Risk assessment

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| Activity | Who is at risk? | Significant hazards | Controls | Risk rating  (H/M/L) | Team member responsible |
| Cooking | I am at risk as I will be doing cooking the food. | The cooker is a major hazard because there will be fire. The fire could burn me. | To prevent myself from getting hurt I will light the cooker only when needed and not touch the fire. I will also make sure that there are no flammable products close the fire. | H | Esther |
| Cooking | I am at risk as I will be doing cooking the food | I will be using a knife to chop the different ingredients. I could cut myself while chopping the ingredients | To prevent this, I need to make sure I use the proper cutting techniques and hold the knife properly so that I do not hurt myself | H | Esther |
| Cooking | I am at risk as I will be doing cooking the food | As I will be using a peeler and a greater for different ingredients like carrots and cheese. I could cut myself as it is sharp. | To prevent this, I need to make sure that I hold it properly so that I do not cut myself. | H | Esther |
| Cooking | I am at risk as I will be doing cooking the food | As I will be cooking, I will need to use pots and pans. They will get hot, and I could burn myself if I touch the pots with my bare hands. | To prevent this, I will need to use a tea towel to prevent myself from getting burnt | H | Esther |
| Cooking | I am at risk as I will be doing cooking the food | As I will need to use the oven. The oven door can get hot, and I could burn myself if I touch the door with my bare hands. | To prevent this, I need to make sure that I use a tea towel to open the oven door. | H | Esther |
| Cooking | I am at risk as I will be doing cooking the food | Plating the food. The food could be hot and that could lead to the plate or the bowl being hot. This could lead to me burning myself | To prevent this, I need use a tray or a tea towel to hold the bowl or the plate so that I can carry them without burning myself. | High | Esther |
| Cooking | I am at risk as I will be doing cooking the food | Slipping and falling. In the kitchen I need to be careful as I will be cooking with many different liquids that could spill on to the floor so if I did not see it, I could slip and fall. | To prevent this, I need to pay close attention to make sure that everything is in a safe place and push back from the edge, so nothing spills or falls. | High | Esther |
| Cooking | I am at risk as I will be doing cooking the food | Tight space. My kitchen is a confined space which means that I need to be aware of my surroundings because I could bump into something or knock myself into something | To prevent this, I need to beware of my surroundings and making sure I know where everything is. | High | Esther |