



Mum & Baby 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	Mum's & babies in the class	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 We will provide soft mats for babies to lie on and mums to bring blanket for baby to lie on 	<ul style="list-style-type: none"> All staff to have read and understood the standard operating procedures (SOP) and risk assessment (RA) Regular cleaning by cleaning staff
Objects on the floor Mums exercising in socks on studio floor Objects in the wardrobes	Slips, trips & falls & babies pulling objects over on themselves	Mum's & babies in the class	Acceptable (Severity (3) x Likelihood (1) = 3)	<ul style="list-style-type: none"> All loose equipment to be moved (fans, whiteboards, etc) Mums 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 Mums to supervise their babies, especially those who are crawling No walking babies allowed in classes 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

<p>Pilates exercise</p>	<ul style="list-style-type: none"> • Injury due to exercise, overstretching or overloading • Worsening of DRA • Hernia due to DRA • Urinary or faecal incontinence or any symptoms of pelvic organ prolapse • Increased lochia or change to lochia colour 	<p>Mums in class</p>	<p>Acceptable</p> <p>(Severity (3) x Likelihood (1) = 3)</p>	<ul style="list-style-type: none"> • Mums 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 • First session a DRA assessment will be carried out under instruction of pilates instructor • Mums will be instructed how to notice any sx of doming through DRA • Mums will be taught how to get in & out of positions safely • Mums will be taught how to activate transverse abdominis and will need to be able to sustain this activation throughout exercises before being taught to engage through the rectus abdominus • Regular checking of mums while doing exercises 	<ul style="list-style-type: none"> • All staff to have read and understand the SOP & RA • Staff qualifications and experience • Registration form asking for information detailing any medical conditions including DRA and urinary and fecal incontinence • Information given to mum's pre post partum pilates course, detailing warning signs that the exercise may be too intense
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Fire	Burns, smoke inhalation, death	All	Tolerable (Severity (5) x Likelihood (1) = 5)	<ul style="list-style-type: none"> • Mums 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
Small equipment (balls, bands, blocks, magic circles)	<p>Incorrect use of equipment causing injury</p> <p>Babies getting bands and chocking</p>	Mums & babies	Tolerable (Severity (5) x Likelihood (1) = 5)	<ul style="list-style-type: none"> • Mums are instructed on safe use of equipment as class progresses • Mums instructed to keep bands away from babies 	<ul style="list-style-type: none"> • Staff qualifications and experience
Uncovered plug sockets	Electrocution	Babies	Tolerable (Severity (5) x Likelihood (1) = 5)	<ul style="list-style-type: none"> • All plug sockets to have covers • All plug sockets that are not in use to be turned off • Mum's to be made aware that they need to monitor their own baby and be responsible for their safety 	<ul style="list-style-type: none"> • All staff have read and understood SOP & RA • Staff qualifications and experience

Open doors in studio	Babies escaping	Babies	Acceptable (Severity (2) x Likelihood (1) = 2)	<ul style="list-style-type: none"> Doors to be closed at all times Ask mums to close doors if they go out 	<ul style="list-style-type: none"> Staff qualifications and experience Instructor to have read and understood SOP & RA
Radiators	Burns	Babies	Acceptable (Severity (3) x Likelihood (1) = 3)	<ul style="list-style-type: none"> Heating will be off during summer months During colder months the room will be pre warmed and then radiators turned down low Instructor to notify mums that there may be some heat left in radiators 	<ul style="list-style-type: none"> Instructor to have and understand SOP & RA Admin staff to pre warm room

Likelihood		Severity	
1	Very unlikely	1	Minor first aid needed
2	Unlikely	2	Minor, some damage
3	Likely	3	Substantial loss or damage
4	Very likely	4	Long term or major loss or damage
5	Almost certain	5	Catastrophic loss or damage, fatal

Severity	Likelihood 1	2	3	4	5
1	1	2	3	4	5
2	2	4	6	8	10
3	3	6	9	12	15
4	4	8	12	16	20
5	5	10	15	20	25