## HEALTH AND SAFETY

UNIT 7

**Combat Academy Instructor Training Programme** 

# HEALTH AND SAFETY

**UNIT 7** 

### **Learning Outcomes**

The aims of this unit are to enable you to:

 Have a broad based knowledge of the importance of health and safety to run a class or activity safely and compliantly.

#### **Risk Assessment**

Managing health and safety effectively in the business involves controlling the risks associated with teaching self defence. This involves thinking about what might cause harm to students / practitioners and determining the steps you need to take to mitigate that harm.

This is known as a risk assessment and we required by law to carry it out.

When putting a risk assessment together you need to think about:

 A hazard – anything that may cause harm whilst participating in the class, such as wearing inappropriate shoes, wearing dangly jewellery, health conditions, trips and falls, equipment, weather conditions etc.

#### **TUTOR TALK**

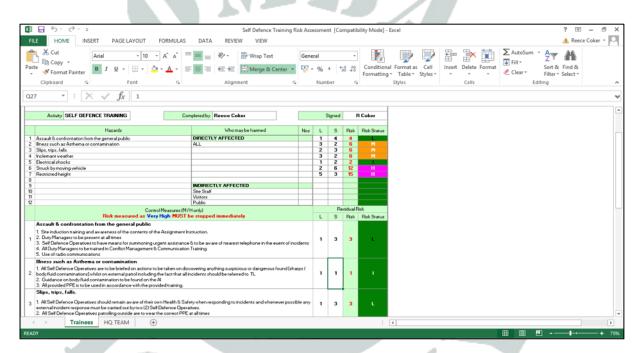


Before you run any self defence activities you must have all the relevant insurances in place. In order for these policies to be issued and valid all of the correct best practice policies should be in place. You must also understand that each new activity or site will carry its own situational risk and hazards and therefore an instructor must possess the ability to dynamically change policies and conduct risk assessments accordingly.

• The risk – is the chance whether high, medium or low that a student /practitioner may be harmed by the hazards, together with an indication of how serious the harm could be.

A detailed risk assessment will recognise and rate the risk then, where required, implement mitigation measures to bring the risk rating down to an acceptable level.

Combat Academy provides a sample template (below) which is available as a working excel document.

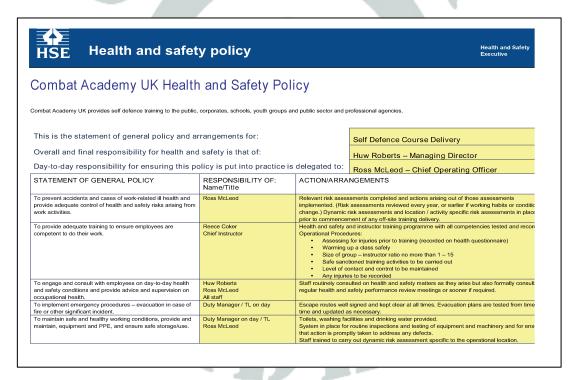


#### **Health and Safety Policy**

All firms should be committed to managing health and safety across their business. The policy must detail a business's general approach and the arrangements they have put in place to manage health and safety, detailing the who does what, when and how:

- Statement of general policy what you intend to do
- Organisation details who has responsibility for health and safety matters
- Action / arrangements how the hazards identified in the risk assessment will be controlled.

An example health and safety policy can be found as appendix A (screenshot below).



#### **More information**

More information on health and safety and putting together risk assessments can be found on the Health and safety Executive website - <a href="http://www.hse.gov.uk">http://www.hse.gov.uk</a>