

**THE WALKING CLUB  
HEALTH AND SAFETY ASSESSMENT**

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	Hazard	Consequence	Method for the Avoidance, Prevention and Reduction of Risk(s) Note: Use the Principles of Prevention and Protection
<b>ARRANGED WALKS</b>			
1	Trips and falls	Injury	<ul style="list-style-type: none"> <li>• Advise members particularly inexperienced ones of the potential dangers</li> <li>• Promote first aid training amongst the committee and members</li> <li>• Take mobile phones on walks to assist in calling for emergency services</li> <li>• Walk leaders to have up to date first aid kit</li> </ul>
2	Wet/cold weather/exposure	Hypothermia Frostbite	<ul style="list-style-type: none"> <li>• Advice to members on correct kit</li> <li>• Promote first aid training amongst the committee and members</li> <li>• Check weather forecasts</li> <li>• Adjust walks if necessary to avoid extreme conditions</li> <li>• Walk leaders at least to have a survival bag if hill walking</li> </ul>
3	Hot weather	Heat exhaustion Heatstroke	<ul style="list-style-type: none"> <li>• Advice to members on protective equipment and need for drink</li> <li>• Walk leaders to monitor walkers for signs</li> </ul>
4	Darkness	Increased risk from other hazards	<ul style="list-style-type: none"> <li>• Arrange start times and walk lengths to minimise risk of being caught in dark</li> <li>• Torches to be carried if risk not low.</li> </ul>
5	Inadequate navigation skills	Becoming lost thus increasing risk off other hazards	<ul style="list-style-type: none"> <li>• Ensure walk leaders have suitable skills and equipment for the terrain being tackled.</li> <li>• Train as many people as possible</li> </ul>
6	Tiredness when driving	Increased risk of accidents	<ul style="list-style-type: none"> <li>• Use cars with multiple drivers when possible so drivers can rest</li> <li>• Have overnight stays for walks further afield</li> </ul>
7	Phobias amongst walkers	Irrational behaviour putting walkers and others at risk	<ul style="list-style-type: none"> <li>• Identify phobias in membership application</li> <li>• Members to be advised if any walks are not suitable for them.</li> </ul>

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			<ul style="list-style-type: none"> <li>Walk leaders to be aware of phobias and monitor walkers</li> </ul>
8	Medical conditions	Sudden incapacity on a walk	<ul style="list-style-type: none"> <li>Identify in membership application</li> <li>Walk leaders to be aware of medical conditions and monitor walkers</li> </ul>
9	Attack by animals	Injury	<ul style="list-style-type: none"> <li>Caution when crossing fields with bulls</li> <li>Caution when in vicinity of dogs, snakes, ticks, etc</li> <li>Carry walking sticks</li> </ul>
10	Hunger	Lack of concentration increasing risk of injury	<ul style="list-style-type: none"> <li>Advise walkers have adequate supplies</li> <li>Walk leaders to take spare if concerns over new members</li> </ul>
11	Thirst	Dehydration leading to dizziness and confusion increasing risk of injury	<ul style="list-style-type: none"> <li>Advise walkers have adequate supplies</li> <li>Walk leaders to take spare if concerns over new members</li> </ul>
12	Rivers	Drowning	<ul style="list-style-type: none"> <li>Walk leaders to assess risks before entering any river</li> </ul>
13	Road traffic	Accidents / injury	<ul style="list-style-type: none"> <li>Care to be taken when crossing roads</li> <li>On busy roads, walkers to be single file facing traffic</li> <li>At night, single file walking with traffic with lights at front and back. High visibility clothing advantageous</li> </ul>
14	Railways/electricity	Injury/electrocution	<ul style="list-style-type: none"> <li>Due caution to be taken when crossing</li> </ul>
15	Insects	Bites	<ul style="list-style-type: none"> <li>Consider carrying insect repellent at relevant time of year</li> </ul>
	Ticks	Risk of contracting Limes Disease	<ul style="list-style-type: none"> <li>Advise walkers when walking in high risk areas (the New Forest, Thetford Forest, Exmoor, the South Downs, North York moors, the Lake District and the Scottish Highlands and Islands) and highest risk periods (late spring, early summer and in the autumn)</li> <li>Walkers to be advised to fully cover legs</li> <li>Carry tick removing tweezers</li> </ul>
16	Walker inability to deal with difficult ground conditions	Walker stuck and needs rescuing Other walkers put at risk in	<ul style="list-style-type: none"> <li>Walkers ability to be assessed before acceptance on more difficult walks</li> <li>Walkers to be advised which walks are suitable for them</li> </ul>

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		attempting rescue	
17	Walker inability to progress at a reasonable speed	Walk takes longer than planned risking daylight Other walkers become cold	<ul style="list-style-type: none"> <li>• Walkers ability to be assessed before acceptance on longer and/or more difficult walks</li> <li>• Walkers to be advised which walks are suitable for them</li> </ul>