



# Rise & Regulate

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## Risk Assessment - Barefoot Grass Walking

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Ground hazards	Cuts or puncture injuries to feet	Grass areas visually inspected before activity. Only clean short grass surfaces used.
Uneven terrain	Trips or ankle strain	Participants briefed to walk carefully and remain aware of footing.