 **GENERAL RISK ASSESSMENT**

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| **Activity:** | Research | **Brief description of work activity:**  Research work investigating effects of caffeine and curcumin supplements. Blood samples will be taken at designated timepoints during the trials. All samples will be taken by trained phlebotomists within the university. | **Assessed By:** | Stefanie Chan |
| **Dept./Faculty:** | Life Sciences | **Date:** | 15-02-24 |
| **Location:** | Cavendish Campus | **Review Date:** | 15-02-25 |

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| **1. What are the hazards?** | **2. Who might be at harm and how?**  ***E, C, S, Mp, V, Em, Mp, Dp \**** | **3. Current control measures** | **4. Initial Risk Rating:**  ***H/M/L \**** | **5. Additional control measures (if required)** | **6. Action by whom?** | **7. Action by when? (Date)** | **8. Date done** | **9. Residual risk rating.**  ***H/M/L*** |
| Curcumin Supplements | Participants | Low doses used in line with supplements already on the market | 2 \* 1 = 3  Low |  |  |  |  |  |
| Caffeine Supplements | Participants | Low doses used in line with supplements already on the market | 2 \* 1 = 3  Low |  |  |  |  |  |
| Venous and finger prick blood sampling. | E (researchers involved), Participants    **Risk** of abnormal bleeding from puncture site. **Risk** of needlestick injury to researcher | Cannula will be fitted/blood samples obtained by qualified experienced individuals. A blood sampling station will be set up to obtain the blood samples from the volunteer. Sharps bins and clinical waste bins will be present at the station for the correct disposal of clinical waste. V will be provided with appropriate dressings/plasters to cover puncture sites whilst in the laboratory. The researcher will wear non-latex gloves at all times. Aseptic technique will be observed at all times | 2 \* 2 = 4  Low | Collected venous blood is rendered acellular and platelet free and stored as plasma.    For finger prick sampling safety lancets are used, the sharp needle is not accessible after use. |  |  |  |  |
| Transmission of COVID. | Close contact  with covid positive participants or biological samples. | Advice participants and staff to stay at home if feeling unwell.  Researchers are advised of the benefits of covid vaccination  Correct use of PPE.  Keep room ventilated.  Adequate separate waste disposal.  Frequent hygiene of hands and surfaces. | 2 \* 2 = 4  Low |  |  |  |  |  |

**\* Please see overleaf for guidance on completion**

**Guidance on completing the risk assessment**

1. **Description of the work:** A general description of the work e.g. Teaching; Travelling; Workshop activities; Grounds Maintenance; Office Activities; Waste collection;
2. **Task or Process:** A brief description of the specific work being carried out e.g. use of workshop or laboratory equipment; using ladders for maintenance purposes; manual handling of materials; bulk waste collection etc. or the process being assessed.
3. **The Hazard(s):** A brief description of the potential for causing harm or loss e.g. moving parts of machinery; entanglement; contact with electricity, lifting heavy loads etc.
4. **Persons at Risk:** E = Employees; C = Contractors; V = Visitors; Mp = Members of the public; S = Students; EM = Expectant Mothers; DP = Disabled persons. The types and numbers of person at risk may impact the degree and likelihood of the risk.
5. **Existing Controls:** Considerations could include:- guarding; training; safe systems of work; segregation; safety equipment; examination and testing; emergency arrangements.
6. **Risk Classification:** In considering the likelihood of an injury or incident occurring the following potential contributory factors should be considered:-

* How frequent the work is carried out? A higher frequency may increase the risk.
* Whether those carrying out the work are more at risk e.g. a disabled person, an expectant mother, or someone with little experience.
* Are suitable tools and equipment available that are properly maintained?



* Has a safe system of work been established and implemented?
* Has suitable information, instruction and training been provided?
* Is there adequate supervision?
* Are the controls in place adequate or are additional controls required?

**Likelihood of occurrence Potential Severity of injury of financial loss**

**1. Improbable 1. None**

**2. Remote 2. Negligible**

**3. Possible 3. Minor**

**4. Probable 4. Major**

**5. Certainty 5. Fatal**

**Risk = Likelihood X Severity**

Using the values above determine the risk classification by multiplying the likelihood and the potential severity you consider appropriate and enter the result in the matrix above to obtain the risk rating: e.g. If you consider the potential harm to be major (4) and the likelihood to be remote (2) the risk classification is 4 x 2 = 8 which is classed as a “Medium” risk using the matrix.