

Pregnancy Pilates class risk assessment

What causes Hazard	Hazards	Who is at risk?	Hazard level (VL/L/M/H/VH)	Control Measures	Risk control systems
Bacteria from unclean surfaces	Infection from surfaces	Participants	Acceptable (Severity (2) x Likelihood (2) = 4)	<ul style="list-style-type: none"> All surfaces and equipment to be cleaned with antibac wipes between classes 	<ul style="list-style-type: none"> All staff to have read and understood the standard operating procedures (SOP) Regular cleaning by cleaning staff
Objects on the floor Participants exercising in socks on studio floor Objects in the wardrobes	Slips, trips & falls	Participants	Acceptable (Severity (3) x Likelihood (1) = 3)	<ul style="list-style-type: none"> All loose equipment to be moved (fans, whiteboards, etc) Participants to be instructed to exercise on mats rather than on floor in socks, unless they have grips on the bottom Personal equipment to be placed on windowsills Wardrobe doors closed before class begins 	<ul style="list-style-type: none"> All staff to have read and understood the SOP & RA Pre check of area by staff member running class before class begins
Pilates exercise	<ul style="list-style-type: none"> Injury due to exercise, overstretching or overloading 	Participants	Acceptable (Severity (3) x Likelihood (1) = 3)	<ul style="list-style-type: none"> Participants will be cued not to overstretch or overload whilst carrying out exercise and to move to a lower level exercise, if they feel that it is too intense Participants will be taught how to get in & out of positions safely 	<ul style="list-style-type: none"> All staff to have read and understand the SOP & RA. Staff qualifications and experience

	<ul style="list-style-type: none"> · Worsening of DRA · Lack of returning blood flow due to restriction of the vena cava in a supine position, causing dizziness or loss of consciousness · Urinary or faecal incontinence or any symptoms of pelvic organ prolapse 			<ul style="list-style-type: none"> • Participants will be taught how to activate transverse abdominis • Participants will be instructed to go to the lower level ex or given a different exercise if any symptoms of doming, pelvic organ prolapse, urinary or faecal incontinence are experienced • 1st session Participants will be taught how to engage through pelvic floor for exercises and advised to see a pelvic health physio if they need further help with this • Regular checking of participants while doing exercises • Participants will not do any exercises in the supine position after 18 weeks of pregnancy • Participants will be asked to check their symptoms each class and let the instructor know if anything has changed 	<ul style="list-style-type: none"> • Registration form asking for information detailing any medical conditions including DRA and urinary and faecal incontinence • Information given to participants pre pregnancy pilates course, detailing warning signs that the exercise may be too intense, as well as verbal warnings given at the beginning of each class.
Fire	Burns, smoke inhalation, death	All	Adequate (Severity (5) x Likelihood (1) = 5)	<ul style="list-style-type: none"> • Participants briefed in 1st session where fire exits are and what fire alarm sounds like and where meeting point is 	<ul style="list-style-type: none"> • Staff have read fire risk assessment
			Acceptable	<ul style="list-style-type: none"> • Participants are instructed on 	<ul style="list-style-type: none"> • Staff qualifications and experience

Small equipment (balls, bands, blocks, magic circles)	Incorrect use of equipment causing injury	Clients	(Severity (2) x Likelihood (1) = 2)	safe use of equipment as class progresses
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Calculating Risks Using the 5x5 Risk Matrix

Probability x Impact = Risk Level

The first step is to assign a numeric value from 1 to 5, 1 being the lowest, for each of the categories under Probability and Impact. Then, use the formula of multiplying the value of the Probability to the value of Impact to determine the Risk Level.

To better understand how the various levels indicate the Probability and Impact, here's a guide on the numeric values and their representation as a result of the analysis:

- **1-4: Acceptable** – no further action may be needed and maintaining control measures is encouraged
- **5-9: Adequate** – may be considered for further analysis
- **10-16: Tolerable** – must be reviewed in a timely manner to carry out improvement strategies
- **17-25: Unacceptable** – must implement cease in activities and endorse for immediate action

With these, you can improve your existing risk control measures as needed, and recommend further actions that your EHS and quality managers can reinforce toward a proactive safety culture.

