

Risk assessment RA05

<https://sportsciencesafety.stir.ac.uk>

Faculty / Service Area	Faculty of Health Sciences and Sport	Location	Sport Science laboratories, other
Description of work task / equipment /area being assessed			
Flexibility assessment (static and dynamic)			
Change log	Version 1.1 29 Aug 2022 New format Version 1.2 10 th July 2023 Referenced regulations		
Head of faculty	Prof Jayne Donaldson	Safety officer	Dr Nidia Rodriguez Sanchez
Completed by	Dr Stuart Galloway	Date	12 th May 2015
Reviewed by	Dr Nidia Rodriguez Sanchez	Date	10 th July 2023
	Chris Grigson	Date of next review	August 2024
Equipment used	Sit and reach box, goniometer		
Categories of people involved	Staff, UG, PG, Visitors		
Duration of activity	Various durations depending upon number of flexibility measurements to be made.	Frequency of activity	Frequency dependent upon nature of work. Research work could be daily, consultancy work could be weekly, teaching could be 3-4 times per year
Legal compliance to standards and regulations required	Health and Safety at Work act 1974 (HASAWA) https://www.hse.gov.uk/legislation/hswa.htm		

	<p>Management of Health and Safety at Work Regulations 1999 (MHSWR) https://www.legislation.gov.uk/ukxi/1999/3242/contents/made</p> <p>Provision of Work Equipment Regulations 1998 (PUWER) https://www.hse.gov.uk/work-equipment-machinery/puwer.htm</p> <p>The Control of Substances Hazardous to Health Regulations 2004 (COSHH) https://www.hse.gov.uk/coshh</p>
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What are the hazards?	Hazard category	Who might be harmed and how?	What are you already doing to control the risks?	*Risk rating	What additional controls (if any) are required to reduce the risks?	*Risk rating	Action by who?	Action by when?	Date of completion
Minor injury to muscle	F4	Participants Muscle injury may occur due to inadequate warming of muscle prior to assessment leading to soreness	Pre-participation screening* (including resting blood pressure and heart rate Physical activity questionnaire Medical history questionnaire Any inactive person, with a medical history of cardiovascular, respiratory, or metabolic diseases or muscle, bone or joint problems, aged under 18 or over 40 are not eligible to undertake assessment	Low					

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			Appropriate warm-up Appropriate active recovery SOP						
References	<p>* Preparticipation medical evaluation for elite athletes https://bmjopensem.bmj.com/content/bmjosem/7/4/e001178.full.pdf</p> <p>Laboratory Risk Assessments</p> <p>RA80_TeachingLab_L19 RA81_ResistanceLab_3B140 RA82_PhysiologyLab_3B142</p> <p>RA83_NeuromuscularLab_3B142D RA84_MultipurposeLab_3A72</p>								

Standard operating procedure

Procedure:

Volunteer arrives and is given written and oral information about the nature and purpose of such a test. They then complete a physical activity and medical history questionnaire prior to assessment of resting blood pressure and heart rate. On completion of these procedures and if no adverse responses have been observed (see below) the volunteer is asked to sign an informed consent form agreeing to participate in such an activity and agreeing that they are free to withdraw from the procedures at any time without giving any reason for doing so.

An appropriate warm-up is provided followed by the flexibility assessment. Normally only one support person is required to undertake an assessment.

Responses which would screen a person out of participating in this activity:

- <18 or >40 years of age and/or inactive (inactive defined as less than 3x30 minutes of exercise per week)
- Resting blood pressure >150/100 mmHg (even after two repeat measurements 5 minutes apart)
- Resting heart rate >100 beats per minute (even after repeat measurement following additional seated rest)
- History of cardiovascular, respiratory, metabolic or other disease (including muscle, bone or joint problems)
- Females if they indicate that they are pregnant
- If <18 parental consent is required before assessment takes place assuming that other screening criteria do not exclude the individual.
- If >40 guidance of medical practitioner is requested even in cases where other screening criteria do not exclude the individual.