Air Combat Command

Personal Risk Management (PRM)

Summer Guide

Risk Assessments

OBJECTIVE

This package was developed with the intent to assist wings in developing Personnel Risk Management guides. This package contains numerous topics that are normally encountered throughout the summer months. Please take these guides and tailor them as you deem necessary.

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SKY DIVING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Sky Diving:

- Have I received the proper training (is it current)
- How strong is the wind
- Landing area in good condition
- Parachute failure
- Collision with other jumpers
- Airplane safety
- Pilot certification

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Will I know what to do in a bad situation
- Could I be blown into nearby power lines or into the road or water
- Is the area free from obstructions
- Have we briefed all skydivers on our routine
- Possible crashes if not safe
- Dropped off drop zone, wrong altitude

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

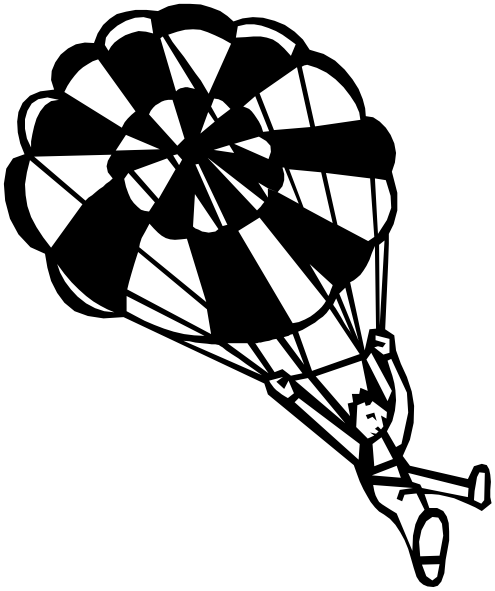
- Ensure training is current prior to jumping
- Don't jump if winds are over the limit you feel comfortable with
- Scout area prior to jumping
- Check main and backup parachute
- Give yourself plenty of distance/time between jumpers

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

- Only jump if you are certified for the jump or an instructor is with you
- Pick the location within the landing area that presents the least hazards
- Don't jump unless you know who packed your chute

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Sky Diving is a great way to have fun and we all deserve a break every now and then. Use risk management to make your diving experience memorable and safe. No one wants an outing to turn into a tragedy!



SCUBA DIVING/SNORKELING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with scuba diving/snorkeling:

- Currency
- Weather conditions
- Proper equipment
- Buddy system
- Proper rest
- Water conditions
  - Depth
  - Current
  - Temperature

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Are you certified if needed
- Check weather prior to heading out (lightning, winds, storms)
- Tanks full, body suit in good condition
- Is your partner qualified
- Make sure your body is ready to handle the dive
- Have you dove in this area before
  - Are you certified to the depth
  - Are you familiar with the current shifts
  - Are wet suits available if needed

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Only dive if weather will be good
- Tanks will be completely full
- Dive with a partner

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Scuba Diving and Snorkeling are great ways to have fun and we all deserve a break every now and then. Use risk management to make diving/snorkeling experience memorable and safe. No one wants an outing to turn into a tragedy!

SWIMMING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with swimming:

- Drinking
- Rest
- Buddy system
- Proper attire
- Know depth of water
- Weather conditions

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Drinking could cause you to over estimate your ability
- Inadequate rest may not allow you to operate at your full potential
- Without a buddy, no one would be there if you should need help
- Long pants/shirts restrict body movement and add weight
- When you dive in you could strike the bottom of the lake/pond/pool
- Weather is unpredictable; possible thunderstorms, high winds

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Only swim in proper attire (no long pants/shirts)
- Swim alone only in area with a lifeguard on duty
- Get out of water when bad weather is coming

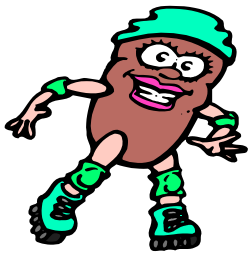
Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Swimming is a great way to have fun and we all deserve a break every now and then. Use risk management to make your swimming experience memorable and safe. No one wants an outing to turn into a tragedy!

ROLLER BLADING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Roller Blading:



- Location of skating area
- Skates
- Ability of individual
- Protective equipment

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Is the location free of obstructions, holes, and obstacles
- Are your skates in good condition
- Is your ability up to the course
- Is your protective equipment in good condition, strap for helmet, knee, elbow, and hand pads if needed

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Helmet will be fastened
- All protective equipment will be worn while in the learning stage (helmet at all times)

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Roller Blading is a great way to have fun and we all deserve a break every now and then. Use risk management to make your roller blading experience memorable and safe. No one wants an outing to turn into a tragedy!

FISHING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with fishing:

- Weather (rain, cold/hot temps, and wind)
- Location (near water, on the water, mud, rivers/streams)
- Wildlife (bears, moose, wolves, mosquitoes, and other friendly critters)
- Activities (travel, combat fishing, filleting fish, tackle preparation)
- Attendees (military, family members, children, the public)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries due to severe weather--hypothermia from a wet and cold environment. Don't forget the sun block; the sun reflecting off the water will at times cause severe sunburn
- Incidents involving water vehicle mishaps potentially from traveling long distances
- Animals' protective instincts, animal bites, insect-borne diseases, skin irritations, and other bothersome pests
- Drowning, stuck in mud flats, sprains, broken bones, overexertion, slips, trips and falls, flying hooks in close proximity, and cuts and punctures from knives and hooks
- Relative health of attendees

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

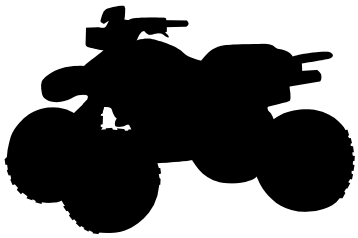
- Begin the day with a discussion of the proposed events for the day. Be sure you let someone else know where you are going, when you expect to arrive, and when you expect to return
- If your fishing trip includes a long drive, schedule rest stops before departing
- Check the weather forecast and plan accordingly
- Make sure people don't wander off alone
- Use insect repellent. Get familiar with the type of local critters you may encounter and what you should do if one shows up
- If alcoholic beverages are present (and they usually are), watch drinkers for signs of overindulgence
- Watch your children closely
- Consider the needs of the elderly or anyone with known pre-existing medical conditions
- Know the written rules of fishing and the unwritten rules of combat fishing
- Be sure and wear a pair of protective eyeglasses. There are a lot of errant hooks flying around when combat fishing

- Stay off the mud flats. It is easy to get stuck and in many areas the tides rise and fall 30 feet twice a day

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Have fun, but from now on, use risk management to make your summer fun and safe. No one wants a fishing trip to turn into a tragedy!



ATV OPERATIONS

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with ATV operations:

- Experience of operator
- Accidents (falls, rollovers, collisions)
- Weather (wind, cold, and heat)
- Location (river, stream, forest, hilly and rocky terrain)
- Wildlife (moose, bears, wolves, and insects)
- Exceeding limitations (operator or ATV)
- Fueling (spills, vapors, and explosions)
- Lost or stranded
- Drinking

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Has the operator received required training
- Injuries associated with accidents and collisions: sprains, fractures, lacerations, head injuries, contusions, burns, etc.
- Incidents related to the weather and water: dehydration, hypothermia, exposure, and drowning
- Animal attacks, maulings, insect-borne diseases, and skin irritations
- Possible accident injuring the operator or damage to the ATV
- Fire or explosions
- Is your riding area marked, are you prepared to spend the night
- Intoxication, impaired judgment, and reaction time

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

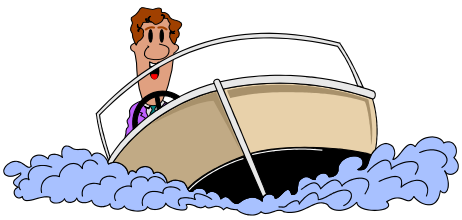
- Training. Take an ATV training course. Be thoroughly familiar with the machine and how to operate it properly. Read and comply with manufacturer's instructions for safe operations
- Start with a good plan. Always plan in advance to avoid costly errors. Consider all the possibilities of something going wrong and be prepared for it

- Check the weather prior to starting. Depending on duration and location of travel, get a forecast of the weather and plan accordingly. Remember the weather can change abruptly, so always prepare for the worst
- Inspect the ATV prior to operating. Ensure it is mechanically sound
- Familiarize yourself with the area and respect to the terrain. Travel in areas where ATVs are permitted. Avoid streams, rivers, muddy trails, and steep hillsides. Never operate an ATV on paved surfaces, they are designed for off road use only
- Don't travel alone in remote, unpopulated areas, and avoid splitting up if traveling with a group. Let someone know where you're going and when to expect your return. Have a map and/or Global Positioning System (GPS)
- Never ride with passengers and don't attempt wheelies, jumps, or stunts
- Ensure Personal Protective Equipment is worn (helmet, goggles, boots, gloves, long sleeve shirt or jacket, and long pants)
- Know your physical limitations and the limitations of the ATV and don't exceed them. Don't operate an ATV at excessive speeds
- Use extreme care when fueling. Fuel in well-ventilated areas and take precautions against static discharge
- Be familiar with the kinds of wildlife around you; their behavior and the actions to take if you encounter them
- Never consume alcohol or drugs before or while operating an ATV

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer outing to turn into a tragedy!



SAFE BOATING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with safe boating:

- Weather (storms, wind, swells, tides)
- Location (lakes, rivers, oceans)
- Boat condition/drain plug open (cracks/holes in hull, leaks)
- Motor condition (old, broken, unreliable)
- Fueling (vapors, spills, explosion)
- Exceeding people/equipment limit
- Slippery/wet surfaces
- Lost (no Global Positioning System (GPS)/compass/map)
- Stranded (sandbar, reef, rocks, submerged trees)
- Speed
- Alcohol
- Safety equipment

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries, damage, and loss equipment due to severe weather and water conditions
- Mishaps on lakes, dangerous currents in rivers, and rapid tidal changes for inlets, etc.
- Boat sinking due to taking on water from damaged hull or open drain plug
- Drifting due to motor breaking down/flooding out
- Fires due to fuel vapors or spills
- Capsizing due to exceeding the load limit of people and or equipment
- Falling overboard, hypothermia, or drowning
- Traveling in the wrong direction
- Hypothermia, dehydration, sunburns, or drowning
- Loss of control, collisions, capsizing, or running aground due to excessive speeds
- Intoxication, impaired judgment, unnecessary boat maneuvering
- Ensure personal flotation devices are available for all individuals, flares, and first aid kit

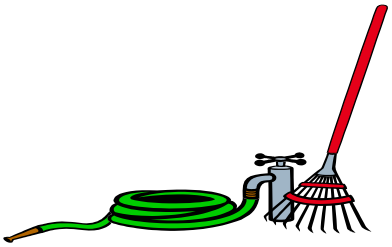
Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Start with a good safety briefing prior to heading out
- Listen to the National Weather Service for the day's forecast and plan accordingly. Cancel boating trip if inclement weather is expected. Ensure all safety equipment is ready and available
- Familiarize yourself with lakes, rivers, and inlets before attempting to navigate on your own
- Ensure to inspect equipment. Have boat motor and any other equipment serviced routinely
- Use extreme care when fueling. Clean up any spilled fuel. Don't let anyone smoke or have open flames near gas tanks. Try to keep gas tank area well ventilated
- Travel at speeds safe enough for water conditions
- Don't overload the boat with people or equipment
- Ensure all occupants wear properly fitting US Coast Guard approved floatation vest
- Keep an emergency kit onboard that contains food, blankets, sun block, fresh water, and flares

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer outing to turn into a tragedy!



LAWN CARE AND GARDENING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Lawn and Gardening:

- Lawn mower (blade and chute)
- Loose objects
- Weed eater
- Lawn edger
- Hedge trimmer
- Insecticides/Fertilizers

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Foot and hand injuries from contact with mower blade. Disconnect the spark plug prior to reaching underneath the mower deck
- Injury from flying debris
- Eye injury from flying debris
- Injuries from weed eater cord and thrown objects
- Poisoning from insecticides or fertilizers, use less hazardous chemicals

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Wear safety toe shoes, long pants, goggles, and gloves
- Inspect all lawn and gardening equipment prior to use
- Inspect lawn, remove all loose objects prior to mowing
- Use insecticides and fertilizers as directed. DO NOT MIX INSECTICIDES!
- Let wet lawns dry before mowing
- Unclog chute with a stick not your hand. Note: Disconnect spark plug first

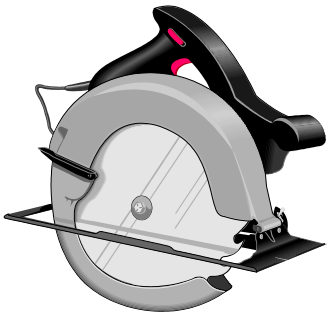
Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time for lawn care and gardening. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer day to turn into a tragedy!

POWER TOOLS

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with power tools:



- Electrical shock
- Burns
- Cuts
- Flying particles
- Muscle strain
- Power tool cords
- Dropped tools

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries/death due to electrical shock
- Burns from heat produced by power tools
- Lacerations, punctures, tears, and/or rips due to contact with the business end of the power tool in use
- Eye injury due to flying particles
- Tripping over power tool cords
- Loss of balance while using power tools
- Slippery power tool handles

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Inspect all power tools before using them. Replace or repair as necessary
- Wear appropriate protective equipment
- Keep hands and other body parts out of the area of operation
- Keep cords away from your feet
- Ensure power tool handles are free from grease and moisture
- Unplug and store all power tools after use

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

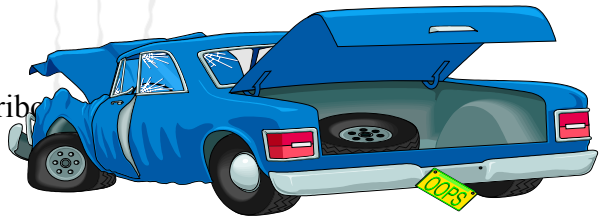
Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it's followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer project to turn into a tragedy!

OPERATING VEHICLES

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Private Motor Vehicle (PMV) operations:

- Vehicle crashes associated with:
  - Weather (rain, slippery roads, and poor visibility)
  - Road conditions (construction, pavement quality, loose surface material, narrow two-lane roads)
  - Traffic (tourists and travelers).
  - Impaired drivers (intoxication, exhaustion)
  - Animals/Wildlife (dogs, deer, moose, bears, caribo
  - Unseen situations
- Becoming stranded



Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Severe injury and death may result from any PMV crash associated with the stated hazards
- Being stranded can, and has, cost lives

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Check the weather and drive accordingly. Don't take chances with summer rain. The roads may become slippery and visibility may be poor
- Check for tire tread depth and windshield wiper operation
- Listen to local radio stations for road conditions
- Travel outside of peak-travel times. Drive knowing that you may be slowed by construction, accidents, or for other untold reasons. Keep road rage caged!
- DON'T DRINK AND DRIVE. Use a designated driver program. Get plenty of rest before venturing out of town
- Be ready for wildlife at all times, a moose or other animals can step in front of your vehicle at any time
- Drive defensively and be especially cautious on roads you have not previously traveled
- Check into alternate methods of traveling; consider taking a train to your destination
- Take spare parts and tools on extended trips. Ensure you have items to sustain life: food, water, and heat

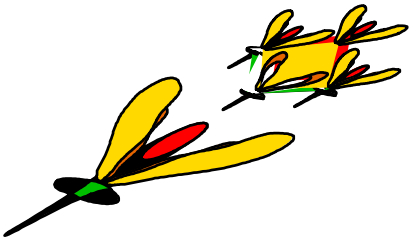
Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer outing to turn into a tragedy!

HIKING AND CAMPING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with hiking:



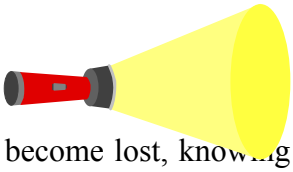
- Weather (thunderstorms, lightning, rain, and wind)
- Location (near water, forest, mountains)
- Wildlife (bugs, poisonous plants, snakes, and bears)
- Fire (campfires, cooking)
- Many others, situation-dependent

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries, death, loss of equipment, and damage due to severe weather
- Incidents involving water (drowning and hypothermia), falls, becoming lost
- Animal bites, insect-borne diseases, skin irritations, and bothersome pests
- Burns, out-of-control fires, explosion, and carbon monoxide poisoning

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Check the weather and be prepared for severe conditions. Plan for cover in case of inclement weather and always carry rainwear and fire-starting material for warmth
- Have a quality topographical map of the area you will be hiking or camping in. Consider taking a compass, a Global Positioning System (GPS), and a personal locator beacon. Also, ensure you know how to use whatever device you take. Take a water filter to ensure that you have clean filtered water to drink. Have, at least some, climbing ropes in case you find yourself needing extra support because of a precarious situation while in the mountains. Take a course that covers the risks you will encounter. You can find courses on everything from packing a backpack to predicting avalanches. Tell somebody responsible:



    - Where you are going
    - When you will get there
    - When you expect to return
    - What kind of equipment you have on hand (If you become lost, knowing the color of your tent would be helpful to rescuers)
    - Take extra food in case you become lost or stranded
- Use insect repellent. Become familiar with the types of local poisonous snakes/plants that you may encounter and what you should do if exposed to them. Talk to the medical folks. Learn how to treat snakebites and bee stings/mosquito bites if they become a problem. Visit fish and wildlife experts to learn about bear safety. If you use anti-bear devices, make sure you know how to use them
    - Keep food in sealed containers and out of your tents

    - Remember that bug spray, suntan lotion, and other nonfood items may smell like food to a bear
    - Hang food from a tree, out of a bear's reach, if possible
- Keep fires contained to a well-constructed fire pit. Keep water on hand when any flame is present. Keep plenty of clear space around fires and lanterns to ensure that combustibles do not come in contact. Be very cautious around fuels and never allow anyone to play or put anything but wood and paper in the fire. Never take a fuel burning device inside a tent as carbon monoxide could overcome you
- Make sure children don't wander off into the water, woods, or mountains without adult supervision

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Summer is a great time to have fun and we all deserve a break every now and then. From now on, use risk management to make your summer fun, memorable, and safe. No one wants a summer outing to turn into a tragedy!

MOTORCYCLING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Motorcycling:

- Experience of operator
- Weather (black ice, rain, sleet, snow, and extreme winds)
- Location (dirt trails, gravel roads, urban roads)
- Wildlife (bugs, bears, moose, and other critters)
- Activities (Riding with a group, touring, commuting)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Inexperienced operators should take more time to get to location/drive slower
- Injuries and damage due to changing road conditions created by the weather
- Incidents involving traveling over rough dirt or gravel roads, and urban roads with potholes and other obstacles
- Potential for injury by bug strikes in the face or other exposed flesh, as well as bears, moose, or other animals darting into path of travel
- Experience level of other riders in the group as well as your own experience level; increased potential for mishap due to alcohol consumption by members of group or other drivers; traveling for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers' failure to yield

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls which can be employed to reduce or mitigate the hazards:

- Operators need to attend a motorcycle safety course and drive defensively
- Check the weather and plan accordingly. Don't take chances with summer rain, sleet, or snow. In case of inclement weather, allow extra time for travel and slow your speed down
- Only travel on roads or trails your motorcycle is designed for; try to choose routes in town that are relatively free of potholes; do not exceed the posted speed limit
- Wear protective clothing that does not leave skin exposed; wear and use face shield on helmet or equip motorcycle with windshield; wear impact resistant eye protection; slow down in areas frequented by bears or moose (signs are usually posted in these areas); continuously scan road ahead and shoulders of road for signs of wildlife
- Avoid traveling in groups until you have sufficient experience. Avoid traveling with people who are "risk takers" or are known to flaunt their abilities. Do not drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by driving with headlight on and by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to drive longer than reasonable distances per day

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Motorcycling is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience memorable and safe. No one wants an outing to turn into a tragedy!

MOUNTAIN BIKING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with Mountain Biking:

- Weather (black ice, rain, sleet, snow, and extreme winds)
- Location (dirt trails, gravel roads, urban roads)
- Wildlife (bears, moose, other critters)
- Activities (off-road cycling, backcountry cycling, touring, commuting)
- Mechanical (failure of bicycle part(s), flat tires, etc.)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Injuries and damage due to changing road and trail conditions created by the weather
- Incidents involving traveling over rough dirt or gravel roads and trails, and urban roads with potholes and other obstacles
- Potential for injury by bears, moose, or other animals
- Increased potential for mishap due to alcohol consumption, riding for long periods of time and fatiguing yourself; erratic driving by other drivers; other drivers' failure to yield. Potential for mishap also exists when riding off-road, along trails. Catastrophic failure of bicycle components when "hot-dogging," or because of extreme trail conditions is also possible.

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls, which can be employed to reduce or mitigate the hazards:

- Check the weather and plan accordingly. Don't take chances with summer rain, sleet, or snow. Pack extra clothing to be prepared
- Only travel on roads or trails you are capable of riding on. Do not exceed your capabilities. Try to choose routes in town that are relatively free of potholes; wear protective clothing that does not leave skin exposed; wear a helmet; continuously scan road or trail ahead and shoulders of road for signs of wildlife. Make noise by talking and use bells or whistles to alert animals of your presence
- Avoid traveling with people who are "risk takers" or are known to flaunt their abilities. Do not drink or allow others to drink and ride. Know and practice defensive driving techniques. Strive to be visible to other drivers by wearing highly visible clothing. When traveling long distances, take frequent breaks, and avoid trying to ride longer than reasonable distances per day. Carry a basic tool and first aid kit.

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Mountain biking is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience memorable and safe. No one wants an outing to turn into a tragedy!

BASKETBALL

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with basketball:

- Location (inside/outside) court
- Rough housing (referees)
- Ability (first timer, routine player)
- Shoes (over ankle/good soles)
- Fitness

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Is the location free of obstructions
- Does the location have proper lighting and court markings
- Possible broken bones
- More injuries associated with pickup basketball
- Over-the-ankle basketball shoes help prevent ankle injuries, tape or wear ankle support if needed
- Warm up prior to playing, ensuring stretching of the legs

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- No matter where you play, make sure court is free of hazards
- Don't play with hot heads
- Realize your ability and play to it
- Worn shoes can prevent good footing and cause slipping
- Warm up prior to play no matter what level you are at

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Basketball is a great way to have fun and we all deserve a break every now and then. Use risk management to make your experience fun, memorable, and safe. No one wants an outing to turn into a tragedy!

SOFTBALL

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with softball:

- Location (position to the sun)
- Layout of the field (fence height, holes in the ground, rocks and glass, lights)
- Umpires
- Ability of players
- Protective equipment

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Mosquito bites along with the sun in your eyes can cause many injuries (bug spray and sunglasses may be a must)
- Is the fence made of chain link or wood, could you possibly flip over the fence if you run into it, possible ankle injuries along with cuts and scrapes due to field conditions
- Possible rough play with proper umpires (fake tags/not sliding when required/head first sliding)
- Muscle strains when you don't warm up, over estimating your own ability can cause nagging injuries
- Broken teeth, facial injuries, and other injuries could occur without wearing proper equipment (catching gear)

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Wear bug spray, if needed, and sunglasses
- Realize how much area is around the field in foul ground, look for sprinkler heads, rocks, and other debris
- Play to your ability, umpires can control the game
- Wear protective equipment at all times

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Baseball is a great way to have fun and we all deserve a break every now and then. Use risk management to make baseball fun, memorable, and safe. No one wants an outing to turn into a tragedy!

JET SKIING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with jet skiing:

- Location (crowded area, marked area)
- Operator ability (new/experienced)
- Condition of jet ski
- Condition of the water
- Protective equipment

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Loosing control of ski and running into the crowd
- With less experience you need more room for error
- Could be stranded out far from shore, possible fire if in poor mechanical condition
- Is the water rough, murky, rip tides, under tow
- Lack of personal flotation device could result in drowning

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Stay away from crowded areas
- Stay within limits
- Have flares, life vest
- Evaluate water conditions prior to going out
- Don't go out if you don't have proper gear

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Jet skiing is a great way to have fun and we all deserve a break every now and then. Use risk management to make your jet skiing experience fun, memorable, and safe. No one wants an outing to turn into a tragedy!

HORSEBACK RIDING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with horseback riding:

- Location (mountains/hills/beach)
- Ability (novice/experienced)
- Horse

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Falls from cliffs, hills, uneven surfaces
- Loss of control of the situation could cause you to be bucked off or fall from the horse
- Is the horse trained, normally a riding horse

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Stay on marked trail or tell someone where you are going before heading out
- Stay within your limits
- If riding experience is low, than make sure you have a horse that has lots of experience

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Horseback riding is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience memorable and safe. No one wants an outing to turn into a tragedy!

SOCCER

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with soccer:

- Location (near the road, free of holes)
- Referees
- Ability of players
- Protective equipment

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Could you accidentally run into a hazardous area, sprain an ankle
- More injuries associated with pick up play
- More injuries associated with less experienced players
- Possible shin injuries, fractured ankles, and broken toes

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Lay out of field should be away from roads and inspect field prior to play for hazards
- If possible use referees to control the play
- Play within your ability, remember you're not Mia Hamm
- Only play if you have proper safety gear

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Soccer is a great way to have fun and we all deserve a break every now and then. Use risk management to make your soccer game fun, memorable, and safe. No one wants an outing to turn into a tragedy!

GOLFING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with golfing:

- Location (holes close together, near lakes or ponds, near woods, roads)
- Weather conditions
- Players' fitness

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Being struck by golf balls from other holes, mosquitoes bites, alligators or snakes and possible wildlife coming out of the woods
- Sunburns, lightning strike, heatstroke, heat exhaustion
- Pulled muscles, back pain, wrist injuries

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Always pay attention to your surrounding, if others are teeing off nearby toward you, than stay alert
- Leave the course if you see lightning in the area, don't wait for it to strike near you
- Warm up prior to play

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Golfing is a great way to have fun and we all deserve a break every now and then. Use risk management to make your golfing fun, memorable, and safe. No one wants an outing to turn into a tragedy!

BULL RIDING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with bull riding:

- Location
- Ability (novice/experienced)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Lack of experience from workers could allow serious injuries to occur
- Underestimating required strength to hold on resulting in possible pulled muscles or being thrown from bull and ran over

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Is the area fenced
- Overestimating here could be deadly, stay within your limits, maybe a bull riding machine would be a better choice

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Bull riding is a great way to have fun and we all deserve a break every now and then. Use risk management to make your riding experience fun, memorable, and safe. No one wants an outing to turn into a tragedy!

BARBECUING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with barbecuing:

- Location
- Utensils/grill
- Experience
- Fire equipment (hose)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Possible fire if too close to structure, grill could tip over if not on level ground, kids could run into grill if not positioned out of the path of travel
- Burns to hands if not using proper utensils
- Burnt meat if not experienced with cooking time
- Out-of-control fire resulting in burnt food or fire to nearby structures

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

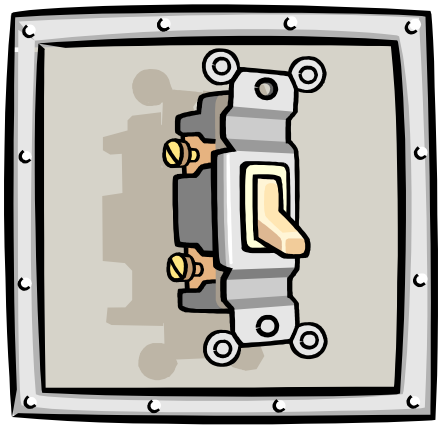
- Keep grill at least 25 feet away from things
- If using sharp utensils, keep away from kids
- Start with low-end food (hot dogs) before moving up to the steaks
- Keep some water close by

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Barbecuing is a great way to enjoy summer fun and we all deserve a break every now and then. Use risk management to make barbecuing fun, memorable, and safe. No one wants an outing to turn into a tragedy!

HOME REPAIRS



Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with home repairs:

- Location (your house/others)
- Tools (proper)
- Experience
- Electricity (are you qualified)
- High-reach locations

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- You're more aware of the surrounding in your own home, if working in someone else's house take a look around (the job area)
- Don't use metal tools for electrical work, use the right tool for the job
- Working on things that are out of your range of work could cause major problems
- Don't play with electricity, shut off the power source "lockout/tagout"
- Use ladders where needed

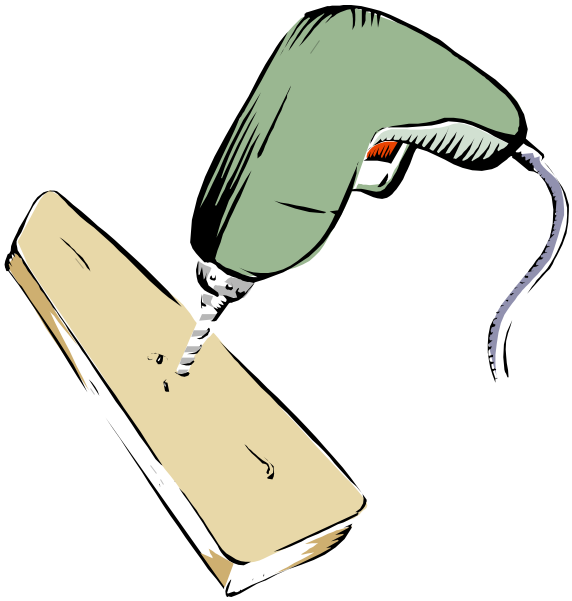
Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Make sure you feel comfortable in your work area
- Only use proper tools
- Make sure you have experience in what you are doing
- No short cuts - remove the power source
- Don't stand on top step of step ladder, don't reach out far from the sides

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Use risk management to make your home repairs safe. No one wants a job in home repairs to turn into a tragedy!



FIREWORKS

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with handling fireworks:

- Experience
- Crowd control
- Weather
- Control of the fireworks themselves
- Illegal fireworks (legal source)

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Inexperience can be costly when handling fireworks
- Fireworks could go the wrong direction
- Possible fires due to landing fireworks
- In the wrong hands they could become deadly
- May be dangerously unstable or overly powerful

Step 3: ANALYZE RISK CONTROL MEASURES: Once you have identified the hazards and assessed the associated risk, you should decide on some controls that can be employed to reduce or mitigate the hazards:

- Make sure you know what you have
- Only use fireworks in a controlled environment
- If the weather is dry, watch out for fires
- If not in use, the fireworks must be controlled at all times
- Only buy fireworks from a "legal" source

Step 4: MAKE CONTROL DECISIONS: Accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 5: RISK CONTROL IMPLEMENTATION: Once you select appropriate controls, use them! A plan is only good if it is followed.

Step 6: SUPERVISE AND REVIEW: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. Fireworks are a great way to have fun and we all deserve a break every now and then. Use risk management to make fireworks fun, memorable, and safe. No one wants using fireworks to turn into a tragedy!