

# Heart Wood Risk Assessment MINSTERACRES SITE



Version:	4
Created:	6 July 2023
Last review:	1 April 2025
Next review:	1 April 2026

<b>Reviewed by:</b>	<b>Chip Ponsford (Founder and Lead Therapist)</b>
<b>Approved by:</b>	<b>Trustees</b>
<b>Location:</b>	<b>Minsteracres Woodland &amp; Lakeside Sites, Nr Consett, DH8 9RT</b>
<b>Activity:</b>	<b>Group counselling in a nature setting</b>
<b>Person(s) at Risk:</b>	<b>Participants and facilitators</b>

<b>The Hazard</b>	<b>What might happen?</b>	<b>Potential level of risk?</b>	<b>Controls</b>	<b>Level of risks after controls</b>
Weather (hot, cold, wet)	Sunstroke, sunburn, hypothermia, cold	Medium	<ul style="list-style-type: none"> <li>- Advise participants to wearing appropriate clothing before the session</li> <li>- Ensure participants have sun-cream</li> <li>- Keep a supply of wet and cold weather clothing on site for use by participants</li> <li>- Ensure access to shade</li> <li>- Keep supply of drinking water at the site</li> </ul>	Low
Windy conditions	Risk of falling branches or trees	High	<ul style="list-style-type: none"> <li>- Cancel session if wind forecast above 45mph gusts</li> <li>- Site safety checked for loose and dead branches prior to each session</li> <li>- Appropriate safety talk</li> </ul>	Low

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Tree or woodland debris falling	Participant injured due to falling timber	High	<ul style="list-style-type: none"> <li>- Site assessed by facilitators prior to the start of each session and signed off</li> <li>- Any potential hazards are removed where possible</li> <li>- Participants warned of any potential hazards that can't be made safe (e.g branch hanging in tree) and area is deemed unsafe and not to be used</li> </ul>	Low
Woodland floor	Fall from stacked timber, injury from tripping or slipping	Medium	<ul style="list-style-type: none"> <li>- Site assessed by facilitators prior to the start of each session</li> <li>- Participants notified of any potential trip hazards or uneven ground</li> </ul>	Low
Water sources – lakes	Drowning, hyperthermia	Medium	<ul style="list-style-type: none"> <li>- Participants made aware of the lake and potential risks</li> </ul>	Low
Fires	Burns, clothes catching fire	Medium	<ul style="list-style-type: none"> <li>- Lead facilitators and Co- Facilitators are trained in fire safety</li> <li>- Participants advised of fire safety during the sessions</li> <li>- Fire bowl used to contain fire and make more accessible</li> <li>- Participants advised not to walk in front of each other next to the fire, keeping distance from fire</li> <li>- Appropriate equipment provided (e.g. safety gloves, fire extinguisher)</li> </ul>	Low

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Cooking	Burns, scalding, possible allergic reaction to ingredients	Medium	<ul style="list-style-type: none"> <li>- Lead facilitators and Co- Facilitators are trained in cooking safely on an open fire</li> <li>- Participants advised of how to cook safely on an open fire</li> <li>- Appropriate equipment provided (e.g.fire gloves)</li> <li>- Allergy information documented and participants asked before cooking and eating soup</li> <li>- No meat used on site</li> </ul>	Low
Insects, wasps, plants, fungi	Possible allergic reaction, poisoning	High	<ul style="list-style-type: none"> <li>- Participants educated about flora and fauna on sites</li> <li>- Participants have completed form about any allergies / illnesses / medication</li> <li>- First aid kit available on site</li> </ul>	Low
Medical conditions	Asthma, diabetes, epilepsy, anxiety, panic attacks,	Medium	<ul style="list-style-type: none"> <li>- Facilitators and participants asked their medical history and requirements prior to engaging in a session</li> <li>- Emergency Contact numbers taken for all participants</li> </ul>	Low
Animal faeces / mud/ dirt etc	Infections in cuts	Medium	<ul style="list-style-type: none"> <li>- Water and hand sanitiser provided on site for hand washing before eating and at the end of the session</li> </ul>	Low

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Using tools	Cuts	Medium	- Participants using tools such as secateurs, loppers, hand axes and saws are given demonstration about how to use tools safely	Low
Accidental injury on unattended tools	Cuts	High	- Ensure tools are stored safely in a designated space when not in use	Low
Incorrect use of loppers	High	Cuts	<ul style="list-style-type: none"> <li>- Inform person using loppers of tool safety - no glove needed on hand using tool, glove on non-sawing hand.</li> <li>- First aiders and first aid kit close by</li> <li>- One-to-one supervision for new /vulnerable clients.</li> <li>- Ensure safety of site.</li> <li>- Keep blade cover on when not in use and store in tool bag.</li> </ul>	Medium
Trip or fall with tool	Cuts	Medium	<ul style="list-style-type: none"> <li>- Ensure safe working area prepared with limited trip risks.</li> <li>- Ensure tool transported with cover on.</li> <li>- Ensure participants taught how to move safely with tool.</li> </ul>	Low