



# Rise & Regulate

---

## Risk Assessment - Breathwork

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Breath hold exercises	Dizziness or light-headedness	Exercises introduced gradually with clear guidance. Participants seated where appropriate. Staff monitor physical responses and allow participants to stop at any time.
Controlled breathing exercises	Hyperventilation or anxiety response	Sessions led calmly with explanation of techniques. Participants encouraged to return to normal breathing if discomfort occurs.