



## HEALTH AND SAFETY POLICY

**DESIGNATED HEALTH AND SAFETY OFFICER:** Ben Merry – [ben@beyondthephysical.co.uk](mailto:ben@beyondthephysical.co.uk)

**POLICY LOCATION:** <https://beyondthephysical.co.uk/policies/>

Beyond the Physical is committed to providing a safe working, coaching, teaching, mentoring and learning environment for all personnel, learners and any related third parties. Responsibility for health and safety ultimately lies with each individual Beyond the Physical Consultant. However, all learners and personnel have a legal responsibility, as stated under Section 7 of the Health and Safety at Work Act 1974, to do everything practicable to prevent an accident or injury to themselves and to fellow learners and/or personnel. Each Beyond the Physical consultant is responsible for ensuring this information is fully understood by their personnel team and by the learners who commence courses/programmes in their area.

Beyond the Physical aims to promote health and safety, so far as reasonably practicable, by ensuring:

- the provision and maintenance of safe equipment that poses no risk to health
- the provision of relevant information to learners, personnel and any related third parties, including instruction, training and supervision, as is necessary to ensure health and safety
- maintenance of safe environments, including a means of access in a condition that is safe and without risk to health
- progressive identification and assessment of all risk, taking measures to eliminate or control it
- compliance with statutory regulation on health and safety and welfare of candidates, personnel and any related third parties
- the health and safety and welfare of vulnerable learners is addressed through positive action
- all required and appropriately qualified members of personnel are given training to identify and control potentially hazardous situations/environments
- effective measures, such as fire alarms, are in place to deal with emergencies

## **FIRST AID**

Nominated/appointed individuals are:

Steve Waide, 118 Stainbeck Lane, Leeds, LS7 3QS

Paul Quinn, 88 New Road, Huddersfield, HD5 0HR

Mark Carter, 57 Fursby Avenue, London, N3 1PN

Ben Merry, 29 Sherwood Road, Keynsham, Bristol, BS31 1DA

All confirmed nominees are appropriately qualified first-aiders, holding current first-aid certificates. Therefore, one of the first-aiders listed above must be contacted in the event of an incident occurring, to administer any first aid required. It is important that all issues where a first-aider has been involved are recorded in the necessary incident logbook(s) which accompany the first-aid bag.

Whenever learners are present, to attend for a component of a course/programme, their tutor/assessor is responsible for making them aware of who their nominated first-aiders are and where they can be found (they are required to be on site at the time of a course/programme taking place).

First Aid kits are located within each Beyond the Physical consultant's equipment bag.

## **RISK ASSESSMENT PROCEDURES**

Tutors/assessors must ensure that suitable and sufficient control measures are in place to reduce identified risks when they are delivering any component of a course/programme. Any information a tutor/assessor has identified in relation to risk should be shared with/distributed to other members of personnel. All personnel required to conduct risk assessments will be given the appropriate training and/or will be made aware of what is expected of them in advance.

Prior to conducting a course/programme, the tutor/assessor will conduct a risk assessment and record relevant findings in line with the Beyond the Physical health and safety policy. Where tutors/assessors complete a session where they would not normally complete a session, a risk assessment must be conducted, to ensure the health and safety of all present. Additionally, a risk assessment is required to be conducted prior to any practical activity. A risk assessment form has been created for these purposes.

## RISK ASSESSMENT RECORD

Location					
Activity					
Assessed by					
Number of learners		Course number		Date	

HC & Hazard Description	Severity (without control measures)	Risk-control Measures in Place (if none, state none)	Likelihood (with control measures)	Risk
Signed		Time completed		

<b>Key</b>	
<b>HC</b>	<b>Hazard code (a full description of these codes is given on the next page)</b>
<b>Hazard</b>	<b>Something which has the potential to cause harm</b>
<b>Severity</b>	<b>The degree of harm that the uncontrolled hazard has the potential to cause</b>
<b>Likelihood</b>	<b>The probability that the hazard potential will be realised, taking into account any risk-control measures in place</b>
<b>Risk</b>	<b>The degree of risk (low, medium, high), taking into account severity and likelihood</b>
Irrespective of the risk, where the risk-control measures require personal action or the use of personal protective equipment, such requirements must be clearly stated within relevant documentation and circulated as appropriate.	

<b>HC</b>	<b>Accident Categories</b>
1	Contact with equipment/machinery in motion
2	Contact with a source of heat (eg hot metal surface)
3	Struck by a moving, flying or falling object
4	Striking against a fixed or stationary object
5	Struck by a moving vehicle
6	Trapped by something collapsing
7	Slip, trip or fall on the same level
8	Fall from a height
9	Injury while manual handling
10	Contact with an electrical source or an electrical discharge
11	Exposure to or contact with a harmful substance

12	Injury while using a hand tool
13	Drowning or asphyxiation
14	Injury by an animal
15	Exposure to fire

<b>Severity</b>	<b>Examples</b>
Very low	Scratch, bruise, minor cut – normal activity will be resumed after first-aid treatment; there will be no lost time
Low	Severe cut, sprain, strain, minor burn – normal activity may not be possible immediately after treatment; there may be lost time
Medium	Burn, fracture, minor amputation, temporarily disabling back injury; accident will almost certainly result in lost time and/or major injury
High	Permanent disability, serious amputation (eg loss of a finger)
Very high	One or more fatalities

<b>Likelihood</b>	<b>Meaning</b>
Very unlikely	So unlikely, probably close to zero
Unlikely	Unlikely, though conceivable
Possible	Could occur sometime
Likely	Will occur several times
Very likely	Occurs repeatedly and is to be expected

**DATE POLICY LAST REVIEWED: 20<sup>th</sup> April 2023**