RISK ASSESSMENT WIZARD



ABSEILING

Safety Guide

Outdoor Activity Provider

4	16	15
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Confidence Building

Overcoming fear of heights builds lasting self-belief.

Trust Development

Relying on belayers develops mutual trust and communication.

Fear Management

Learn to control fear response and stay calm under pressure.

Technical Skills

Introduction to rope work and safety systems.

KEY HAZARDS & CONTROL MEASURES

Falls from Height

- ✔ Redundant anchor systems (minimum 2 points)
- ✔ Safety rope with qualified belayer
- ✔ Equipment checks before each descent
- ✔ Proper harness fitting by instructor

Rockfall

- ✔ Helmets worn by all participants
- ✔ Clear drop zone below abseil
- ✔ Edge inspection before use
- ✔ Clear communication protocol

Equipment Failure

- ✔ Regular equipment inspection and logging
- ✔ Retirement schedules for soft goods
- ✔ Visual check before each use
- ✔ Safety-certified equipment only

Edge Injuries

- ✔ Edge protection padding where needed
- ✔ Thorough briefing on technique
- ✔ Instructor control of rope at edge
- ✔ Practice on low angle before vertical

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Anchors

- [ ] Anchor points inspected
- [ ] Redundancy in place
- [ ] Load distribution correct
- [ ] Edge protection installed

Equipment

- [ ] Ropes inspected
- [ ] Harnesses checked
- [ ] Helmets available
- [ ] Descenders functioning

Participants

- [ ] Briefing completed
- [ ] Harness fitted correctly
- [ ] Helmet worn
- [ ] Commands understood

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

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Add your branding & tailor to your needs

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