

HR NROTC RISK ASSESSMENT WORKSHEET

Organization or Exercise Name: HR NROTC Semester Physical Readiness Testing

Organization:				Prepared by:			Page 1 of 2	
HAZARDS	Probability of Mishap	Effects Mishap	Risk Level	Controls Implemented	Residual Probability	Residual Effect	Residual Risk Level	
Environmental:								
Impaired visibility due to rain, fog, darkness or other climatic condition.	Occasional (weather) Likely (darkness)	Moderate	Medium	- Company staff to exercise judgment when planning outside PT on inclement weather days. - Reflective belts provided to all companies for issue to students for low light PT sessions.	Unlikely	Moderate	Low	
Midshipman/ Officer Candidate becomes an environmental (Heat/Cold) casualty	Occasional	Critical	High	-Company Staff are trained to recognize on-set of environmental injuries. -Copious intake of water and electrolyte beverages are encouraged. -Company staff will watch weather conditions and train indoors if conditions seem beyond safe and reasonable standards. - Preview Weather Channel prior to event for determination of high risk conditions.	Seldom	Moderate	Low	
Cardiac or Respiratory Distress	Seldom	Critical	Medium	- CPR certified monitors on course. - CPR certified monitor (preferably corpsman or EMT) in safety vehicle. - 2-way radios with course monitors, van, and staff for communications. - Cell phones on hand to contact emergency services.	Seldom	Critical	Medium	
Asthmatic or Epileptic Attack	Seldom	Critical	Medium	- All personnel will be addressed prior to start of semester PT regarding any past history pertaining to asthma, epilepsy or any other major medical conditions. - Company staff personnel will be briefed on action plan in the event of an incident.	Unlikely	Negligible	Low	
Midshipman is struck by motor vehicle	Seldom	Critical	Medium	- Midshipmen are briefed to utilize sidewalks and road guards for all runs in high traffic areas. - Reflective Belts will be utilized during darkness and twilight hours	Unlikely	Critical	Low	
Muscular / Skeletal injury to personnel during evolution	Occasional	Moderate	Medium	- Multiple Company members have received training in first aid and life support techniques - Medical brief will be given at beginning of semester for Plan of Action in the event of an accident - Any known potential hazards on PT course will be briefed prior to PT session.	Seldom	Moderate	Low	

Overall Risk Level After Controls are Implemented: MEDIUM

(BASED ON MOST SERIOUS REMAINING RESIDUAL RISK LEVEL)

Risk Assessment Completed By:

Risk Assessment Reviewed By:

The previous risk assessment was completed using the following risk assessment matrix.

		Hazard Probability				
		Frequent	Likely	Occasional	Seldom	Unlikely
		A	B	C	D	E
Catastrophic	I	X - High				
Critical	II		High			
Moderate	III		Medium		Low	
Negligible	IV					

Preliminary Risk Level for This Task: E H M L

Risk Level at the Time Task is Performed : E H M L

Signature of Approving Authority: _____

Position:

Grade:

Date:

Variables: Adequate Rest prior to evolution, Adequate Hydration and Food Consumption prior to evolution.

Notes:

Safety Office Coordination if Required: _____

Position: _____ **Grade:** _____ **Date:** _____