

Health & Safety: Risk Assessment

Self Assessment Questionnaire

When thinking about Health and Safety law in the UK		
I am fully aware of the main pieces of legislation including those requiring risk assessment		A
I am aware of the key pieces of legislation requiring risk assessment and can quote several		B
I know about some of the UK legislation and could quote 1 that requires risk assessment		C
I know the names of some legislation but could not quote any that explicitly state the need for risk assessment		D

When thinking about completing risk assessments		
I am a competent risk assessor and use qualitative or quantitative techniques to assess risks		A
I am happy to conduct risk assessments for my organisation and have a reasonable knowledge of risk		B
I have completed risk assessments but I am not sure if they are right		C
I have been asked to complete risk assessments but I am not sure where to start		D

Regarding hazards and risks		
I know of all the health and safety risks being faced by the organisation		A
I can recognise the key health and safety risks and compile a comprehensive checklist		B
I know about the main health and safety risks but there could be more		C
I know some of the hazards and risks but I am sure there are more		D

When thinking about definitions - <i>'suitable and sufficient', hazard, risk and control</i>		
I know exactly what they mean and use them often		A
I have heard them all and know what some of them mean		B
I know about some of them but I'm not sure about their meaning within health and safety		C
Not quite sure about all of these terms		D

Regarding 'Control Measures'		
I have a good knowledge of the 'hierarchy' and can apply it appropriately		A
I can state what a control measure is and how it corresponds with the hierarchy		B
I can state what a control measure is but I am not sure of the hierarchy		C
I am not sure what a control measure is		D

Defining competence		
I can explain the definition of competence within the context of health and safety law		A
I can explain competence but not within the context of health and safety law		B
I know there is probably a need for competence but I am not sure I could explain it		C
I didn't know 'competent' was a defined term in health and safety law		D

Undertaking risk assessment		
I have reasonable confidence that I could undertake a risk assessment that would be deemed suitable and sufficient if scrutinised		A
I am OK with undertaking a risk assessment with the organisations paperwork although it is never quality assured and I sometimes doubt it is suitable and sufficient		B
I have done the odd risk assessment, usually with someone else leading		C
I am about to start risk assessments		D

Reviewing risk assessments		
I know the legal requirements for review of risk assessments and undertake them within the specified time frame		A
I complete risk assessments within the time frame specified in the organisation. They set the time frames and I don't know of the legal requirements		B
I believe we do our risk assessments every year regardless		C

Mostly A's: congratulations, you have great Health & Safety awareness and should be protecting those who come into contact with your organisation. Just be sure to keep on top of any changes in legislation. The easiest way to do that is to subscribe to our FREE quarterly health and safety newsletter. You can request to receive the newsletter by [clicking here](#).

Mostly B's: Your general awareness of Health & Safety is reasonable and at an ideal level if you are a front line worker - well done! If your position in your organisation includes supervision of other staff, or wider responsibility for Health & Safety, you may want to consider more training. For example, the Level 3 Health & Safety course, or specific training relevant to your organisation. [Click here](#) to see details of the Health & Safety courses we offer.

Mostly C's & D's: Your knowledge of Health & Safety principles and how they apply to your work is at a basic level. This could present a significant risk to both the safety of those people coming into contact with your organisation, and could leave you vulnerable to costly HSE Fees for Intervention should anything go wrong, a order to stop your business, or worse - prosecution! We would recommend urgently arranging access to relevant Health & Safety training. [Click here for more information.](#)