

Risk assessment RA07

<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			
Body composition (stature, body fat, body mass)			
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	29 th Aug 2022
	Chris Grigson	Date of next review	August 2024
Equipment used	Stadiometer, bio-impedance analyser, skinfold calipers, beam balance, scales		
Categories of people involved	Staff, UG, PG, Visitors		
Duration of activity	Various durations depending upon number of measurements to be made (skinfolds can be measured at many sites though 4 or 7 are the norm).	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>									
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
Jaw slippage of skinfold caliper during test	F4	Participants Pinch injury leading to soreness and bruising	SOP Instruction and Training on use of equipment	Low					
References	<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. 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.

The body composition assessments are made and data recorded. Normally only one support person is required to undertake an assessment but it is preferable to have two support people (mixed genders) present for skinfold thickness assessment. This is as a precaution to ensure that volunteers are comfortable in the lab environment when they are required to remove items of clothing (complete removal of all clothing is not necessary but adjusting of clothing is required for some measurements)

Those undergoing training in these procedures are also informed about discretion of results and with the skinfold assessment they are informed of appropriate ways for measuring the various sites including proper use of the calipers.