



East Neuk Seaweed Risk Assessment Rocky Shore and Intertidal with Tasting session

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Risk	Who	Harm
Slippery Rocks	Participants, Public or Staff	• Slips, trips, falls. • Bruises, sprains, knocks, scrapes and cuts. • Head, back and neck injury • Unconsciousness resulting in drowning.
Tide	Participants, Public or Staff	• In-coming tide obstructs safe departure from the beach. • Washed away and drowning.
Waves	Participants, Public or Staff	• Waves breaking on the shore causing physical harm. • Wave size changes unpredictably causing people to be swept away or hurt.
Weather	Participants, Public or Staff	• Fog may cause disorientation and risk of people getting lost. • High winds may make people unsteady on their feet or at risk of being blown out to sea. • Wind can increase chill factor heightening the risk of Hypothermia. • Rain may reduce visibility and make the rocks more slippery. • Rain could increase the chance of low body temperatures heightening the risk of Hypothermia. • Ice and snow may affect visibility and the rock surface. • Sun can create glare from water and increase the chance of sunburn.
Scissors and knives	Participants, Public or Staff	• Cuts, slices, stabs, gash.
Cross contamination/ food poisoning/ allergy	Participants or Staff	• Vomiting, diarrhea, abdominal pain, nausea. • Tingling or itching in the mouth. • Hives, itching or eczema. • Swelling of the lips, face, tongue and throat or other parts of the body • Swelling and respiratory problems. Wheezing, nasal congestion • or trouble breathing. • Dizziness, lightheadedness or fainting.



Risk	Precautions
Slippery Rocks	• Participants advised to wear sturdy appropriate footwear. • Participants advised that the rocks are slippery and briefed safest method to traverse, hazards to avoid and what to do in case of a slip. • Staff to lead the safest route. • All participants checked for suitable equipment before commencement. • Portable stretcher carried in case of accident. • Participants to have read and fully understood ALLWET guide before commencing workshop. • First Aid kit carried at all times.
Tide	• Rocky shore is assessed beforehand and safe routes are planned for leaving the beach, taking care to consider gullies that may fill and cause an obstruction as the tide begins to flow. • Low tide details noted and staff to carry details during the tour. • Before commencement participants briefed of the time and conditions of the tide. • Before commencement participants briefed on the planned departure time and route from the intertidal zone. • Participants showed ways to track the tide. • Departure from intertidal shortly after low water time.
Waves	• Swell predictions noted before all tours. • Wave size assessed on day • All participants advised to keep well back from the water's edge. • Workshop routes are planned to stay a safe distance from breaking waves at all times.
Weather	• Participants advised during booking process appropriate clothing and equipment to bring. • Up to date weather forecast sent to participants in days prior to a workshop. • All participants inspected before the tour to insure appropriate clothing and equipment for the conditions, if not they will be declined attendance. • Hi visibility helmets to be worn by all participants and staff. • The general weather conditions to be assessed on the day, before and during the event. • If fog is present then visibility will be assessed and the event canceled if it is deemed to be a risk. • Predicted wind speeds including gusts will be assessed before the event. • Wind speeds in excess of force 5 (off shore) or Force 4 (On shore) will result in the event being canceled. • If deemed necessary, evacuation will be implemented in a safe and calm manner, if any significant deterioration in weather conditions is deemed to pose a risk while in the intertidal zone.
Scissors and knives	• All participants briefed in safe cutting and sharps handling techniques. • Sharps to be carried in a bag by staff until needed, then returned to staff. • Sharps not to be carried or used while traversing. • First Aid kit carried at all times.



Cross contamination/ food poisoning/ Allergies	• Participants wash hands before starting the tour and before sampling prepared foods. • Hand wash facilities to be provided before the tour and before tasting sessions. • All prepared foods to be prepared, stored, reheated and distributed according to safe food handling practices. • All participants asked about allergies/dietary requirements during the booking process and again on the day before any food is served. • Disposable 1 use compostable plates and utensils provided. • All staff hold food hygiene certificates
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