

Remote Supervision Risk Assessment

Hazard	Control Measure	Mechanism	Advice
Getting Lost	Maps, compass Check Points, emergency phone numbers, mobile per group Identify difficult legs GPS for gaining a fix on more remote expeditions	Training, Route cards, use of mobile phone. Check point difficult legs. Go back to last known position – report any delay. Worst case scenario – go to ground and wild camp.	Close detail map work in poor visibility Always stay together. Attention to detail
Water Hazards	Safety Briefing – safety at water margins. No swimming, paddling, wading - cross only at footbridges and safe stepping stones.	Briefing on the day. Group responsibility. Team rules.	Absolutely no river crossings. Identify water hazards on route card.
Roads	Expedition route avoids roads as much as possible – sensible use of bends for seeing oncoming traffic – single file – high vis vests at front and rear.	Group stays in close proximity – choose only very safe time to cross – sensible use of ground – high visibility clothing when possible	This is the most likely cause of any accident. Do not use roads as a tempting short cut or for ease of navigating. They are intrinsically dangerous.
Tired Member of Group Risk of severe fatigue and exposure to poor weather	Eat Properly – eat often and drink plenty. Spare food – rest – share the load between the group. Contact supervision staff if needed to log the delay	Energise the team member / drinks more effective than food, food more effective than rest – eat little and often. Stop and brew up if necessary -	Walk at a comfortable pace. Team members should be able to talk and walk without struggling for breath. If you are sweating you are walking too fast.
Weather Hypothermia Exposure Hyper thermia /Heat stroke	Appropriate clothing, spare warm clothes as well as waterproofs. Sun Cream and cap for hotter days Cool clothing Consider sleeping fully clothed	Weather forecast – being prepared – follow expedition packing list. Hot or cold drinks as appropriate. Kit check before starting, Sleep fully clothed	Have items easily accessible – gloves hats, spare fleece, waterproofs. Be prepared to go to ground in exceptional conditions
Cooking Risk of fire Risk of scalding	Training on safe practice Never cook in side tents. Mindfulness when handling pans, hot water and gas cylinders. Agree cooking zone which is a respected area – no stepping over stoves	Light stove immediately after turning on gas. – use of pan handles – concentrated attention when stoves are active – consider the use gloves when cooking. Detach gas from stove in transit	Pack away only when cool
Tents Care needed and spatial awareness when erecting tents.	Training on tent erection – safety with handling poles. Respect for Tents when packing away.	Proximity to others and awareness of any activity such as cooking when erecting Tents	Share load – fly sheet - inner – pegs & poles

	Heavy when wet		
Water / Drinking Water	Fill up only at reliable water sources not from streams , ponds, rivers	Boil if necessary to destroy any bacteria	Carry plenty of clean drinking water
Medical Incidents	All fit before starting, Group first aid kit. Check points	Constant monitoring Some first aid training Withdrawl from expedition Mobile phone Record incident / casualty card.	Notify staff & team of any pre existing condition. Notify staff at check points or by telephone.
Darkness disorientation	Head torch and spare batteries Care moving around	Try to stay in tents when dark Pee bottle to be considered	Know what time sunsets and sunrises
Load & Packing Effecting speed and energy consumption	Keep things to a minimum Keep all that is carried INSIDE your rucksack . Pack the gear you need last first – at the bottom of your bag.	Care when considering food – dehydrated food – easy boil in the bag food – no tins, no bacon eggs etc. Share meals tent parts – stoves – pans etc	Wash kit to a minimum – no aerosol sprays – bottles of shampoo – hairdryers. Tooth brush only!
Medical Incidents			