

Dr Bike Risk Assessment Guide

Cycling UK recommends carrying out a risk assessment for any activity that involves members of the public. The generic hazards below may affect the health and safety of the event, activity or venue. Please complete the following document with details of any specific hazards and the measures put in place to control them. Keep this form for your records and review and amend regularly. In the event of an accident/incident follow the accident/incident procedure.

Hazard	Control Measures
Repairs and checks to malfunctioning cycles and components	Session led by mechanics Cytech or City & Guilds certified, Cycling UK qualified or by experienced volunteers. Mechanics conduct thorough safety checks and complete minor repairs of all cycles. Cycles are returned to owners with completed job sheet, listing repairs and checks, and advanced repair advice.
Knocks, slips, trips and falls	Provide adequate space between repair stands and anti-slip mats for each work area. Ensure loose cables, gazebo ropes, personal belongings and tools are stowed safely. Provide absorbent tissue to mop up spillage.
Using and storing tools	Mechanics trained in correct tool usage, these are stored in toolboxes and serviced before the session.
Lifting equipment	Mechanics trained to correctly lift and carry bikes, equipment, repair stands and erect Gazebo.
Foreign objects from cable ends, dirt, swarf, chemicals and other liquids	Mechanics trained on hazards of chemical misuse and use sufficient personal protection equipment. Protect eyes with safety glasses or goggles and provide first aid equipment.
Infection and disease caused by exposure to de-greasers, oils, lubricants, greases and other chemicals	Mechanics trained on hazards of chemical misuse and control of substances hazardous to health enforcement. Hazardous chemicals only to be handled by mechanics. Use sufficient personal protection equipment, hand barrier cream, nitrile gloves, apron and hand washing facilities.
Poisoning by ingestion of chemicals, de-greasers, oils, lubricants and greases	Mechanics trained on hazards of chemical misuse and control of substances hazardous to health enforcement. Hazardous chemicals only to be handled by mechanics. Use sufficient personal protection equipment, hand barrier cream, nitrile gloves, apron and hand washing facilities. Segregate work and eating areas.
Electric Shock	Ensure electrical equipment is portable appliance tested and serviceable, power can be isolated at fuse box or generator.
Stress & Fatigue	Build in regular rest breaks

Please note: A dynamic risk assessment on the day is required

Risk Assessment:

Club/Group name

Complete all sections relevant to your activity

Activity title

Activity leader

Route To/From

Venue:

Time Start/End:

Approx No. of Participants:

Distance:

Terrain:

Difficulty:

Cycling UK registered:

Date completed:

Assessors Signature:

Hazard

Who may be involved?

Control measure

Is the level of risk acceptable?

Review

Risk Assessment - Additional sheet



Hazard	Who may be involved?	Control measure	Is the level of risk acceptable?	Review