



Strength Shack

## Risk Assessment

This is the statement of general policy and arrangements for: <b>The Strength Shack</b>		
<b>Matthew Parker</b> (Name of Employer/Senior manager) <b>has overall and final responsibility for health and safety</b>		
<b>Matthew Parker</b> (Member of staff) <b>has day-to-day responsibility for ensuring this policy is put into practice</b>		
Statement of general policy	Responsibility of: Name/Title	Action/Arrangements (What are you going to do?)
Prevent accidents and cases of work-related ill health by managing the health and safety risks in the workplace	<b>Matthew Parker</b>	Create risk assessments for all work-streams and adhere to the tasks/practices set out in these. Review them as required. Complete a Health & Safety in the workplace online training course.
Provide clear instructions and information, and adequate training, to ensure employees are competent to do their work	<b>Matthew Parker</b>	Include full training on all health and safety elements necessary within anyone working for balance in any capacity, and keep a log of all training undertaken.
Engage and consult with employees on day-to-day health and safety conditions	<b>Matthew Parker</b>	All event support crew to receive verbal and written briefings on health and safety policies, procedures and expectations of them. Each to sign to say they have understood these for each event they are involved in

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*Strength Shack*

Implement emergency procedures – evacuation in case of fire or other significant incident. You can find help with your fire risk assessment at: <a href="https://www.gov.uk/workplace-fire-safety-your-responsibilities">https://www.gov.uk/workplace-fire-safety-your-responsibilities</a>	<b>Matthew Parker</b>	Ensure anyone working for balance is aware of the emergency procedures for the event/venue, take part in all drills/practices and know their roles and responsibilities in event of emergency.
Maintain safe and healthy working conditions, provide and maintain plant, equipment and machinery, and ensure safe storage/use of substances	<b>Matthew Parker</b>	Ensure all exercise equipment is well maintained. Check any equipment when using other businesses venues and if issues are identified, don't use it and inform them of the problem.
First Aid Kits/Accident book are suitably located and kept up-to-date	<b>Matthew Parker</b>	All first aid kits are stored in the reception area at The Strength Shack, 313 Prestbury Road, Cheltenham, GL523DF, along with the accident book. One will always be taken to PT sessions and contain a copy of an accident form. During events, each support vehicle will have one first aid kit each, as will any support walkers/riders/runners. All will have black copies of accident forms. Kits will be checked regularly to ensure the contents are in date and in line with the recommendations of the regulation BS8599-1 ( <a href="http://www.reliancemedical.co.uk/wp-content/uploads/BS8599-1_Guidelines.pdf">http://www.reliancemedical.co.uk/wp-content/uploads/BS8599-1_Guidelines.pdf</a> )

**Signed: Matthew Parker**

**Date: 01/09/20**

**Review due: 01/09/21**

Accidents and ill health at work reported under RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations)  
<http://www.hse.gov.uk/riddor>

This form was adapted from the Combined risk assessment and policy template, published by the Health and Safety Executive 08/14.

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