

Watchtree Nature Reserve

Great Orton, Carlisle, CA5 6NL

Location: Cycle Training Area and Cycle Trails

Title : Use of Standard Trike	Date of Assessment : 30/07/2018	Risk Assessor : Matthew Wind
Risk Assessment Reference : RA30	People involved in making this assessment : Matthew Wind	
Task/ Process : Use of Standard Trike	People at Risk : Employees, Members of the Public, Volunteers, New and Expectant Mothers, Children & Young Persons, Visitors	

Hazard : Manual handling Injuries caused when moving cycles out of the storage area
Control Measures:
1. Staff and volunteers only to remove cycles from storage area
2. All staff and volunteers to be advised on safe methods of manual handling

Hazard : Mechanical Injury from fingers getting caught in chain and/or spokes whilst wheels are spinning
Control Measures:
1. Advise users not to place hands near these moving mechanisms, even if the trike is stationary
2. Chain guards in place where appropriate (when fitted as standard by the manufacturer)

Hazard : Repetitive Movements Injury or discomfort due to excessive use of specific muscle groups not used in daily life.
Control Measures:
1. Advise users to start slowly, gently increasing the distance and effort of riding between each session, with ample recovery time in between.

Hazard : Public or Visitor Access Use the designated cycle trails only, and avoid the footpaths and car park area
Control Measures:
1. Advise all users to stick to the cycle trails, and ensure they have a map of the site with each pair of cyclists.
2. Cycle trails are signposted
3. Car Park is fenced off, separate from the rest of the Nature Reserve

Hazard : Road risk Accident or injury by road users / cars and cyclists
Control Measures:
1. Cycle trails are separated from car park and public roads by tall steel fence

2. Visitor Centre separates cycle centre from car park, with a cordoned off picnic area and garden with fence.

Hazard : Uneven, Wet or Slippery Floors Flat, wet, tarmac can become skiddy esp on the corners. the broken concrete has become potholed and can be bumpy

Control Measures:

1. Advise slow approach to corners especially when wet.

Hazard : Violence, threatening behaviour

Control Measures:

Hazard : Work equipment

Control Measures:

Documents Associated with this Risk Assessment:

Review Date : 04/11/2020

Reviewer : Matthew Wind