

## Blakeney Sailing Club

### Work parties

All members should note that BSC is a Community Amateur Sports Club that is run by members for the benefit of members. We all have a responsibility for our own health and safety and the safety of others. It is the member's responsibility to please follow the advice and guidance laid down in this risk assessment and not to engage in any activity that puts you or others at risk of injury.

The following are risks we have identified:

Hazard -1	Potential severity and risk	Who is at risk	Control Measures	Further measures as appropriate	Residual risk
Injury from working at height – use of ladders etc	Death and serious injury Risk medium	Users of ladders etc	Ensure ladder is safe to use and properly secured	Do not work alone at height. If in doubt seek assistance	Low

Hazard -2	Potential severity and risk	Who is at risk	Control Measures	Further measures as appropriate	Residual risk
Injury associated with committee boat – Lapwing Moving her onto position in early spring and back to the quay in autumn	Falling from Lapwing or rigiflex boats when positioning Lapwing, crush injury, fractures, drowning. Hypothermia since carried out at times of cold weather, very cold water and strong winds Risk medium	Members of working party	Safe working practices to be observed. Good communication with other members of working party. Buoyancy aids worn by all in working party. Wet suit, dry suit and clothes appropriate to the risk of falling in the water to be worn.	All fixtures and fitting to be in safe condition, if found unsafe to be repaired as soon as possible.	Low

Hazard -3.	Potential severity and risk	Who is at risk	Control Measures	Further measures as appropriate	Residual risk
Injuries associated with putting out race marks in the spring and collecting them in the autumn.	Crush injury, fractures, drowning. Hypothermia since carried out at times of cold weather, very cold water and strong winds Back sprain/ injury.	Members of working party	Safe working practices to be observed. Good communication with other members of working party. Buoyancy aids worn by all in working party. During the period 1 <sup>st</sup> October to 31 <sup>st</sup> May wet suit or dry suit appropriate to the risk of falling in the water to be worn, Manual handling of the heavy buoys requires the added consideration of correct lifting techniques – lift with the thighs and a straight back, two people to lift each buoy when on land	Management of hypothermia should a worker fall into the water requires specialist first aid knowledge. Space blankets are kept in the patrol boats, Lapwing and in clubhouse Please see <a href="#">note 1</a>  Each person who engages in lifting should be satisfied they are in good health to do so. They should be aware of correct lifting techniques and if unsure to seek guidance	Low
Hazard -4	Potential severity and risk	Who is at risk	Control Measures	Further measures as appropriate	Residual risk
Injury associated with moving the hut at the beginning and end of each season.	Injury from lifting or crushing whilst moving hut on and off the trailer	Members of working party	Safe working practices to be observed. Good communication with other members of working party.	Each person who engages in lifting should be satisfied they are in good health to do so. They should be aware of correct lifting techniques and if unsure to seek guidance	Low

Hazard -5	Potential severity and risk	Who is at risk	Control Measures	Further measures as appropriate	Residual risk
Injury associated with moving the rigiflexes and outboards in and out of storage/servicing at the beginning and end of the season.	Injuries could be from lifting or crushing whilst moving the trolleys on and off the trailer, moving the rigiflexes on and off the trolleys to clean and removing the outboards, transporting for storage/servicing and re-fitting. Risk medium	Members of working party	Safe working practices to be observed. Good communication with other members of working party.	Each person who engages in lifting should be satisfied they are in good health to do so. They should be aware of correct lifting techniques and if unsure to seek guidance	Low

#### Note 1

Be aware of risk. See <http://www.britishrowing.org/upload/files/RowSafe/1-8-ColdWaterImmersion&Hypothermia-v1.pdf>  
See expert medical care

Sudden, unexpected immersion in cold water below 15 C is potentially dangerous. The coastal and inland waters of the UK remain cold all year round and a peak of drowning deaths often occurs in the summer, as the hot weather tempts people into the cold water. The effects of the cold water mean that even healthy individuals, who are good swimmers, can still drown within a short period of time, often only a few feet from the shore.

Be aware of one minute – one degree rule. E.G if the water is 10'C you can assume you have 10 minutes to get the individual out of the water  
Rough handling of the individual in the rescue is dangerous, handle carefully, lift them out horizontally, wrap in space blankets to prevent further heat loss. Shield individual from cooling effect from wind, e.g returning to shore in speeding rigiflexes.