

Forest Commission Wales: Outline Risk Assessment

Location: Penarthur Sauna		Work Activity/Task: Sauna		Completion Date: .14/4/2010	
FWM:Signature:		Name:		Date:	
The Hazard	Location of the Hazard	Who could be harmed?	Level of risk	Controls	
Personal injury resulting from unforeseen medical condition/complaint	Sauna	Participates	low	All participants to have read & signed questionnaire. Sauna leader to have undertaken an initial site visit with the sauna manager & read & signed site safety rules. First aid kit in sauna building	
Burns from sauna stove	Sauna	Participates	med	Sauna leader to be inducted in the use of the stove. Use gloves when loading timber into the stove. Extreme of hot and cold can lead to dizziness - consider sitting away from the stove.	
Heat exhaustion / stroke	Sauna	Participates	med	Avoid prolonged exposure of participant to sauna – give extended rests / rest eat and drink at appropriate intervals -	
Getting lost	Sauna and surrounding area	Participates	low	Ensure leaders have knowledge of the approach to sauna & Surrounding area / avoid lone walking	
Drowning	plunge pool	Participates	low	Leader to ensure that the rope is across the pool when not in operation. When pool is in operation ensure that it is cleaned out and that no one uses it alone	