



RISK ASSESSMENT

Hazard type	Hazards identified	Control measures	Comments
Transport	Road traffic accident	<ol style="list-style-type: none"> 1. High level of awareness when travelling on foot 2. Avoid using bicycles/motorcycles 3. Heightened awareness of lack of traffic laws 4. Advise travelling only in rear of rickshaw 5. No travel on outside of vehicles/in vehicles with doors open 6. Secure internal luggage 7. Seatbelts to be fastened in all vehicles when available 8. Avoid night-time travel 9. Use in-country transport pre-arranged by Sherpa Brothers Treks & Expedition Pvt. Ltd. 	<ul style="list-style-type: none"> • Transport pre-arranged by Sherpa Brothers Treks & Expedition Pvt. Ltd. will use adequately qualified drivers & suitably maintained vehicles • Driver will have 45min break during every 4hr30min driving
	Aircraft accident	<ol style="list-style-type: none"> 1. Only fly with reputable airline 2. Fasten seatbelts 3. Avoid domestic flights 	
	Flight delays	<ol style="list-style-type: none"> 1. Only fly with reputable airline 	
	Loss of/delayed baggage	<ol style="list-style-type: none"> 1. Only fly with reputable airline 2. Use in-country transport pre-arranged by Sherpa Brothers Treks & Expedition Pvt. Ltd. 	
Political situation	Strikes, rallies & demonstrations	<ol style="list-style-type: none"> 1. Vigilance 2. Avoid demonstrations 3. Remain indoors during strikes, rallies & demonstrations 4. Avoid public transport during strikes, rallies & demonstrations – instead use rickshaws/"tourist-only" transport 5. Consider police escort for airport transfers 	
Crime	Assault & theft	<ol style="list-style-type: none"> 1. Be vigilant in airports, buses, hotel rooms & poorly lit areas after dark 2. Avoid walking/trekking alone especially after dark 3. Avoid carrying large sums of cash 4. Keep valuables safe & out of sight 	

		<ol style="list-style-type: none"> 5. Utilise hotel safes 6. Do not keep cash in one location 7. Do not leave valuables unattended in a hotel room 8. If targeted, do not resist theft 	
	Illicit drugs	<ol style="list-style-type: none"> 1. Never buy, sell/use 	
	Terrorism	<ol style="list-style-type: none"> 1. Vigilance 	
Accommodation	Fire	<ol style="list-style-type: none"> 1. Team members will be instructed pre-expedition what to do in the event of a fire in hotel 2. Liquid fuel to be stored outside of tents & away from direct heat sources 3. Stoves to be sited securely to minimise risk of spillage & burns 4. Medical oxygen to be stored away from naked flames 5. Avoid smoking in/near tent/medical oxygen 	
Medical	General	<p>N.B. The following control measures will be applicable to all of the specified medical hazards</p> <ol style="list-style-type: none"> 1. Prior to the expedition all team members will have access to list of recommended immunisations & expedition health advice document 2. The Medex "Travel at high altitude" booklet will be issued to all team members 3. Each team member to complete a pre-expedition medical questionnaire to enable trekking team Medical Officers to pre-empt potential medical problems 4. Appropriate treatments will be carried to address all medical problems identified below & doctors will be familiar with the use of each item 5. Extensive medical kits will be carried by the trekking team Medical Officers 6. Each team member to carry a basic personal first aid kit 7. Careful selection of clothing & purchase of equipment to ensure personal protection & prevention of health problems 8. Adopt a layering system & carry spare warm clothing at all times 9. No single occupancy allowed in tents 10. Prevent DVT by avoiding dehydration (drink water & avoid alcohol); regularly moving legs & feet & walking (if possible) during travel; wearing properly fitting flight socks; females might wish to consider changing their method of contraception 	<ul style="list-style-type: none"> • Six radio handsets & one satellite phone will be carried & a casualty evacuation plan put in place prior to departure • All team members will have travel insurance to cover an expedition in a remote, high altitude environment including cover for helicopter evacuation

Altitude	AMS HACE HAPE	<ol style="list-style-type: none"> 1. Trekking team Medical Officers will be trained in the use of a portable high altitude chamber 2. Availability of medical oxygen 3. Portable high altitude chamber & oxygen cylinders to be checked prior to departure on trek 4. Itinerary to allow time for acclimatisation 5. Flexibility within the itinerary to allow for adjustment as required 6. Acclimatisation (rest) days have been built into the itinerary 7. The three rules of AMS prevention will be observed: 8. Learn to recognise symptoms & signs 9. Never ascend with symptoms 10. Descend if symptoms persist 11. A steady pace & sufficient intake of water & food will be enforced throughout 	
Cold	Hypothermia	<ol style="list-style-type: none"> 1. Steady pace will be set to reduce sweating & evaporation 2. Each team member to carry spare warm clothing & emergency food supplies at all times 3. An emergency shelter (tent fly sheet) will be carried by sirdar of each trekking team at all times 4. Awareness of pace whilst ascending Larkya Peak – if too slow, descend to avoid overnighing 	
	Non freezing cold injury	<ol style="list-style-type: none"> 1. Daily checks of exposed skin (especially hands & feet) 2. Foot hygiene routine 	
	Freezing injury i.e. frostnip & frostbite	<ol style="list-style-type: none"> 1. Clothing appropriate to the extreme conditions to protect extremities e.g. gloves, mitts, hat, balaclava, impermeable boots (suitable for ascending >6000m peak) 2. Careful fitting of boots before departure 3. Foot hygiene routine 4. Avoid contact of skin with metal items 	
Sunlight & heat	Snow blindness	<ol style="list-style-type: none"> 1. Close fitting & wraparound sunglasses & goggles to conform to European Union Standard EN 1836-1997 & Australian Standard 1067-1-1990 & have category EN 3 or 4 lenses 2. Eye protection must always be worn where there is snow &/or ice 	
	Sunburn	<ol style="list-style-type: none"> 1. Sun hats (wide-brimmed) & neck protection to be worn 2. Sunscreen of a minimum of Sun Protection Factor (SPF) 50 with a UVA protection star rating of 5 & total sun block lip salve to be used on exposed areas of skin 3. Limit exposure to sun where possible 4. No sunbathing 	

		5. Skin should be covered when on snow or glacial terrain, including the face as far as possible	
	Dehydration	<ol style="list-style-type: none"> 1. Regular fluid intake 2. Be aware of effects of extreme cold on hydration systems & how to avoid problems 3. Rest & drink stops 	
Food & water	Gastroenteritis	<ol style="list-style-type: none"> 1. Hand hygiene (especially after using the toilet & before eating) 2. Keep finger nails short, clean & unbitten 3. Use soap & water where available to wash hands 4. Use alcohol gel 5. Food should be piping hot when eaten & certain foods should be avoided i.e. salad, vegetables & fruit that have not been boiled/peeled; shellfish; raw/undercooked fish & meat, unpasteurised dairy produce e.g. milk, ice cream, yoghurt & cheese, jellies & ice cubes 6. Avoid sharing of drink bottles, "crockery", "cutlery" & food 7. Drink purified water/bottled water but only if seal intact 8. Minimal number of days rest in Kathmandu pre-trek 9. Symptomatic individuals will be excluded from food preparation 	<ul style="list-style-type: none"> • Replace fluid losses with water & oral rehydration salts • Inform trekking team Medical Officer if symptomatic
Human vectors of disease		<ol style="list-style-type: none"> 1. Avoid risk-taking behaviour e.g. acquiring new piercings & tattoos & having casual, unprotected sexual intercourse 	
Injury	Cuts, abrasions & blisters	<ol style="list-style-type: none"> 1. Prevent where possible 2. Properly fitted & worn in footwear 3. Comfortable, thick, loop-knit socks for walking & climbing 4. Consider use of thin, inner lining sock 5. Keep toe nails short 6. Practise foot hygiene 7. Specific pair of socks (dry & clean) in which to sleep 	<ul style="list-style-type: none"> • At the first sign of chaffing, area of skin should be covered with a blister dressing
	Slips & trips	<ol style="list-style-type: none"> 1. Be alert to terrain 2. Steady pace 	
	Collision with objects, animals/people	<ol style="list-style-type: none"> 1. Maintain high state of awareness 2. When trekking, permit beasts of burden e.g. Yaks to pass on downhill side 	
	Musculoskeletal injuries	<ol style="list-style-type: none"> 1. Prevent where possible 2. Pre-expedition strength training 3. Appropriate pace of walking 4. Rest stops 5. Use correct methods for lifting & handling heavy objects 	
	Bites and stings	Avoid:	<ul style="list-style-type: none"> • Inform trekking team Medical Officer if

		<ol style="list-style-type: none"> 1. insect bites by covering skin; treat any exposed, non-sensitive areas with insect repellent (50% DEET) 2. snake, spider & scorpion bites & stings by wearing socks & covered footwear at all times; shaking out footwear, clothing & bedding prior to use & packing bedding away immediately after rising 3. snake bites by avoiding snakes (& snake charmers!); not disturbing, cornering, attacking/handling a snake; not dislodging logs/boulders with bare hands/pushing anything into holes/burrows; not climbing foliage-covered rocks/putting hands on unseen ledges 4. any form of contact with domestic/wild animals 5. Swambayunath (monkey temple) 	bitten/licked/scratched/stung by a domestic/wild animal including insects & reptiles
Pre-existing medical conditions e.g. allergies, asthma, diabetes etc.		<ol style="list-style-type: none"> 1. Recommend pre-expedition medical & dental check 2. Discuss plans with GP &/or hospital specialist 3. Consider wearing a medic alert 4. GP to prescribe two sets of regular medication (each sufficient for length of expedition) & some spare 	
Inadequate personal fitness		<ol style="list-style-type: none"> 1. Pre-expedition training 2. A steady pace will be adopted 	
Mountain hazards	General	<p>N.B. The following key steps will relate to all of the mountain hazards identified below</p> <ol style="list-style-type: none"> 1. Revision of crevasse rescue will take place in safe areas 2. Appropriate technical equipment will be carried/worn by all members as required 3. Clear communication throughout 4. Members will only enter terrain deemed suitable for their experience/abilities 5. UIAA/CEN protective equipment used as required 6. Extra caution adopted when exhausted & at altitude 	
	Glaciers & crevasses	<ol style="list-style-type: none"> 1. Minimum of 3 to a rope in crevasse danger areas 2. Travel early in cold firm conditions where possible 	
	Sliding falls	<ol style="list-style-type: none"> 1. Helmets & full body cover worn on steep ground 	
	Avalanche	<ol style="list-style-type: none"> 1. Travel early in cold conditions when snow pack more stable 2. Seek local knowledge & advice 3. Avoid travel in heat/directly after significant snowfall 4. Avoid high risk slopes & run outs 	
	Rock fall	<ol style="list-style-type: none"> 1. Avoid areas of high risk 2. Rock sections treated with respect 3. Early starts before rocks melt loose 4. Helmets worn on steep/rocky ground at all times 	

		<ul style="list-style-type: none"> 5. Adopt safe group travel techniques 5. Take care not to knock rocks onto other members 	
	Visibility	<ul style="list-style-type: none"> 1. Travel in groups when visibility is poor 2. Minimise movement between camps in poor conditions 3. Carry head torches at all times 4. Carry navigation equipment & understand its use 5. Use local knowledge 	
	Separation from group & becoming lost	<ul style="list-style-type: none"> 1. Know individuals in trekking team 2. Ensure each individual remains with group 3. Use a rope to attach group members to one another if required 4. Ensure every team member is aware of route & surrounding environment 	
	Heavy snow fall	<ul style="list-style-type: none"> 1. Minimise movement between camps during times of heavy snow fall 2. Allow more time for movement 3. Use trekking poles to aid movement 	
Equipment hazards	General	<p>N.B. The following key steps will relate to all of the equipment hazards identified below</p> <ul style="list-style-type: none"> 1. All technical equipment will be UIAA/CEN certified 2. All equipment will be checked for fitting & serviceability before use 3. All team members practised in use of all equipment 4. Protective equipment worn as appropriate 	
	Failure	<ul style="list-style-type: none"> 1. Spares carried 2. Repair kits carried 	
	Theft/loss	<ul style="list-style-type: none"> 1. Spares carried 2. Security of kit at all times 	