

## WODS Risk Assessment Form – Dance Rehearsals

When complete, this risk assessment is to be kept in the WODS H&S file.

All actions arising are to be communicated to the persons responsible by the WODS H&S Officer

Issue Date: 13 February 2015

<b>Hazard/ Activity</b> <i>Risks of harm</i>	<b>Existing control measures</b>	<b>Event proby factor</b>	<b>Harm severity factor</b>	<b>Overall risk rating</b>	<b>Further action to reduce risks</b>	<b>Person responsible</b>	<b>Action completed</b>
<p><b>Dancing on existing floor at WODS Hall</b></p> <p><i>Risk of repetitive strain injuries to lower limbs</i></p> <p><i>Risk of breaks fractures due to falling on hard surface</i></p>		2	2	4	<ol style="list-style-type: none"> <li>1. Ensure that all those participating in a dance rehearsal are wearing appropriate clothing and footwear.</li> <li>2. Advise on use of other protective items (knee pads etc) as appropriate.</li> <li>3. Investigate improved floor surfacing for WODS Hall</li> </ol>	<p>Choreographer or rehearsal leader</p> <p>Choreographer or rehearsal leader</p> <p>WODS Committee</p>	
<p><b>Dance routines involving jumping, twisting and rapid limb movements</b></p> <p><i>Risk of muscular injury or dislocations</i></p>		2	2	4	<ol style="list-style-type: none"> <li>1. Conduct a warming up session before the rehearsal for all those involved in the dance routines</li> <li>2. Ensure that all dancers are competent to do the moves and are happy with what they are being asked to do.</li> <li>3. Ensure that room temperature is between 18 and 21C</li> </ol>	<p>Choreographer or rehearsal leader</p> <p>Choreographer or rehearsal leader</p> <p>Choreographer or rehearsal leader</p>	

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<b>Impact injuries during dance movements</b>  <i>Risk of bruising, dislocations or fractures</i>		2	2/3	4/6	<ol style="list-style-type: none"> <li>1. Ensure that dance area is clear of items other than necessary props and scenery, and that dancers have enough space to carry out the routine safely</li> <li>2. Ensure that all overhead hazards (luminaires, cables) are removed during rehearsal period</li> </ol>	<p>Choreographer or rehearsal leader</p> <p>WODS H&amp;S Officer</p>	
<b>Slipping, tripping during dance movements</b>  <i>Risk of bruising or dislocations</i>		2	2	4	<ol style="list-style-type: none"> <li>1. Ensure that dance area is clear of all items other than necessary props and scenery.</li> <li>2. Ensure that any fluid spills are quickly wiped up.</li> </ol>	<p>Choreographer or rehearsal leader</p> <p>All WODS members present at the rehearsal</p>	

## Notes

The **probability** is assessed as follows:

*Very unlikely to happen (0-5%) – risk factor 1*

*Rarely happens (5-10%) – risk factor 2*

*Sometimes happens (10-30%) – risk factor 3*

*Happens frequently (30-50%) – risk factor 4*

*Very likely to occur (>50%) – risk factor 5*

The **severity** is a measure of the harm done if the event takes place:

*Little effect – no need for first aid – risk factor 1*

*Minor injury – slight burn, scratch or cut treatable with first aid – risk factor 2*

*Serious injury – burn, cut or fracture requiring treatment at A&E – risk factor 3*

*Severe injury – severe burn, cut, burn, broken bones or concussion endangering life and requiring immediate emergency service response – risk factor 4*

*Permanent injury/ Death – very severe injury possibly leading to loss of life – risk factor 5*

Any risk with a rating (probability x severity) more than 4 will be highlighted for action to reduce the risk. This can be by means of:

- Stopping the activity or finding a safer alternative
- Applying control measures (e.g. better supervision or training, better ventilation, avoiding lone-working)
- Providing protective equipment