RISK ASSESSMENT WIZARD



MOUNTAINEERING

Safety Guide

Outdoor Activity Provider

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Physical Strength

Builds overall physical strength and endurance through sustained climbing, hiking, and managing challenging terrains.

Mental Resilience

Enhances mental resilience and determination by requiring perseverance and focus to reach summits and overcome obstacles.

Navigation Skills

Improves navigation and survival skills through route planning, map reading, and adapting to various mountain conditions.

Teamwork & Leadership

Promotes teamwork and leadership as mountaineers often work in groups, fostering collaborative and leadership abilities.

KEY HAZARDS & CONTROL MEASURES

Falls from Height

- ✔ Rope work and belaying on exposed terrain
- ✔ Proper use of crampons and ice axes
- ✔ Route selection appropriate to ability
- ✔ Regular equipment inspection and maintenance

Avalanches

- ✔ Avalanche forecast assessment before travel
- ✔ Avalanche safety equipment (transceiver, probe, shovel)
- ✔ Terrain selection avoiding avalanche-prone slopes
- ✔ Avalanche awareness training for all participants

Hypothermia & Frostbite

- ✔ Appropriate layered clothing system
- ✔ Recognition of early cold injury symptoms
- ✔ Emergency shelter and bivouac equipment
- ✔ Regular checks on team members' condition

Altitude Sickness

- ✔ Gradual acclimatisation schedule
- ✔ Recognition of altitude sickness symptoms
- ✔ Descent protocols when symptoms occur
- ✔ Medical screening for high altitude expeditions

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

Conditions

- [ ] Weather forecast reviewed
- [ ] Avalanche risk assessed
- [ ] Route conditions checked
- [ ] Daylight hours planned

Equipment

- [ ] Ropes and harnesses inspected
- [ ] Crampons and ice axes checked
- [ ] Navigation equipment ready
- [ ] Emergency shelter packed

Team

- [ ] Fitness levels appropriate
- [ ] Experience matched to route
- [ ] Medical conditions disclosed
- [ ] Emergency contacts logged

Safety

- [ ] First aid kit complete
- [ ] Communication devices tested
- [ ] Evacuation plan established
- [ ] Check-in schedule agreed

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