



**Risk assessment form.** To complete the form:

- Choose an activity
- Write your choice by a number, then list three risks associated with that activity beneath each one a, b, c.
- For each risk select a likelihood figure from 1 to 5 as shown below, and then choose a severity figure to indicate the possible outcome. Multiply the likelihood number by the severity number to obtain an index
- In the actions to reduce risk column suggest 3 ways you could reduce the risk
- Re-score each action according to the new likelihood and severity if the action to reduce risk is taken. Calculate the new index
- Scores must come out to 6 or under to consider it a safe activity.

No	Activity	Likelihood	Severity	Index	Actions to reduce risk	Likelihood	Severity	Index
e.g	Accepting a lift in a car							
a	Car accident	2	5	10	Choose to walk	1	1	1
b	Driver unknown to you	2	4	8	Only accept a lift from some one you know well	1	2	2
<b>1</b>								
a								
b								
<b>2</b>								
a								
b								
<b>3</b>								
a								
b								

**Likelihood**  
**Severity**

1 = unlikely

2 = might happen

3 = likely

4 = very likely

5 = probable

1 = no injury

2 = minor injury

3 = major injury

4 = life threatening

5 = death

