2 = 4)</p>
Risk Evaluation (Overall):		
Moderate (Avg. 4)		
Emergency Procedures:		
First aider present.		
Monitoring Procedures:		
General monitoring of the participant during the test.		
Assessment Record:		
Initial Risk Assessment conducted by: S Chavda (Technical Associate) Review Period: Academic Year 2014- 2015 Reviewer signature:		

Specialist Equipment Risk Assessment

ADI_Powerlab

Biodex

Cable_Machine

CODA

CPEX

Cross_Trainer

Cycle_Ergometer

DXA

ETU (electro therapy unit)

Leg_Press

Massage_Bed (portable)

Massage_Bed (plinth)

Meta_3B

Multi_Press

Rower

Treadmill (Woodway.Lifefitness)

Ultra_Sound

Veletron_Bike

Equipment : ADI Power Labs (multi function)				Code: ADI_Powerlab			
Carried out by: S Chavda (Technical Associate)				Review Date: September 2015			
Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Biological hazard from attachment – such as skin irritation, spread of disease from mouth pieces. Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> All additional attachments must be sterilised thoroughly prior to secondary use. All additional attachments must be kept in a clean environment. Correct filters to be used during gas collection. 	1	1	1	Y	
Discomfort from muscle stimulation. Moderate (1 x 3 = 3)	S	<ul style="list-style-type: none"> When using the muscle stimulator subject must be made aware of the exact protocol and the high potential of slight discomfort. 	1	3	3	Y	

Equipment : Biodex System 3 (Dynamometer)				Code: Biodex			
Carried out by: S Chavda (Technical Associate) / IPRS (Biodex service provider)				Review Date: September 2015			
Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Biological hazard from sweat – such as skin irritation. Tolerable (2 x 1 = 1)	S	<ul style="list-style-type: none"> Any body fluids, such as sweat is wiped cleaned with disinfectant spray (or wipe) and paper towel. 	1	1	1	Y	Service to be carried out annually by IPRS. This includes replacement of worn out straps and broken safety guards on the attachment lever. Next due date:
Trip hazard Tolerable (2 x 1 = 1)	S,E,V	<ul style="list-style-type: none"> All wires/leads are covered or positioned to allow for safe mobility. 	1	1	1	Y	
Discomfort when strapped in the machine Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> Correct attire must be worn when using the Biodex. Subjects are strapped in safely and comfortably. Ergonomics of the Biodex set up is comfortable for the individual. Subjects are made aware of the 'Emergency Stop' buttons on the machine. 	1	1	1	Y	

Equipment : Cable Machine	Code: Cable_Machine
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects. Moderate (1 x 3 = 3)	S,E,V	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	3	3	Y	Regular checks should be carried out based around its usage. fitness maintenance.

Equipment : CODA motion analysis (2 tripod set up)	Code: CODA
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Trip hazard. Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none"> All wires/leads are covered or positioned to allow for safe mobility. 	1	1	1	Y	Service to be carried out by CODA, as of when needed, due to irregular use of the equipment.
Falling of the tripod. Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none"> Tripods are secured safely and there is minimum foot traffic in the area of usage. 	1	1	1	Y	

Equipment : CPEX (breath by breath analyser)				Code: CPEX			
Carried out by: S Chavda (Technical Associate) / Med Graphics (Service providing company)				Review Date: September 2015			
Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Outline the controls in place	Severity	Likelihood	Risk	
Trip hazard. Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none">Umbilical from the CPEX is attached to the CPEX when not in use, and is safely positioned during testing as to be a safe distance away from moving parts and participant.	1	1	1	Y	Regular checks should be carried out based around its usage .Service to be carried out by annually by Med Graphics.
			1	1	1	Y	
High pressure gas cylinders, leaking gas Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none">The technician has safely attached the cylinders to the CPEX with the correct regulators.	1	1	1	Y	

Equipment : Cross trainer	Code: Cross-trainer
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects. Moderate (1 x 3 = 3)	S,E,V	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	3	3	Y	Regular checks should be carried out based around its usage.

Equipment : Cycle Ergometer (Monarks, Lode bike)	Code: Cycle_Ergometers (inc. Lode Bike)
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects. Tolerable (2 x 1= 2)	S,E,V	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	1	1	Y	Regular checks should be carried out based around its usage. Services are conducted as and when required by Cranlea.
Discomfort when on the cycle. Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> Correct attire must be worn when using the bikes. Subjects are strapped in safely and comfortably. Ergonomics of the bike set up is comfortable for the individual. 	1	1	1	Y	
Trip hazard. Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none"> All wires/leads are covered or positioned to allow for safe mobility. 	1	1	1	Y	

Equipment : Dual Xray Absorptiometry (DXA)				Code: DXA			
Carried out by: S Chavda (Technical Associate) / L Dimitriou (Snr. Physiology Lecturer) / GE Healthcare (Service provider)				Review Date: September 2015			
Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Ionising radiation (0.02 ms/v) Substantial (2 x 3 = 6)	S,E,V	<ul style="list-style-type: none"> There is a 1-m radius marked around the scanner with as a radiation risk zone with noticeable radiation tape (yellow). Walls close or next to the scanner are brick, and are not hollow. The controller is trained in ionising radiation. 	1	2	2	Y	Regular checks should be carried out based around its usage, quality assurance is carried out prior to testing. Services are conducted as and when required by GE Healthcare.
Discomfort when on the DXA. Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> No female pregnant or planning to get pregnant must be scanned. The subject is made aware of having to be still when the DXA arm moves over them (6-9 min). 	1	1	1	Y	
Accident with the moving arm of the DXA.	S	<ul style="list-style-type: none"> All Subjects are asked to remain still (appx 6 min) during the 	1	1	1	Y	

Tolerable (2 x 1 = 2)		<p>scan.</p> <ul style="list-style-type: none"> If the subject feels uncomfortable and wants to be removed from the DXA, they give verbal cue to do so, as to avoid making contact with the moving arm. 					
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Equipment : Electro Therapy Unit (Inferential & Ultrasound)	Code: ETU
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Biohazard – skin infection. Tolerable (2 x 1 = 2)	S,V	<ul style="list-style-type: none"> Electropads are washed and kept in a sterile environment. Ultrasound head is sterilised with antibacterial wipes between patients. 	1	1	1	Y	Regular checks should be carried out based around its usage. Services are conducted as and when required by Patterson Medical.
Discomfort when inferential is used. Tolerable (1 x 2 = 2)	S,V	<ul style="list-style-type: none"> Subjects/Patients should be made aware that small harmless electrical impulses will be sent through them during treatment. 	1	2	2	Y	

Equipment : Horizontal Leg Press	Code: Leg_Press
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects.. Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	1	1	Y	Regular checks should be carried out based around its usage.
Discomfort when leg press is used. Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> Correct attire must be worn when using the bikes. Ergonomics of the leg press set up is comfortable for the individual. 	1	1	1	Y	

Equipment : Meta Max 3B	Code: Meta_3B
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Compressed Gases. Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> All gas cylinders are appropriately restrained. External secure storage for cylinders not in active use. 	1	1	1	Y	Regular checks should be carried out based around its usage. Services to be carried out as of when, by Cranlea, due to irregular use.
Choke hazard from loose tubing. Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> Tubes are positioned safely away from the neck and are not tangled. The harness is in good condition as to not fall off the participant and pull the tubing. 	1	1	1	Y	
Biohazard – airborne disease from mask. Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> All mouth pieces, masks, straps and valves have been sterilised using the appropriate reagents (Milton) before and after use. 	1	1	1	Y	

Equipment : Multi Press gym unit	Code: Multi_Press
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. When adjusting the bench, the user is aware of hand position as to not trap the fingers. 	1	1	1	Y	Regular checks should be carried out based around its usage.

Equipment : Rower	Code: Rower
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	1	1	Y	Regular checks should be carried out based around its usage.

Equipment : Treadmill (inc. Woodway)	Code: Treadmill
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	1	1	Y	Regular checks should be carried out based around its usage.
Subject Falling off Tolerable (2 x 1 = 2)	S	<ul style="list-style-type: none"> A crash mat is placed behind the treadmill. The subject is made aware of trying to stop gradually as appose to hitting the emergency stop button unless necessary. No long or loose baggy clothing to be worn on the treadmill, also correct footwear should be worn. 	1	1	1	Y	Specifically for the Woodway treadmill, annual services to be carried out by Cranlea.
Trip Hazard Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none"> All wires and leads are covered or safely positioned. 	1	1	1	Y	

Equipment : Ultrasound Unit	Code: Ultra_Sound
Carried out by: S Chavda (Technical Associate)	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Biohazard – skin infection. Tolerable (2 x 1 = 2)	S,V	<ul style="list-style-type: none"> Ultrasound head is sterilised with antibacterial wipes between patients. 	1	1	1	Y	Regular checks should be carried out based around its usage. Services are conducted as and when required by ESAOTE.
High frequency sounds waves Trivial (1x1 = 1)	S,E	<ul style="list-style-type: none"> Subjects are made aware they are exposed to harmless high frequency sound waves. 	1	1	1	Y	

Equipment : Cycle Ergometer (Veletron)	Code: Veletron
Carried out by: Shyam Chavda	Review Date: September 2015

Hazard	Persons affected	Risk Controls	Post Control Risk Rating			Accept Risk	Future Requirements (with timescales where applicable)
	E,S,V,C		Severity	Likelihood	Risk	Yes/no	
Moving objects. Tolerable (2 x 1= 2)	S,E,V	<ul style="list-style-type: none"> There is an optimum safe distance between cable machine user and surrounding individuals/equipment. 	1	1	1	Y	Regular checks should be carried out based around its usage.
Discomfort when on the cycle. Tolerable (1 x 2 = 2)	S	<ul style="list-style-type: none"> Correct attire must be worn when using the bikes. Subjects are strapped in safely and comfortably. Ergonomics of the bike set up is comfortable for the individual. 	1	1	1	Y	
Trip hazard. Tolerable (2 x 1 = 2)	S,E,V	<ul style="list-style-type: none"> All wires/leads are covered or positioned to allow for safe mobility. 	1	1	1	Y	