

Forestry Commission - Outline Risk Assessment



A nominated sauna leader in the group should carefully read the instructions below and once this is understood, complete and return the form (and others) to Llandovery Forest District, Llanfair Rd, Llandovery SA20 0AL

Activity - Sauna

Location : ...Pen Arthur Forest.....

HAZARD	RISK	LIKELIHOOD	CONTROLS
PERSONAL INJURY RESULTING FROM UNFORSEEN MEDICAL CONDITION/COMPLAINT	Low	Low	Sauna Leader TO BE TRAINED AND ASSESSED IN FIRST AID SKILLS / 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
INJURY FROM ROUGH or SLIPPERY GROUND/INFRASTRUCTURE	Med	Med	Sauna Leader to ENSURE SAUNA PARTICIPANTS HAVE SUITABLE FOOTWEAR / ENSURE PARTICIPANTS KNOW OF ESCAPE ROUTE AND HAVE ACCESS TO EMERGENCY PLAN, NO RUNNING ALLOWED AT SAUNA SITE-
Burns from sauna stove	Med	Low	Sauna leader to show PARTICIPANTS the STOVE AND WARN them TO KEEP A SAFE DISTANCE WHEN AT OPERATING TEMPERATURE. Alternating regimes extreme of hot and cold can lead to dizziness - consider siting away from the stove
HEAT EXHAUSTION / STROKE	Med	Low	AVOID PROLONGED EXPOSURE OF PARTICIPANT TO SAUNA - GIVE EXTENDED RESTS / REST EAT AND DRINK AT APPROPRIATE INTERVALS -
GETTING LOST	Low	Low	ENSURE LEADERS HAVE KNOWLEDGE OF THE APPROACH TO SAUNA & SURROUNDING AREA / AVOID LONE WALKING// CONSIDER USING APPROPRIATE TECHNOLOGY - MOBILE PHONE- WHISTLE
TIREDDNESS IN REMOTE AREAS	Med	Low	CHECK THAT PARTICIPANTS ARE FIT AND HEALTHY AT THE OUTSET AND HAVE ENOUGH FOOD & LIQUID / MONITOR PARTICIPANTS AT INTERVALS
Becoming unfit to drive after a sauna through excessive drink	Med	Med	Consumption of alcohol (in moderation) in the sauna is not forbidden, however please remmember that Alternating regimes extreme of hot and cold can lead to dizziness - this affect is exacerbated by alcohol. DO NOT drive if you are so affected. Nominate a driver in the group who does not drink alcohol. AND DO NOT drink BEFORE or DURING the sauna.

I have read the above risk assessment and I have been advised if I come across a hazard not covered by this

Risk Assessment on the sauna booking that I will contact the Sauna Manager or the Forest District office.

Sauna Manager - Name :Mansel Jones.....

Sauna Leader Signature :..... Sauna Leader Name :.....

Date :.....