

HAAR SAUNA RISK ASSESSMENT

Risk Assessment for Sauna User

Hazard	Person/s Affected	Risk level before controls are in place			Control Measures	Risk level after controls are in place		
		LOW	MED	HIGH		LOW	MED	HIGH
Fire	Staff / Customers		x		<p>Stove Safety:</p> <ul style="list-style-type: none"> The sauna stove is installed per manufacturer's safety guidelines to eliminate fire risk. Staff will supervise the stove at all times while it is alight or has hot embers. A fireguard will be used to prevent unsupervised customer access. Customers will receive rules, safety advice, and information on fire dangers. Follow the "How to Guide" to start the stove. <p>Fire Extinguisher:</p> <ul style="list-style-type: none"> A fire extinguisher and fire blanket will always be on site. In the event of a fire call 999. 	x		
Smoke	Staff / Customers		x		<p>Trailer Positioning:</p> <ul style="list-style-type: none"> The trailer will be positioned away from buildings. Wind direction will be continuously assessed. Only dry, suitable wood will be used to prevent excess smoke. 	x		
Wind	Staff / Customers		x		<p>Door Stop:</p> <ul style="list-style-type: none"> A door stop has been installed to prevent breakage in high winds. <p>Windy Conditions:</p>	x		

					<ul style="list-style-type: none"> Customers will be briefed on careful door use during windy conditions. Wind direction will be continuously assessed. Haar Sauna will close with winds over 55mph. 			
Slips, trips, and falls.	Staff / Customers		X		<p>Floor and Lighting:</p> <ul style="list-style-type: none"> The entry ramp features a rubber mat for added grip when wet. The sauna has slip-resistant vinyl flooring. Any water spilled will be promptly cleaned up. A new safety rail has been installed between the stove and access way to prevent falls onto the stove rocks. The sauna is equipped with lighting for clear visibility. Additionally, the glass door and window provide sufficient natural light during the day. 	X		
Burns	Staff / Customers		X		<p>Safety Talk and Advice:</p> <ul style="list-style-type: none"> Safety Talk: Upon arrival at the sauna, all customers will receive a safety briefing. This includes reminders not to touch the stove or add fuel, and the risks of scalding from adding water. A maximum of 6 people is permitted in the sauna at any one time. Jewelry and Metal Fastenings: Customers are advised via the website not to wear metal jewelry or swimwear with metal fastenings to avoid burns. Staff on-site will also reinforce this advice. Safety Briefing: Before entering the sauna, staff will instruct customers on safe stove use, particularly when ladling water onto the rocks. First Aid Kit: A First Aid kit will be available on-site at all times. Staff are trained to treat burns or scalds using this kit. 	X		

Dehydration overheating & Fainting.	Customers		X	<p>Drinking Water Advice: The website requests that customers bring ample drinking water to avoid dehydration. On-site staff will enforce this request, encouraging customers to bring water bottles into the sauna and reminding them to drink water after their session.</p> <p>Duration of Sauna Rounds: Customers are reminded to listen to their bodies during sauna rounds and avoid competing on how long they can stay in. Staff will ensure that anyone feeling faint or ill exits the sauna immediately.</p> <p>Cooling Off Between Rounds: Customers are advised via the website to cool off between sauna rounds using the provided water. On-site staff will also reinforce this practice.</p> <p>Temperature Control: If most users in a session request a lower temperature, on-site staff can adjust the ventilation and reduce the amount of wood in the stove. The sauna is equipped with a thermometer to monitor temperature and humidity. Customers are advised about optimal positioning on benches to manage heat and reminded they can open the door if a lower temperature is needed.</p>	X		
Medical Conditions	Customers		X	<p>Medical advice</p> <ul style="list-style-type: none"> ● The website will be used to warn customers that they should not use the sauna if they are ill, pregnant or have any condition that interferes with their ability to sweat. ● If they have low blood pressure they will be advised to seek advice from their doctor first. ● Customers should be physically and mentally fit to use the sauna. ● Staff on site will refuse customers entry if they are deemed medically unfit to participate in the sauna. 	X		
Anti-Social Behavior	Staff / Customers		X	Zero tolerance policy	X		

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| | | | | | <ul style="list-style-type: none">• If a customer is under the influence of drugs or intoxicated by alcohol, they will be refused entry to the sauna and politely be asked to leave the site. This message will be enforced on the website. | | | |
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