

**BSBRSK401 Identify risk and apply
risk management processes**

**HLTWHS001 Participate in
workplace health and safety**

**SISXFAC001 Maintain
equipment for activities**



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ASSESSMENT FOR BSBRK401, HLTWHS001 & SISXFAC001	
Student name	
Date of assessment submission	Click here to enter a date.
Trainer/Assessor's name	
Date of assessment marking	Click here to enter a date.
Outcome for units	☐ Competent ☐ Not Yet Competent

TASK INSTRUCTIONS

- The assessment for these units of competency consists of the following:
 - **Case studies:** You are required to provide written responses to a series of case study scenarios to demonstrate your knowledge and skills.
 - **Practical tasks:** You will be required to put your knowledge and skills into practice, through observed tasks and work experience.
- At times, you will be provided with a specific context to which you must respond, otherwise it is anticipated that you will use a scenario of your choosing to provide context to the task.

CASE STUDIES

CASE STUDY 1

Examine the picture below.



- Identify five (5) hazards present in the picture, completing a risk analysis for each.
- Rank the hazards from 1 to 5 (1 = most serious; 5 = least serious).

EXAMPLE HAZARD

Describe hazard

Dumbbells left on gym floor

Possible consequence(s)

- *Trip and fall*
- *Possible bruising, broken bones, graze, cuts*

Control measure(s)

- *Erect signs around the gym*
- *Remind patrons to return weights*
- *Workers should consistently check gym floor*

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L

E: Extreme	H: High	M: Medium	L: Low
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Consequence rating: Serious injury (B)

Likelihood rating: Possible (3)

Level of risk: High (H)

HAZARD 1

Describe hazard

Drink bottle/shaker on gym equipment

Possible consequence(s)

May fall and spill contents on floor, creating a slip hazard.

Control measure(s)

Move bottle/shaker to a more suitable location.

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L
E: Extreme H: High M: Medium L: Low					

Consequence rating: First Aid (E)

Likelihood rating: Likely (2)

Level of risk: Medium (M)

HAZARD 2

Describe hazard

Different weights on the bar of the black squat rack

Possible consequence(s)

Equipment imbalance may cause more strain on one side of equipment user

Control measure(s)

Ensure the same weights are used

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L

E: Extreme	H: High	M: Medium	L: Low
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Consequence rating: Casualty Treatment (D)

Likelihood rating: Very likely (1)

Level of risk: High (H)

HAZARD 3

Describe hazard

Bar is uneven on the white squat rack

Possible consequence(s)

Equipment imbalance may cause more strain on one side of equipment user

Control measure(s)

Ensure that bar is level when placed on squat rack

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L
E: Extreme H: High M: Medium L: Low					

Consequence rating: Casualty Treatment (D)

Likelihood rating: Very likely (1)

Level of risk: High (H)

HAZARD 4

Describe hazard

Weight plate on the ground

Possible consequence(s)

May roll away and injure another gym user

Control measure(s)

Ensure that weight plates are appropriately put away

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L
E: Extreme H: High M: Medium L: Low					

Consequence rating: Possible (3)
Likelihood rating: Serious Injury (B)
Level of risk: High (H)

HAZARD 5

Describe hazard

Bar leaning on the wall

Possible consequence(s)

May fall and hit a gym user

Control measure(s)

Ensure that equipment is appropriately put away

Determine the level of risk

Matrix	A: Death or permanent disability	B: Serious injury	C: Lost time injury	D: Casualty Treatment	E: First Aid
1: Very Likely	E	E	H	H	M
2: Likely	E	H	H	M	M
3: Possible	H	H	M	M	L
4: Unlikely	H	M	M	L	L
5: Very Unlikely	M	M	L	L	L
E: Extreme H: High M: Medium L: Low					

Consequence rating: First Aid (E)

Likelihood rating: Likely (2)

Level of risk: Medium (M)

RANK HAZARDS

(1 = most serious; 5 = least serious)

Hazard 1	4
Hazard 2	3
Hazard 3	2
Hazard 4	1
Hazard 5	5

Outcome for Case Study 1	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

CASE STUDY 2

It is important to maintain items in the gym environment to maintain a safe environment.

- Create a maintenance schedule for four (4) items regularly seen in a gym environment – one from each of the following categories:
 - Gym floor
 - Resistance training equipment item
 - Cardiovascular machine
 - Gym environment

Include daily, weekly and monthly functions, as well as maintenance/repair procedures that may only take place a limited number of times per year.
- Locate two (2) instruction booklets for common items in a gym. Within each booklet, identify two (2) points with regards to safety and minimising risk for gym patrons.
- Identify two (2) points within a code of practice that could relate to safety within the gym environment.
- Identify three (3) pieces of equipment that are essential to the safety of patrons in an emergency situation.
 - For each equipment item, describe the procedures required to check the currency of their servicing history.

Example:

Name equipment item		Lat pulldown		
Maintenance requirements				
Daily	Weekly	Monthly	6+ months	Other
• Check cleanliness • Ensure security of safety clips • Wipe down with anti-bacterial	• Ensure pin is safely secured to stack • Check seats for tearing	• Check plate stack for smooth function • Check smooth rotation of pulleys • Check cable for signs of fraying	• Check pulleys and cables for major wear and tear	Nil

ITEM 1: GYM FLOOR ITEM

Name equipment item		Variable, depending on student response (Assessor's discretion)		
Maintenance requirements				
Daily	Weekly	Monthly	6+ months	Other

ITEM 2: RESISTANCE TRAINING EQUIPMENT ITEM

TEMPERATURE-SENSITIVE EQUIPMENT ITEM				
Name equipment item	Variable, depending on student response (Assessor's discretion)			
Maintenance requirements				
Daily	Weekly	Monthly	6+ months	Other

ITEM 3: CARDIOVASCULAR MACHINE

Name equipment item Variable, depending on student response (Assessor's discretion)

Maintenance requirements

Daily	Weekly	Monthly	6+ months	Other

ITEM 4: GYM ENVIRONMENT ITEM

Name equipment item Variable, depending on student response (Assessor's discretion)

Maintenance requirements

Daily	Weekly	Monthly	6+ months	Other

INSTRUCTION BOOKLET 1

Name equipment item Variable, depending on student response (Assessor's discretion)

Instruction booklet requirements

INSTRUCTION BOOKLET 2

Name equipment item Variable, depending on student response (Assessor's discretion)

Instruction booklet requirements

Code of Practice name Variable, depending on student response (Assessor's discretion)

Requirements

EMERGENCY EQUIPMENT 1

Name equipment item	Variable, depending on student response (Assessor's discretion)
Checking servicing currency	

EMERGENCY EQUIPMENT 2

Name equipment item	Variable, depending on student response (Assessor's discretion)
Checking servicing currency	

EMERGENCY EQUIPMENT 3

Name equipment item	Variable, depending on student response (Assessor's discretion)
Checking servicing currency	

Outcome for Case Study 2	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

CASE STUDY 3

You have received the following the following client complaint via email:

To whom it may concern,

During the last few sessions at the gym, I have noticed a worrying trend. Of an afternoon, the area around the drink tap is becoming increasingly flooded; it is creating a slippery surface that I have very nearly fallen on at least three times. This leaking tap is a health hazard!

The gym floor workers have acknowledged my complaints, however they are yet to rectify the situation. I fear the next time I go to the gym could result in serious injury. It is disappointing that so far my complaints have fallen on deaf ears. I do not want to go to another gym, but if I continue to feel unheard and unsafe I will begin to look at your competitors.

Please tell me what you are going to do about this.

*Regards,
Jim Patron*

Respond to this client complaint. Ensure your response meets the following requirements:

- Shows empathy
- Acknowledges recording of the incident
- Discusses the duty of care
- Identifies the relevant chain of command in the resolution and reporting process
- Provides a resolution, including an improvement of organisational policies and procedures to minimise the likelihood of this occurring again

Your response

Assessor's discretion

Outcome for Case Study 3

- ☐ Satisfactory
☐ Not satisfactory

Trainer/Assessor comments

CASE STUDY 4

Consider your safety requirements in a gym environment.

- a) Describe ways that the following signs could be used in a gym:
 - Dangerous goods classification
 - Emergency equipment
 - Personal Protective Equipment (PPE)
 - Hazard
- b) Outline the legal requirements with regards to safety
 - Identify the legislation that outlines the safety requirements for a gym
 - Identify two (2) legal requirements outlined under safety legislation/regulations
 - Identify the regulatory authority who would check that legal requirements are being met
- c) What should an employee do if they cannot repair a piece of gym equipment?
 - Who should they report the matter to?
- d) What role do clients and staff have in reducing or preventing the spread of infectious diseases?
 - How can a gym regulate these practices?
- e) What reporting processes can be put in place to ensure injuries are appropriately reported?
- f) Describe how an employee may reflect on their own levels of stress and fatigue. Who should employees report to?
- g) Explain the best process for undertaking hazardous manual tasks.

Safety signs

Assessor's discretion

Legal requirements

Assessor's discretion

Referring repair tasks

Assessor's discretion

Infectious diseases

Assessor's discretion

Reporting processes

Assessor's discretion

Stress and fatigue
Assessor's discretion
Hazardous manual tasks
Assessor's discretion

Outcome for Case Study 4	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	

PRACTICAL TASKS

You are required to have a suitable observer verify your ability to complete the following tasks. These tasks may be simulated or real.

TASKS	VERIFIED
A. Conduct a safety inspection of your work area, completing a risk register: - Identify hazards and associated risks (including hazardous manual tasks) - Consult with relevant stakeholders to analyse and evaluate risks - Identify and evaluate control measures - Develop and implement treatment plans for your area of responsibility - Report hazards as per workplace procedures - Refer hazards that are beyond your own area of responsibility - Maintain risk management documentation <u>[Evidence: Risk Register]</u>	☐
B. Respond to a (simulated) fire emergency/drill: - Provide information needs to emergency response personnel during reporting, arrival and in response to emergency - Checking and accounting for people during an evacuation - Debriefing with an appropriate person, as per workplace procedures, to identify personal levels of stress and fatigue	☐
C. Over five (5) service periods, safely conduct six (6) of the following minor maintenance tasks on equipment (i.e. equipment used within the facility, participant/client-specific equipment, emergency equipment, large items requiring lifting and assembly): - Cleaning - Lubrication - Reinflating - Checking for damage - Restocking or refilling - Repairing - Calibration - Storage (ensuring entry and exit in the case of an emergency situation) - Completing maintenance records and forms (e.g. logbook)	☐

Outcome for Practical Tasks	☐ Satisfactory ☐ Not satisfactory
Trainer/Assessor comments	