Lesson 2 – Hazards and risks

Health and safety in a group training environment

Definition of a hazard

- Hazards are sources of danger with the possibility of incurring injury or harm.
- Employees should be fully briefed and trained to be constantly alert to hazards.
- It is essential (and the law) for employers to carry out regular assessments of risks to ensure that hazards are avoided and injuries prevented.

Definition of a risk

- Risks are the possibility of suffering injury, harm or loss, or danger.
- It is essential (and the law) for employers to carry out regular assessments of risks to ensure that hazards are avoided and injuries prevented.

The five steps of a risk assessment

1. Identify the hazards.
2. Decide who might be harmed, and how.
3. Evaluate the risks and decide on the precautions.
4. Record your findings and implement them.
5. Review your assessment and update if necessary.

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How to assess risk

Once identified, risks are rated (1–5) according to their:

- Severity.
- Likelihood.

Likelihood		Severity of injury/disease		Risk
5	50% (likely)	5.	Death.	1–2 Acceptable – LOW – no further action.
4	25%	4.	Major injury/disease.	
3	10%	3.	Off work for more than three days.	
2	5% (possible)	2	First aid – back to work.	3–10 Tolerable – MEDIUM – maintain controls.
1	2% (unlikely)	1	Minor injury – near miss.	
				11–25 Danger – HIGH – stop.

These two numbers are then multiplied together to give a ‘risk rating’.

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