**Health and Safety for Field Researchers**

**Risk Assessment Form**

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| **Risk**  **What is the risk ?** | **Why is this risk present, and what is the nature of the risk.**  **Low / Moderate / Severe** | **What is the suggestion for reducing or removing the risk ?** | **How will this reduce or remove the risk ?** |
| *Tripping and ankle injury* | *The heather grows in tufts with gaps between. Moderate risk of ankle injury if care not taken to walk slowly. Risk increased by carrying fieldwork equipment.* | *Walk carefully.*  *Wear decent walking boots.*  *Don’t carry too much fieldwork equipment.* | *Reducing chance of turning an ankle.*  *Leaving hands free to steady self if there is a sudden trip or fall.* |
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