

Walking for Health Bristol

Led Walk Risk Assessment



Walk location		Date	
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Assessment carried out by	
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Hazard	Who might be harmed	How is the risk controlled
Traffic/roads Please add walk specific details (e.g. Names of specific roads):	All walkers	<ul style="list-style-type: none"> Warn walkers in pre walks talk Cross at safer places (e.g. zebra crossings) Keep group together Wear aluminous tabards
Dogs mess	All, particularly children	<ul style="list-style-type: none"> Warn in pre walk talk Warn as necessary on route
Dogs	All, particularly those fearful of dogs	<ul style="list-style-type: none"> Warn in pre walk talk and as necessary on route Keep nervous walkers away from dogs and warn dog owner to keep dog away from group If dogs are allowed on the health walk they should be kept on a lead at all times
Other people	All	<ul style="list-style-type: none"> Keep walking group together Move past group avoiding eye contact if they look threatening Have charged mobile in bag or be aware of public phone boxes
Weather Add walk specific details (e.g. very exposed?):	All, particularly those that are frailer and are dressed inappropriately	<ul style="list-style-type: none"> Check walkers clothing at beginning of walk Take water Take hats, spare rain coats etc Be aware of places to shelter Abandon walk if necessary
Over hanging branches	All	<ul style="list-style-type: none"> Warn in pre walk talk and as necessary on route Ask walkers to pass on the warning down the walking group

Hazard	Who might be harmed	How is the risk controlled
Slips, trips and falls Please note specifics (e.g. running water nearby, slippery/uneven terrain etc):	All walkers particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> • Warn in pre walk talk and as necessary on route • Help walkers around muddy spots, narrow paths etc • Abandon walk if paths, accessibility very bad
Inclines Please note specifics:	All walkers, particularly those with heart problems e.g. Angina	<ul style="list-style-type: none"> • Warn in pre walk talk • Be aware of walkers health problems • Allow everyone to take inclines at their own pace • Remind walkers to take and use medication if necessary • Rest at top of hills and wait for group
Stiles	All, particularly those with balance difficulties/mobility issues	<ul style="list-style-type: none"> • Warn in pre walk talk • Help walkers as necessary over stiles
New walkers	All, particularly the new walker	<ul style="list-style-type: none"> • Read through health check questionnaire with the new walker • Be extra vigilant whilst walking • Buddy the new walker up with a regular walker or another walk leader • Accompany the new walker back to base if necessary
Other		