## Appendix 1 Personal Risk Assessment

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| Work Location: |
| Placement Being Assessed:  Assessor: Date: |

| **HAZARD** | **DESCRIPTION** | **RISK OF INJURY OR EXPOSURE** | **ACTION / COMMENTS** |
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| Psychological capacity | Are there critical tasks, which rely on skill, experience and an understanding of the task requirements?  Young persons should receive training and effective supervision, particularly where they might be potentially exposed to:   * to violent or aggressive behaviour; * dangerous equipment. |  |  |
| Physical capacity | Injuries can occur in jobs that require repetitive or forceful movements, particularly when combined with awkward posture or insufficient recovery time. Consideration should be given to:   * physique and general health, age and experience of the young person in your risk assessment; * training and supervision required |  |  |
| Moving & Handling | Manual handling includes not only lifting but pulling, pushing and twisting. Consider both the handling of inanimate objects and people. Can the handling task be avoided? |  |  |
| Display Screen Equipment | Correct posture is very important to prevent undue strain being placed on the neck, shoulders, back, arms and wrists.  Ensure that a VDU workstation assessment is carried out. |  |  |
| Noise | Exposure to prolonged loud noise may lead to increased blood pressure and tiredness. If you are 2 metres from a person and need to shout to be heard the noise is too loud. |  |  |
| Hazardous substances e.g. cleaning fluids, pesticides, etc | All chemicals used in the workplace should have a COSHH assessment. These should give an indication of any potential hazards and precautions that should be taken. |  |  |
| Biological Agents e.g. Hepatitis B, HIV, herpes, TB, syphilis, chickenpox, typhoid and rubella. | Consider:   * the nature of the biological agent * how the infection is spread * how likely contact is * what control measures there are, e.g. physical containment, hygiene measures, use of vaccines |  |  |
| Lone working | Working alone  Working outside normal office hours  Meet clients/patients in isolated locations  Working in an area where a security risk assessment is in force |  |  |