

December 2021

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		<b>Stove safety</b> <ul style="list-style-type: none"> <li>The sauna stove has been installed in accordance with manufacturers safety guidelines to eliminate risk of fire.</li> <li>Supervision of the fire, staff to be always beside the stove while alight or hot embers remain</li> <li>The use of a fireguard to ensure customers do not have unsupervised access.</li> <li>Customers will be given rules and safety advice and dangers of fire.</li> </ul> <b>Fire extinguisher</b> <ul style="list-style-type: none"> <li>A fire extinguisher and fire blanket will be always on site.</li> </ul>	x		
Carbon Monoxide Poisoning	Staff / Customers		X		<b>Carbon Monoxide Detector</b> <ul style="list-style-type: none"> <li>Installed inside the sauna, under rear bench and 2meters away from stove.</li> <li>Test Carbon monoxide detector at the start of each day.</li> </ul>	x		
Smoke	Staff / Customers		x		<b>Trailer</b> <ul style="list-style-type: none"> <li>The position of the trailer will be away from buildings.</li> <li>The wind direction will be constantly assessed.</li> <li>Dry suitable wood used to prevent excess smoke.</li> </ul>	x		
Wind	Staff / Customers		x		<b>Door Stop</b> <ul style="list-style-type: none"> <li>The door has been fitted with a door stop to avoid breakage in high winds.</li> </ul> <b>Windy conditions</b> <ul style="list-style-type: none"> <li>Customers will be briefed on careful use in windy conditions and the wind direction will be constantly assessed.</li> </ul>	x		
Slips, trips, and falls.	Staff / Customers		X		<b>Flooring</b> <ul style="list-style-type: none"> <li>The entry ramp has a rubber matt for grip when wet.</li> </ul>	X		

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Burns	Staff / Customers		X		<p><b>Advice</b></p> <ul style="list-style-type: none"> <li>On arrival to the sauna, safety talk for all customers before entering to remind them about not touching the stove or adding fuel to it. Safety talk includes risk of scalding from adding water.</li> </ul> <p><b>No metal fastenings or jewellery advice</b></p> <ul style="list-style-type: none"> <li>The website advises customers not to wear metal jewellery or swimwear with metal fastenings in the sauna to avoid burning. Staff on site will also enforce this advice.</li> </ul> <p><b>Safety briefing</b></p> <ul style="list-style-type: none"> <li>Before entering the sauna, staff will brief customers on how to use the stove safely when ladling water onto the rocks.</li> </ul> <p><b>First Aid kit</b></p> <ul style="list-style-type: none"> <li>A First Aid kit will be on site at all times and staff will have had the appropriate training to treat burns or scalds using this First Aid kit.</li> </ul>	X		
Dehydration overheating & Fainting.	Customers		X		<p><b>Drinking water advice</b></p> <ul style="list-style-type: none"> <li>The website requests that customers bring plenty of their own drinking water to avoid dehydration. Staff on site will enforce this request and will encourage customers to bring water bottles with them inside the sauna. Reminded to drink water after session.</li> </ul> <p><b>Duration of rounds advice</b></p> <ul style="list-style-type: none"> <li>Reminded before the session to listen to the body during sauna rounds and not to compete for how long they can stay in. Staff will ensure that customers come out of the sauna if they say that they feel faint or ill at any point.</li> </ul>	X		

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					<p><b>Cooling off between rounds</b></p> <ul style="list-style-type: none"> <li>The website advises customers to cool off between sauna rounds by using the water that is provided. Staff on site will also enforce this message.</li> </ul> <p><b>Temperature control</b></p> <ul style="list-style-type: none"> <li>If most sauna users in a session request a lower temperature, this can be arranged by on site staff who will adjust the ventilation and reduce the amount of wood placed in the stove.</li> <li>The sauna contains a thermometer to measure temperature and humidity.</li> <li>Customers are reminded about positioning on benches to adjust heat and advised to open door if a lower temperature is required.</li> </ul>			
Medical Conditions	Customers		X		<p><b>Medical advice</b></p> <ul style="list-style-type: none"> <li>The website and waiver form will be used to warn customers that they should not use the sauna if they are ill, pregnant or have any condition that that interferes with their ability to sweat.</li> <li>If they have low blood pressure they will be advised to seek advice from their doctor first.</li> <li>The waiver form will also inform customers that they must be physically and mentally fit to use the sauna.</li> <li>Staff on site will refuse customers entry if they are deemed medically unfit to participate in the sauna.</li> </ul>	X		
Anti-Social Behaviour	Staff / Customers		X		<p><b>Zero tolerance policy</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>	X		