



## Bounce Fitness Risk Assessment Form

This form is to be used with reference to the *Bounce Fitness Workplace Health and Safety Policy and Procedures*, in particular the Hierarchy of Control Measures. All other requirements to complete this assessment are included in this form.

For support in conducting a risk assessment, contact a representative of the Bounce Fitness WHS Committee.

1. Background Information	
<b>Date:</b>	Click or tap here to enter text.
<b>Name of Partner Gym</b>	Click or tap here to enter text.
<b>Location:</b>	Click or tap here to enter text.
<b>Name of person conducting assessment:</b>	Click or tap here to enter text.
<b>Contact details of person conducting assessment:</b>	Click or tap here to enter text.

2. Risk Assessment									
Identify Hazards	Description of the risk	Current risk controls	Consequence rating	Likelihood rating	Risk rating	Adequacy of existing control (Yes or No)	List Additional Controls <i>(If current controls are not managing the risk, refer to the Hierarchy of Control Measures)</i>	To be actioned by whom and when	Date completed
<i>EXAMPLE</i>	<i>Loose cabling behind treadmills</i>	<i>Trips, falls, electrocution, sprain, strain could occur because of loose cabling</i>	<i>2 - Minor</i>	<i>2 – Unlikely</i>	<i>Low</i>	<i>No, current controls are not adequate</i>	<ul style="list-style-type: none"> <li><i>Remove treadmills if not in use (elimination)</i></li> <li><i>Secure cable to wall or floor edge (isolation)</i></li> <li><i>Use hazard tape (isolation)</i></li> </ul>	<i>Manager – prior to next WHS meeting</i>	<i>DD/MM/YY</i>

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1	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
2	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
3	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
4	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
5	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.

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**1. Consequence** - Evaluate the consequences of a risk occurring according to the ratings in the top row

Descriptor	Level	Definition
Insignificant	1	No injury
Minor	2	Injury/ ill health requiring first aid
Moderate	3	Injury/ill health requiring medical attention
Major	4	Injury/ill health requiring hospital admission
Severe	5	Fatality

**2. Likelihood** - Evaluate the **likelihood** of an incident occurring according to the ratings in the left-hand column

Descriptor	Level	Definition
Rare	1	May occur somewhere, sometime (“once in a life time / once in a hundred years”)
Unlikely	2	May occur somewhere within the Department over an extended period of time
Possible	3	May occur several times across the Department or a region over a period of time
Likely	4	May be anticipated multiple times over a period of time May occur once every few repetitions of the activity or event
Almost Certain	5	Prone to occur regularly It is anticipated for each repetition of the activity of event

**3. Risk Matrix** – Using the matrix calculate the level/rating of **risk** by finding the intersection between the likelihood and the consequences

Likelihood	Consequence				
	Insignificant	Minor	Moderate	Major	Severe
Almost Certain	Medium	High	Extreme	Extreme	Extreme
Likely	Medium	Medium	High	Extreme	Extreme
Possible	Low	Medium	Medium	High	Extreme
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Medium	Medium

**4. Risk Level/Rating and Actions** - Based on the level/rating of risk you identified in the Risk Matrix determine the appropriate action.

Descriptor	Definition
<b>Extreme:</b>	Notify <b>Workplace Manager and/or Management WHS/OHS Nominee</b> immediately. Corrective actions should be taken immediately. Cease associated activity.
<b>High:</b>	Notify <b>Workplace Manager and/or Management WHS/OHS Nominee</b> immediately. Corrective actions should be taken within 48 hours of notification.
<b>Medium:</b>	Notify <b>Nominated employee, HSR / HSC</b> . Nominated employee, WHS/OHS Representative / HSC is to follow up that corrective action is taken within 7 days.
<b>Low</b>	Notify <b>Nominated employee, HSR / HSC</b> . Nominated employee, HSR / HSC is to follow up that corrective action is taken within a reasonable time.