Risk Assessment - The Small Studio

for Aldenham Country Park, Aldenham Rd, Radlett, Hertfordshire, WD6 3BA

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| Risk Assessment Carried out by: | Sarah Edmonds (SE) | Date: | 04.10.24 |
| Activity: | Environmental Art Psychotherapy on a one-to-one basis | Review Date: | 04.10.25  (or earlier if needed) |

It is possible that risk of injury may occur when rambling or walking through nature. This may

include trips and sprains, splinters, debris in eyes, bumping into trees, falling into ditches and

so on. There will is no requirement to climb trees or do any activity that may cause injury,

although clients may choose to take their own risks and carry the responsibility for doing so.

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| Item: | Potential Risk: | Yes/No | Risk Grading: | Controls to mitigate risk | Risk Grading After Controls | Who is responsible? |
| Around and in the Woods | Ingestion of toxic plants leading to allergic reaction/poisoning | Yes | Medium | To ensure that all clients understand that there is a nil by mouth expectation for working in the woodland | Low | SE |
|  | Varying trip hazards; vines, dead wood, ditches | Yes | Medium to Low | To show care towards my clients by alerting them to possible hazards, as we navigate the woods together | Low | SE |
|  | Falling dead wood leading to injuries/concussion | Yes | Low | To be cautious and dynamically visually inspect the working environment, especially after windy weather | n/a | SE |
|  | Brambles and Branches leading to cuts, trips or eye injuries | Yes | Low | To be very aware of the environment being navigated and to alert clients to potentially hazardous branches | n/a | SE |
|  | Stinging insects leading to an allergic reaction | Yes | Low | To enquire before the work begins as to any known allergies and to ensure that any medication is carried by the client in all sessions. If there are no known allergies, support client in seeking help from either a park warden, 111 or in an emergency, 999 | n/a | SE |
|  | Inclement weather | Yes | Medium to Low | To conduct dynamic risk assessments session by session. SE to cancel sessions where there are severe weather warnings in place. To advise clients to dress themselves appropriately, and to carry water/sun cream where appropriate. | Low | SE |
| Fire | A fire in the woods | Yes | Low | To move away from the fire, moving towards an exit point. SE to alert park wardens to the fire and/or call 999 | n/a | SE |
| Reservoir | Risk of drowning | Yes | Low | SE will encourage clients to stay on the designated path around the reservoir. Entering the water is strictly forbidden and has been banned in 1937. | n/a | SE |

The closest hospital is the Barnet Hospital, located 5.5 miles away from Aldenham Country Park.