

## Risk management plan – multiple hazards

<b>Business name</b>	Kiado Ryu Martial Arts	<b>Completed by</b>	Lance Strong, Ava Strong, Sabine Gass
<b>Business location</b>	Martial Art Schools and Events –	<b>Date completed</b>	18 <sup>th</sup> February 2025
<b>Work area</b>	Jack Mclean Community Centre - Thames	<b>Scheduled review date</b>	19 <sup>th</sup> February 2026

Identify the hazard	Assess the risk	Control the risk					
What is the hazard?	What could go wrong? Who might be harmed and how?	What are you already doing to control the risk?	Priority or risk level (low, med, high) *	What else do you need to do to control the risk?	Action by whom?	Action by when?	Date completed
Exercising during training	Bruising, straining muscles, superficial injuries	First aid kit in place.  Instructors aware of any existing medical conditions.  No jewellery or piercings or covered with tape.  Adequate supervision during exercises.  Mats and protective gear if needed  Spacious exercise area	Medium risk	All exercises are Low Impact  Adequate structured and progressive Warm Ups  Properly structured Lesson Plan  Instructor Standards and Training	Instructors		
Sparring	Knock down  Blows to head – including loss of consciousness.  Blows to body causing bruising  Broken bones, pulled ligaments and muscles, dislocated joints  Fall injuries  Winded  Collisions  Exacerbation of existing conditions	Full sparring protective gear (PPE)  Allow Controlled Sparring only  Clear floor space.  Trained instructors.  Close supervision.  Spacious sparring area.  First aid kit.  Student's Medical Status	High risk	Trained first aider in place during competition and grading.  Train all Instructors in Basic Dojo First Aid  Ambulance/ED transport for reportable incidents such as loss of consciousness.	Lead instructors		

<p>Pad work, other partner drills</p> <p>Weapons: Includes Sticks Staff Sword</p>	<p>Collisions</p> <p>Bruising/straining muscles</p> <p>Superficial injuries</p>	<p>First aid kit.</p> <p>Instructors aware of any existing medical conditions.</p> <p>No jewellery or piercings or covered with tape.</p> <p>Controlled and adequate supervision during all exercises.</p> <p>Spacious exercise area.</p> <p>Mats and protective gear if needed.</p>	<p>Medium risk</p>	<p>Instructor Training in all weapons training teaching and supervising</p> <p>Instructor Weapon Training Days</p>	<p>Instructors</p>		
<p>Fire</p>	<p>Evacuation process not followed, injuries at exiting building.</p>	<p>Induction to H&amp;S procedures at start of event</p> <p>Education in Fire and Earthquake safety drills</p>	<p>Low risk</p>	<p>Advise all participants of all relevant evacuation policies, assembly points, and exits at the beginning of all training sessions.</p>	<p>Lead instructors</p>		

\*The level of risk will increase as the likelihood of harm and its severity increases. For more details on the risk management process see page 2.

# How to manage work health and safety risks

Use this information to help you complete the risk management table on the front of this form. This information is sourced from the *How to manage work health and safety risks Code of Practice 2011*. You can view the full code at [worksafe.qld.gov.au](http://worksafe.qld.gov.au).

## Step 1

### Identify hazards

Identify the things or situations that could potentially cause harm to people.

#### How to identify hazards

Try a number of ways, including:

Inspecting the workplace

- Consulting workers, directly or through surveys, representatives, etc.
- Information from industry bodies, regulators and specialists, etc.
- Reading instruction manuals or safety data sheets
- Reviewing your records of incident reports, complaints, health monitoring, etc.

#### Where to look

Look in all aspects of work, including:

- the physical work environment
- equipment, materials and substances used
- work tasks and how they are performed
- work design and management (e.g. shift work)

## Step 2

### Assess hazards

Consider *what* could happen if someone is exposed to a hazard and how *likely* that is.

#### Level of risk

Work out the level of risk by considering the possible severity injury and likelihood of it occurring.

The level of risk will increase as the likelihood and severity increase.

#### Severity

How severe could the harm be? Consider what type of injuries may happen, who it affects, if it could escalate, etc.

#### Likelihood

Work out the likelihood of harm occurring. You can estimate it by considering:

- How often is the task done? Does this make the harm more or less likely?
- How close do people get to the hazard?
- Has it ever happened before, either in your workplace or somewhere else? How often?

Consider if the harm is: certain to occur, very likely, possible, unlikely or rare.

## Step 3

### Control hazards

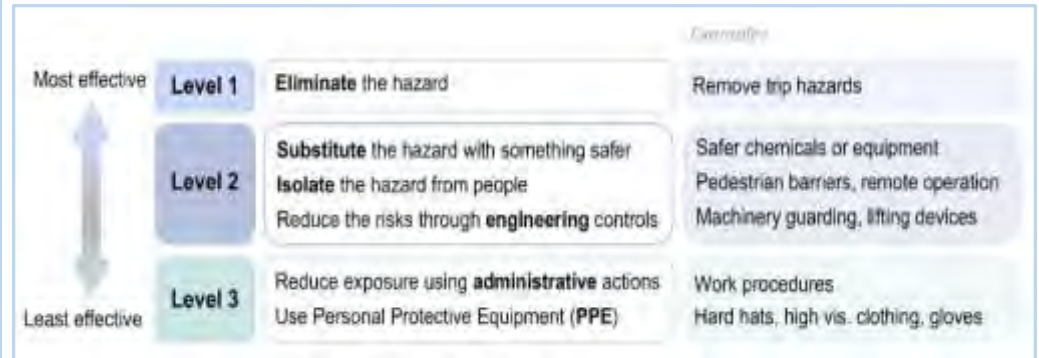
Try to eliminate the risk first, or if that is not possible, put controls in place that minimise the risk so far as is reasonably practicable.

#### Finding the best control

You can rank ways of controlling risks from the highest level of protection and reliability to the lowest. This ranking is known as the *hierarchy of risk control* (see below).

Always start at the most effective control (level 1, elimination), and work down the hierarchy.

#### The hierarchy of risk control



## Step 4

### Review controls

Reviews will help you identify if your controls become less effective.

#### Regular reviews

The control measures that you put in place should be reviewed regularly to make sure they work as planned. Don't wait until something goes wrong.

If you find problems, go back through the risk management steps, review your information and make further decisions about risk control.