



RISK ASSESSMENT: Maitri Studio, 4 The Mount, Belfast BT5 4NA

Date of assessment **Sept 2023**

Hazards/hazardous events	Who is affected	Typical outcome	Current control measures in place	Hazard present ?	Risk level L*H -> RL
Fire	All teachers/facilitators and clients	Burns, smoke inhalation	Regular service of all alarm equipment. Visual check on regular basis in-house. Rubbish cleared regularly, smoking not permitted. Fire exits maintained. Sunflower fire exit must be bolted from inside, not locked with a key. Teachers responsible for ensuring candles/incense are safe and extinguished before leaving the building. ALL candles must be used on a candle holder, including night lights, NOT put directly on shelves. See fire plan. First aid kit includes burns blanket & ice packs	X	SLIGHT
Burns	All teachers/facilitators and clients	Burned hands	Radiators (gas) and associated pipes are not so hot as to cause burns by touching for a short time. Teachers/facilitators to be aware of students if asking them to put hands/feet near pipes or radiators and instruct accordingly. Plug-in electric heaters are used occasionally – teachers are responsible for alerting to this hazard, especially if teaching children.	X	SLIGHT

	Slight harm	Harmful	Very harmful
Unlikely	Trivial	Slight	Moderate
Likely	Slight	Moderate	Substantial
Very likely	Moderate	Substantial	Intolerable

COVID 19	Everyone	Coronavirus	Follow latest coronavirus precautions (separate sheet)	X	SLIGHT
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Continued:

Slips, trips and falls on uneven or slippery floors, cables or from trip hazards.	All teachers/facilitators and clients	Bruises, sprains, cuts.	No equipment, cables or other obstruction left in walkways. Teachers ensure students leave shoes carefully in hall/lobby. Any load carried will be small enough to allow route to be seen. Carpet edges kept smooth. Non-slip treadings added to stair noses. Yoga equipment stored well. Floors in studios, kitchen and toilets kept dry and free from spills (checked by teacher after each class).	X	SLIGHT
Contact with electricity, use of electrical equipment	All teachers/facilitators and clients	Electric shock, burns	Electrical equipment on inventory is responsibility of landlord. Other electrical equipment brought in and used by staff should be in good repair and is their own responsibility. PAT tests obtained by Maitri every 2 years.	X	SLIGHT
Use of kitchen/bathroom areas and associated equipment	All teachers/facilitators and clients	Scalds, burns, knife cuts etc	Water temperature in toilets controlled by individual hot water heaters and is not scalding. Water temperature in kitchen sink is hot but a warning sign is placed there and new mixer tap installed. Burns blanket & ice packs in first aid kit. Individuals to be aware of own safety when using kitchen equipment, as they would at home.	X	SLIGHT
Falling objects	All teachers/facilitators and clients	Bruising, concussion	All heavy items stored below head height. Staff to keep an eye on shelving units and storage, tidying after each class. Clients asked to store equipment carefully and safely.	X	SLIGHT
Use of ladders	Teachers/facilitator s using ladder	Injuries from falling off ladder	Only teachers/facilitators allowed to use step ladders All ladders are certified to the appropriate level (EN14183 for the 2/3 steps, EN 131-2 for the ladder in Maple Monthly inspection of ladders by Maitri (Claire or Dani) Correct use of ladders by teachers (in separate handout)	X	SLIGHT

Use of yoga equipment (inc. yoga ropes & hammocks)	All teachers/facilitators and clients	Back strain, bruises, sprains, strangling (ropes)	Clients instructed how to use equipment safely. Teachers not to use equipment if not qualified to do so. Use within classes also covered by yoga (or other) teaching insurance. Children NOT TO BE LEFT UNATTENDED with ropes & hammocks	X	MODERATE
Lone working, and going to and from building to cars at night	All teachers/facilitators and clients	Physical assault from third party	Regular teaching times when students around. Teacher's partner/buddy aware of location and timing. Counsellors lock front door during appointments if alone in the building. Immediately adjacent neighbours. Teacher has mobile access. PSNI often present in summer given location.	X	SLIGHT
Do current controls adequately control the risk? YES		If no, add additional items. If yes, go to emergency details and other assessments			

Emergency details and other assessments

Is heavy, sustained or repetitive manual handling involved?	NO	<i>If YES carry out detailed manual handling assessment</i>
Is the use of any hazardous substances involved?	NO	<i>If YES ensure current COSHH assessment followed</i>
Are any special groups at risk (young people, pregnant workers, etc)?	YES	<i>Teachers insured as necessary to teach pregnant women, children or other client groups – appropriate pose modifications given.</i>
Is lone working required?	YES	<i>See above.</i>
PPE needed None	Safety equipment needed? No	
Assessment undertaken by: Claire Ferry	Position Studio Director	Date for revision Sept 2024 or upon any change to building layout/use.
Nearest telephone Mobile	Nearest A&E department The Royal Victoria hospital (although Ulster at Dundonald may be quicker depending on traffic and time of day)	Quality of mobile phone or radio reception? Good, also wifi.
Access point for emergency services Main entrance to building	Type of access for emergency services Normal	First Aid Cover needed Teacher (Claire Ferry) has emergency first aid at work cover. Other teachers are requested to have first aid.

