**Personal Risk assessment**

**Use this to assess your environment, and your working practices, as well as for an instant assessment of a situation.**

Assess the situation

Do you have any concerns about your personal safety?

**No** **Yes**

Proceed with care...remain vigilant

Which of these concerns you?

The task you are doing

The person you are dealing with

The environment you are working in

Are you sure you have covered all the risks?

Can you avoid or minimise the risk so that you feel confident?

**Yes Yes No**

Proceed with care...don’t forget things change

Do not continue. Ask for help. Consult with your line manager or equivalent.

**From Personal Safety at Work, Suzy Lamplugh Trust 2006, revised 2008**