

RISK ASSESSMENT

Title:	Painting (indoors)			Date of Assessment:	10/02/25	Risk Assessor:	Daniel Sawyer
Reference Number:	RA107	Version Number:	1	People involved in making this assessment:		Daniel Sawyer	
Task/Process:	Painting (indoors)			People at Risk:	Employees, Contractors, Visitors		
Documents Associated with this Risk Assessment:							
Review Date:		Reviewer:		Next Review Date:	10/02/26		

Hazard: Manual Handling	Risk of musculoskeletal injuries from poor manual handling. Risk to employees.
Control Measures:	
1.	All employees trained in manual handling (training reviewed)
2.	Ensure the working zone is clear from obstacles and trip hazards and has plenty of space and light
3.	Ensure appropriate number of people to carry bulky/heavy items to distribute the weight (a minimum of two people)
4.	Plan the route and brief all involved of the route
5.	Ensure all people involved are physically fit to do the work required
6.	Instruction, information, training and supervision

Hazard: Slips and Trips	Risk of musculoskeletal injuries. Risk to employees, visitors and contractors.
Control Measures:	
1.	Ensure the working zone is clear from obstacles and trip hazards and has plenty of space and light
2.	Department to be kept free from trip hazards and regularly checked
3.	Spillages to be cleaned immediately
4.	Leads to be kept safe and not cause a trip hazard
5.	Sensible shoes to be worn providing slip protection
6.	Instruction, information, training and supervision

Hazard: Preparing the surface	Risk of inhalation of dust causing respiratory issues and risks of toxic chemicals from primers or surface treatments if not handled properly. Risk to employees, visitors and contractors.
Control Measures:	
1.	Ensure all people involved are physically fit to do the work required
2.	Wear a suitable mask to prevent inhaling dust and fumes

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3.	Use suitable gloves to protect hands if using chemicals or surface treatments
4.	Ensure good ventilation to minimise exposure to fumes/dust
5.	Wear suitable PPE
6.	Instruction, information, training and supervision

Hazard: Painting	Risk of musculoskeletal injuries - to the wrist, hand and arm from repetitive strain injuries, to whole body from slips and trips and falls from height (if using ladder). Risk of respiratory issues from prolonged exposure to paint fumes. Risk of skin irritation from paint. Risk to employees, visitors and contractors.
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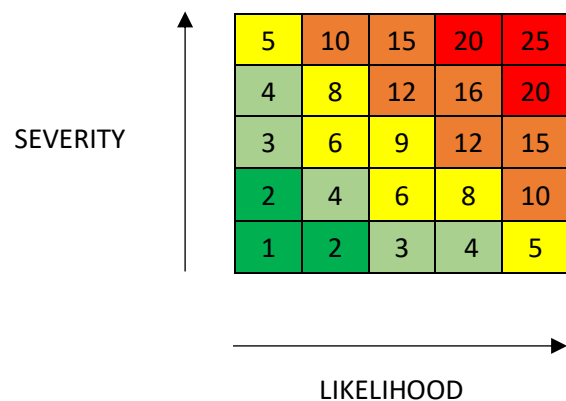
Control Measures:	
1.	Ensure all people involved are physically fit to do the work required
2.	Take breaks to avoid repetitive strain injuries
3.	All employees trained in manual handling (training reviewed), ensure proper lifting techniques when carrying equipment
4.	Wear a mask to prevent inhaling paint fumes
5.	Use gloves to protect skin from irritation (if required)
6.	Keep the workspace clutter-free and ensure no tripping hazards.
7.	Ensure good ventilation to minimise exposure to fumes
8.	Limit the need to work at height
9.	Use ladders that meet safety standards (do not climb furniture to work from height).
10.	Ensure the work area has suitable and sufficient light and space
11.	Wear suitable PPE
12.	Instruction, information, training and supervision

I (name) do hereby declare that I have received, understood and will abide by the contents of this Risk Assessment.

Signed: Date:

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HOW TO CALCULATE A RISK RATING



Likelihood	Severity
1 = extremely unlikely	1 = very minor injury
2 = unlikely	2 = first aid injury
3 = possible	3 = lost time injury
4 = likely	4 = hospital treatment
5 = very probable	5 = disabling injury

Risk rating	Action and timescale
15 and above	Unacceptable Work may not start. Additional controls must be introduced to reduce risk rating to below 9.
9-14	Tolerable Additional controls must be introduced as soon as possible.
5-8	Tolerable Additional controls may be needed
4 or below	Acceptable

1-4 =	Low risk
6-9 =	Medium risk
10-25=	High risk