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| 1.0 Task Health, Safety & Environmental Risk Assessment |
| **Consequence (C)** |
|  | **GBC06** | **Date** | 17.08.23 | **Likelihood of Harm (L)** | **Insignificant (1)**(Very small injuries) | **Minor (2)**(Small/minor injuries) | **Serious (3)**(Unfit >3 days) | **Major (4)**(Death, major injury) |
| **Task** | Racing | **Very Likely (5)**(Expected to occur) |  |  |  |  |
| Project/Site | Gairloch Boat Club | **Likely (4)**(Reasonably expected) |  |  |  |  |
| Location in Site | Clubhouse, boat park, jetty, pontoon, sailing area. | **Occasional (3)**(Occur infrequently) |  |  |  |  |
| Assessed by | A Swift | Signed |   | **Unlikely (2)**(Unexpected to occur) |  |  |  |  |
| Approved by |  | Signed |  | **Negligible (1)**(Not expected to occur) |  |  |  |  |
| Client/PC (If Required) |  | Signed |  | **Risk Rating (LxC)** | **Low (1-4) Tolerable** | **Medium (5-11) Intolerable** | **High (12-20) Intolerable** |
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| Step 1 | Step 2 | Step 3 |
| Hazard – Something with the potential to cause harm | Take into account existing controls when assessing Gross Risk | Specify additional controls as required to reduce the Net Risk to “Low” (Tolerable) |
| Significant Hazards | Who/What Might Be Harmed & How | Gross Risk | Additional controls to be implemented during task (Other than PPE etc) | Net Risk |
|  | Coming into contact with water from falling overboard, falling from launching area/pontoon or capsize | Club members - Ingestion of water/drowning/serious injury. | **High** | Ensure appropriate life jackets/PFDs are worn when sailing or aboard safety boat.Ensure kill cord is used on safety boatCheck condition and security of launching area/pontoon and be familiar with locations of Fixed Rescue Equipment i.e. lifebuoys/rings with rescue lines. Be aware of all means of raising alarm, contacting emergency services , harbour authority etc. | **Low** |
|  | Slips, trips and falls from height resulting in contact with water or ground | Club members/3rd Parties - Ingestion of water/drowning/serious injury from falling from height or tripping on materials and other items | **High** | In addition to above measures, ensure area is clear from tripping hazards Awareness fo fixed trip hazards such as mooring rings  | **Low** |
|  | Slips trips and falls while accessing safety boat on outhaul resulting in contact with water or ground | Club members/3rd Parties - Ingestion of water/drowning/serious injury from falling from height or tripping on materials and other items | **High** | Recognise that land access to outhaul is over particularly uneven rock armour, therefore only access safety boat from the water (using other safety boat) until land access is improved.  | **Low** |
|  | UV from sunlight | Club members - Sunburn, skin cancer | **Medium** | Keep top clothing layer on, use dry suit/wet suit or appropriate sailing clothing Wear a suitable hat that protects the face and neck. Stay in the shade wherever possible. Use a high protection factor sunscreen (15 SPF or higher) which is water and sweat resistant. Use and re apply sunscreen as advised by the manufacturer of the product. Check your skin regularly for any unusual spots or moles. See your doctor urgently if anything is changing shape, size or colour, itching, or bleeding.  | **Low** |
|  | Heat | Club members - Dehydration | **Medium** | Drink plenty of fluids.  | **Low** |
|  | Fatigue | Club members - Physical harm through increased overall risk | **Medium** | Recognise that sailing can be physically demanding, especially during capsizes, and make an early decision to retire if required. Safety crews and race officer to monitor and direct actions of crews if necessary | **Low** |
|  | Collision with other vessels or above water/underwater obstructionsFalling due to acceleration of safety boat or deceleration due to painter/mooring lines coming in contact with propeller | Club members/3rd parties – physical harm from sudden movement causing contact with boat or equipment | **High** | Use laminated chart of local area. Have good knowledge of fixed obstructions. Keep a good lookout. Obey regulations preventing collisions at sea (Colregs)/rules of racing. Safety boat helm to communicate with crew. Painter/mooring lines to be safely stowed | **Low** |
|  | Cold/wet environment | Club members - Frost bite, dehydration and hypothermia from being outdoors | **Medium** | Club members to wear suitable cold and wet weather clothing as detailed in PPE section below. Take drinks to combat dehydration.  | **Low** |
|  | Dispersal of Dinghy fleet | Club members | **Medium** | Race officer should recognise signs of worsening conditions and shorten course or abandon racing | **Low** |
|  | Fire. Afloat and ashore | Club members/3rd parties | **High** | See COSHH assessment for petroleum | **Low** |
|  | Vehicles in car park and roadway | Club members/3rd parties | **Medium** | Awareness of vehicle movements, marshalling of traffic when transporting boats to slipway | **Low** |
|  | Operation of safety craft. Coming into contact with moving propeller | Club members | **High** | Knowledge of rescue techniques. Use of killcord. Stop engine when in close proximity to people in the water | **Low** |
|  | Contaminated water (blue green algae and Weil’s disease) | Club members, 3rd parties | **Medium** | Wash areas in contact with water before eating/drinking | **Low** |
|  | Trapped fingers when coming alongside slipway/pontoon/other vessel | Club members/3rd parties | **Medium** | Helm to warn crew/sailors | **Low** |
|  | Loss of control/visual observation if race course is round an island | Club members | **Medium** | Use two or more safety boats to ensure whole fleet is observed | **Low** |
|  | Boom coming into violent contact with head eg during gybe manoeuvre  | Club members suffering traumatic brain injury | **Medium** | Be familiar with types of brain injury, effects, symptoms and 1st aid treatment .  | **Low** |
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| **PPE, Equipment etc Required to Further Control Residual Risks** |  | Competence and Supervision |
| Significant Hazards | PPE/Equipment Required | The people carrying out the activity should be competent by means of training knowledge and experience to safely carry out all aspects. However it is recognised that not all members will have achieved that level of competence. Supervision of inexperienced members is therefore essential to ensure the specified safe working practices have been adopted. If the people carrying out the activity are unsure of their ability to safely perform it or if they encounter unexpected hazards, they must stop and seek advice from an experienced club member before restarting. |
|  | Coming into contact with water | Appropriate life jacket /PFD |
|  | Slips, trips and falls | Non-slip footwear. |
|  | UV from sunlight | Appropriate sailing clothing, or wet suit/dry suit. Wear a suitable hat that protects the face and neck. High protection factor sunscreen (15 SPF or higher) which is water and sweat resistant |
|  | Sailing in cold/wet environment | Wet suit or dry suit. Or appropriate sailing waterproofsThermally insulated waterproof gloves/sailing glovesWarm Hat |
|  | Contact with chemicals | See COSHH assessment for petroleum |  |
|  | Falling overboard from Safety boat | Kill cord to be used at all times. |  |
|  | Boom coming into violent contact with head  | Consider wearing suitable head protection, eg watersports helmet and/or using gybe preventer, padding on boom |  |  |
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| **2.0 Method Statement** |
| **Step** | **Safe Sequence of Work** |
|  | Sailing |
|  | Ensure safety boat is crewed. Use PPE as directed on the risk assessment  |
|  | All persons intending to be on the water to sign in and out. Use Beachmaster to monitor. Safety boat crew to check all are accounted for. |
|  | Check condition and security of launching/boarding area and be familiar with locations of Fixed Rescue Equipment i.e. lifebuoys/rings with rescue lines and also safety equipment provided in Safety boat. |
|  | Be aware of all means of raising alarm, contacting emergency services , harbour authority etc. |
|  | Good housekeeping to be employed to ensure that tripping hazards do not accumulate |
|  | Club members to wear suitable supplementary clothing and consider wearing a helmet as detailed in PPE section if required. take regular breaks to suit the climatic conditions |
|  | Carry out activities as per best practice |
|  | Race officer and/or Safety boat crew to have power to call a halt to sailing for any reason |
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| **3.0 Task Specific Emergency Procedures (If different from general project/site arrangements)** |
| Sailing: If a serious situation develops, eg multiple capsizes over a large area due to severe weather etc,Safety boat crew to inform Race Officer who will call the coastguard and/or other vessels on VHF Ch 16 to request assistance. |
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| **4.0 Review Record** |
| Review Date | **Reviewed by** | Comments/Changes | Signed |
| 09.02.2023 | A Swift | Reference to flares removed | A Swift |
| 17.08.2023 | A Swift | Added possibility of brain injury section 16 and helmets to PPE | A Swift |
| 17.03.2024 | A Swift  | Minor changes to layout and grammar, added additional comments on padding on boom, PPE sect 7 | A Swift |
| 29.09.24 | A Swift | Reviewed by R Ward and A Swift | A Swift |