


Company Name	LOCH INSH	 LOCH INSH OUTDOOR CENTRE
Address of Premises	KINCRAIG INVERNESS - SHIRE PH21 1NU TEL: 01540 651272	

Task	Problem Solving	Risk Assessment No.	RAB 014
Name of Assessor	J Freshwater	Signature	J.Fresh
Assessment Date	11-09-2025	Review Date	11-09-2026

What are the significant hazards	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control the risk?	Action by Who	Action by Date	Completion Date
Injury when moving equipment	Staff and visitors at risk of injury due to carrying too much or carrying badly	Safety brief given at the start of each activity Lifting technique, where required, demonstrated. Safety Equipment issued, as required eg. Buoyancy Aids, Helmets etc Activity supervised at all times	Protective clothing available in colder weather.	Instructor	immediate and ongoing	
Falling from height during exercises	Staff or visitors at risk of injury from falling or	Safe practise demonstrated Site checked to ensure safe to use. Intervention as required.	Assist some groups to complete tasks	Instructor/ group leader	immediate and ongoing	

	being hit by others	Limit numbers on each exercise when necessary	if required.			
Twisting Ankle	Staff and visitor at risk of slipping or twisting ankle	Appropriate area used for balancing games - never on a slope		Instructor/ group leader	immediate and ongoing	
Dropping a person during any lifting game	Staff and visitors at risk of injury due to being dropped or having someone fall on them	Brief on lifting and close supervision during activity.	Don't continue with a lifting activity if the group is not 100% focused and understand the risk.	instructor/ group leader	immediate	
Health issue restricting ability	Staff and visitors at risk from underlying health issues	Check medical declarations prior to departing Discuss activity with client to ensure they understand what they are undertaking Ensure any required medication is with client and they understand how to apply it.	Call Beach if required Instructor carries radio in dry bag	instructor/ beach team	immediate and ongoing	