

HAZARD	CAUSES	RISK ANALYSIS WITHOUT CONTROLS		CONTROL MEASURES	RISK ANALYSIS WITH CONTROLS		ALARP
		Likelihood High/ Med/ Low	Risk level High/ Med/ Low		Likelihood High/ Med/ Low	Risk level High/ Med/ Low	
Blocked trails / Bad weather / Swollen rivers	Poor pre-planning / No scouting / Sudden change in hike conditions	Low	Med	Scout trail / Check conditions Pre-planning / Turn back	Low	Low	Yes
Falling into water / Drowning / Swept by river or sea currents	Poor pre-planning / Poor leadership / No life jackets / No ropes / Poor safety procedures	Low	High	Hike Leader authorizes water entry / Use life jackets, ropes and proper safety procedures	Low	Low	Yes
Trap guns / Illegal activity / Bandits	Uncharted hike / Suspect Lead Hiker awareness / No communication with community / Unwanted visibility / No security measures	Low	High	Proper pre-planning and community contact / Know your trails / Scout trail / Use community scout / Lead Hiker alert / Have an emergency security plan	Low	Low	Yes
Unknowns / Change conditions / Disruptive behaviour or emergencies	Poor pre-hike preparation or planning / Untrained Hike Leader	Low	High	Pre-planning / Preparation Hike Leader training / Have an emergency and security plan	Low	Low	Yes
Untrained or inexperienced Hike Leaders	Hike Leader not certified to HATT or equivalent Standard	High	High	Hike Leader training and / certification	Low	Low	Yes
Poor hike management and associated possible consequences	Hike Leaders not following Hiking Standards and Procedures	Med	High	HATT registration and audit process	Low	Low	Yes
Hiker discomfort	First timer / Unfit / Morbid fear of snakes	Med	Low	Proper pre-hike briefing and screening / Reassured by knowledgeable Hike Leader			
Displaced on trail	Unclear trail / Not marking trail / Not scouting trail / No knowledge of trail	Low	Med	Scout trail / Use guide, or markers Blazing / Hike Leader training / Use of phones, radios	Low	Low	Yes
Heart Attack / Stroke / Fainting / Epileptic fit	Failure to take medication / Failure to disclose medical condition to Hike Leaders / Physical demands of the trail too much	Med/Low	High	First Aid Kit / Emergency Response Procedure / Plan First Responders Contacts for Health Institutions and Police Station	Low	High	

GUIDELINES FOR CONDUCTING A RISK ASSESSMENT AND ANALYSIS

Hiking
is an adventure
with some
inherent risk.



The risks associated with hiking can be managed and reduced to a level 'as low as reasonably possible' (ALARP) if proper training and safety precautions are observed and the natural environment is treated with the respect it deserves.

Step 1
IDENTIFY THE HAZARD
 i.e. anything that could cause harm on a hike.
 Source of hazard

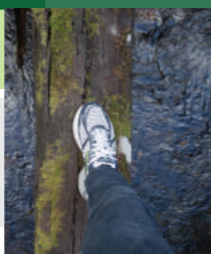
Step 2
DECIDE
 who may be harmed and how.
 Identify a Recipient and Pathway

Step 3
EVALUATE
 the risk and decide on a control measure.
 Risk Management

Step 4
APPLY
 mitigating measure and assess residual risk.
 Record

Step 5
REVIEW AND UPDATE AS NECESSARY
 Review

RISK ASSESSMENT TABLE

HAZARD	CAUSES	RISK ANALYSIS WITHOUT CONTROLS		CONTROL MEASURES	RISK ANALYSIS WITH CONTROLS		ALARP
		Likelihood High/Med/Low	Risk level High/Med/Low		Likelihood High/Med/Low	Risk level High/Med/Low	
Slips / Trips / Falls	 Uneven or slippery trails / Wet weather / Poor footwear	High	Low	Scout trail / No running / Exercise caution / Wear shoes with good grips	Med	Low	Yes
Cramps / Fatigue	Poor fitness level / Not eating / Dehydration / Unrevealed or Concealed illness by hiker	Med	Low	Choose hike for fitness level / Proper diet / Salt and liquid intake / Hike Leaders trained in First Aid Hikers are advised that all illnesses are to be revealed Development of Emergency Plan (Hike Leader to remain or rest with cramped hiker)	Low	Low	Yes
Heat Stress / Hypothermia	Hot weather / Wet conditions / Night hike	Med	Med	Rest stops / Keep hydrated / Waterproof jacket / Change of clothing	Low	Low	Yes
Blisters	Poor footwear / No socks	Low	Low	Proper footwear / Wear socks	Low	Low	Yes
Fractures / Cuts	Bad falls / Trauma event	Med	Med	Stay on trail / No pulling at branches	Low	Low	Yes
Snake bites / Bee Nettle & Scorpion stings Reactions to Cow Itch (<i>Mucuna pruriens</i> tree) Allergies	Off trail activity / Shaking bush / Running or hiking without due care and attention	Med	Med-High	Stay on trail / Follow Hike Leader / No shaking of branches / No running / Be vigilant	Low	Med	Yes
Poisonous fruits	Hunger / Curiosity	Med	High	Do not pick unknown fruits	Low	Low	Yes
Left alone / Lost hiker	Hiking alone / Not hiking as a group / No buddy / Walking off trail	High	High	Do not hike alone / Stay in groups / Stand ground when not sure / Use cell phones / Satellite phones / two-way radios	Low	Low	Yes
Slow hiker / Late return/ Unplanned night hike	Unfit hiker / Injured or sick hiker / Changed conditions	Med	Med	Advise hiker to choose hike for fitness level / First aid / ER Plan / Police check out or check in / Radio or phone contact	Low	Med	Yes

If slow hiker identified: (i) reduce pace of the hiking group; or (ii) return to starting point with slow hiker; or (iii) assigning a Hike Leader to monitor/assist slow hiker to allow for a varied pace by the hiking group.