

Canterbury University Tramping Club (CUTC) Risk Register for Tramping Trips

	Hazard (An actual or potential source of harm, including behaviour)	Consequence If Hazard Not Controlled (i.e. Injury, Illness, Incident, Property Damage, etc)	Likelihood (L value)	Consequence (C value)	Risk Rating (L x C)	Controls (i.e. Eliminate, Substitute, Guarding, Training, Administrative, PPE)	Residual Risk Rating (The remaining level of risk after controls have been implemented) (L x C)	Hazard Eliminated or Minimised	Person Responsible (Who is responsible for ensuring controls are put in place)
Transportation	Driving	-Vehicle breakdown leading to delays -Crash leading to severe injury or fatalities -Severe damage to property	3	5	15	-Ensure driver has appropriate licence, vehicle has current WOF and registration -Choose to use a capable, reliable and safe vehicle if possible -Drive sober, take breaks, share the driving	$1 * 5 = 5$	M	Participant
Environment	Exposure (sun)	-Sunburn -Hyperthermia - Heat exhaustion -Dehydration	4	2	8	-Ensure sunblock is used, provide if needed -Select rest points that provide shade -Ensure people are carrying an adequate supply of water	$2*2 = 4$	M	Participant
Environment	Exposure (rain, wind, cold)	- Unpleasant trip -Hypothermia leading to immobilisation,	4	5	20	-Ensure correct clothing worn -Recognise the signs of hypothermia (-umbles symptoms) and treat early	$2*3 = 6$	M	Participant

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		frostbite, slips, falls, death							
	Bee or wasp stings, nettle stings	-Swelling, irritation -Immobilisation -Anaphylaxis shock causing unconsciousness	2	3	6	-Increase awareness of wasps and nettles -Participant to carry medication (antihistamine, Epipen® or similar adrenalin) and inform group leader and first aid person if allergic	2*2 = 4	M	Participant - Disclose allergies
	Sandfly and mosquito bites	-Unpleasant trip	3	1	3	-Use insect repellent -Cover exposed skin when possible	2*1 = 2	M	Participant
	Lightning strike	-Electrocution -Damage to equipment, may catch fire -Electrocution leading to death	1	5	5	-Do not venture out if lightning storm predicted -Choose a safe spot to take cover; in a car, hut or forested valley and stay low -Stay away from hilltops, open fields, metal equipment, tents, being in the water, cave entrances or under prominent trees	1*4 = 4	M, E	Participant
People/Walking	Blisters	-Unpleasant trip -Delays and immobilisation	4	2	8	-Increase awareness of prevention -Carry blister tape -Treat early as possible	2*2 = 4	M	Participant
	Trips and falls	-Cuts, bruises - soft tissue injuries (ankles)	4	3	12	-Concentrate on footing in uneven terrain	1*3 = 3	M	Participant Leader – Advertise trip so

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	-Broken bones -Concussion				-Wear sturdy footwear to minimise effects of rolling ankles			participant can research difficulty
Participant Exhaustion	- Delays in group -Heightened risk of misjudgement causing injury (see trips and falls above)	3	3	9	-Lighten load if struggling -Keep hydrated -Eat well -Take regular breaks -Select trip within your ability	$1*2 = 2$	M, E	Participant Leader – Advertise trip so participant can research difficulty Leader – Turn away obviously unfit participants
Conflict of ideas	-Unwilling to cooperate, unpleasant trip -Separated group or lost (see next hazard)	3	2	6	-Allow open discussion and consider others views -Choose leadership style that suits the participants and trip complexity -Take time to stop when making decisions	$1*2 = 2$	M	Leader – Consider participants ideas and opinions
Separated group, lost members	-Delays, confusion, misjudged decisions leading to injury or death	2	4	8	-Stick together -Large trips (greater than 10 people use additional controls to keep track of participants) -Do not rely on others to know location -Carry emergency/extra resources	$2*3 = 6$	M	Participant – Keep track of own location
Lost group	-Delays, confusion, misjudged	2	4	8	-Carry map (ideally as many people as possible)	$1*3 = 3$	M	Participant – Keep track of own location

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		decisions leading to injury or death				-All to know route and alternate plans -See controls above for separated group too			Leader - Provide brief overview Leader - Check group has navigation equipment
	River crossing	-Wet and cold leading to hypothermia -Falling over leading to injury, concussion -Swept downstream causing lost gear, drowning	4	5	20	-Group decision to cross river -Experience in river crossings for trying harder rivers -Forming a chain -Not crossing if too dangerous -'If in doubt stay out'	$2*4 = 8$	M	Participant - Voice any concern if believe crossing is dangerous, can also suggest alternative crossing Leader - Can guide decision to not cross
Equipment and food	Undrinkable water	-Giardia infection, loss of energy, delays	4	3	12	-Identify the source of water, and any possible contaminants -Carry filtration or disinfection	$1*3 = 3$	M	Participant
	Cooking	-Burns -Fire damage to property -Sickness from under cooked food -Allergic reaction from food	3	3	9	-Ensure people know how to use the equipment correctly -Fully cook food -Carry adequate fuel -Wash hands and utensils properly, maintain hygiene -People with allergies should let anyone preparing food for them know of allergies in advance	$1*3 = 3$	M	Participant

	Improper use of equipment, such as packs, boots, tents	-Gear breaking -Injury to self and others - Hypothermia causing unconsciousness, death	4	4	12	-Ask if unsure about use -Take a course to be trained with specialist equipment -Lookout for others, speak up if something looks dodgy -Leader to not accept inappropriate gear on a trip	$2*2 = 4$	M	Participant Leader - Decide if gear and usage experience adequate before trip
Injury management	Inadequate equipment	-Unpleasant journey -Delays, leading to further risks- Injury, hypothermia leading to immobilisation, death	4	5	20	-Pack appropriate gear for the trip, including contingences -Participants to look around at each-others gear in the car park and gauge preparedness -Group leader entitled to preform gear check before trip -Carry emergency/extra resources	$2*3 = 6$	M, E	Participant – Check own gear is maintained and suitable Leader – Turn away obviously unprepared participants, can request gear check if feels need to
	Accidents/ injury's snowballing/ leading to wide spread issues	-Wide spread injuries or hypothermia affecting most group members -Potentially resulting in a fatality	2	5	10	-At least one person in group to know first aid -Identify issues early to avoid bigger problems -Re divide groups amongst official leaders to ensure majority of people unaffected -Leave intentions -Maintain reasonable leader to participant ratio	$1*3 = 3$	M	Participant Leader – Leave intentions with CUTC and ensure leader to participant ratio is OK

Ice/technical	Crampons not strapped on correctly (where applicable)	-Slipping causing serious injury or fatality	3	5	15	-Group members to check each other's strapping - Participants are trained in use of crampons	$2*4 = 8$	M	Participant
	Incorrect use of crampons and ice-axes (where applicable)	-Stabbing, falling leading to serious injury or fatality	4	5	20	-Participants are trained in use of equipment afore mentioned - Turn away obviously under skilled participants	$2*4 = 8$	M	Participant Leader – Turn away obviously under skilled participants
	Falling on ice	-Slipping/falling leading to significant gear and bodily abrasion -Falling causing concussion, death	4	5	20	-Use ice axes and other appropriate technical support equipment -Participants know how to use equipment to self-arrest	$3*3 = 9$	M	Participant
Ice/technical	Avalanche	-Injured -Loss of gear -Buried under avalanche snow, suffocation leading to death	3	5	15	-Choosing a good route -Start early when snow/ice pack is most stable -Keeping an eye on weather and formation of ice pack to gauge avalanche risk -Take avalanche probe and beacon (probe can be used to reduce likelihood by testing snowpack plus finding party members under snow/reducing consequences. Beacon can be	$2*4 = 8$	M	Participant – know how to react in avalanche situation and not participating if not trained Leader – ensure participants have sufficient experience or knowledge of avalanche risks

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						used to find people/reduce consequences) -Take snow shovel -Training in avalanche awareness			
Ice/technical	Crevasse	-Falling into crevasse leading to delays, hypothermia, death	2	5	10	-Rope together in glacier terrain -Know the signs of crevasses and holes, training may be beneficial -Carry multiple PLB's -Wear a helmet in difficult terrain	$2*4 = 8$	M, E	Participant Leader - ensure members are competent at glacier travel before trip
Terrain	Terrain that is very steep	Slips, falling, severe injury or death	3	5	15	-If beyond limits of skill do not attempt -Wear a helmet in difficult terrain	$2*4 = 8$	M, E	Participant
	Overhanging Cornices	Slips, falling, severe injury or death	2	5	10	-Know how to recognise them and avoid	$1*5 = 5$	M, E	Participant
Weather	Quickly changing weather	-Stranded or longer than expected trip, isolation leading to depletion of resources -Hypothermia	4	4	16	-Be prepared for all weather situations -Check forecast beforehand -Turn around or cancel trip if weather is too dangerous -Bring a bothy bag for group to rest in for cold weather	$3*3 = 9$	M, E	Participant

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Rope use	Insufficient knots	-Becoming unattached from another member and, falls have higher consequence	2	5	10	-Be trained and know how to use ropes for mountaineering -Keep equipment maintained properly and discard old or faulty ropes	1*4 = 4	M, E	Participant Leader -Turn away inexperienced people before trip
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