

## Woodlarks Camp Site Risk assessment

Activity: Use of hammocks.

Risk Assessor: Lynne Cooper

Assessment completed: Jan 2026.

Review date: Jan 2027

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	Initial Risk	What further action do you need to take to control the risks?	Revised Risk
Use of Hammocks	User: Falling out, causing injury.  Equipment failure causing injury.  Falling branches, causing injury.	When erecting the Hammock, the following are taken into consideration.  Ensure the ground underneath the hammock is free from equipment and sharp items such as branches.  Ensure the trees are a good distance apart.  Ensure there are no dead branches hanging above.  Check that the Hammock and ropes are not frayed and worn.  Use an appropriate knot to secure hammocks to trees and rig no higher than chest height (1 metre)	Med	User should test the Hammock to ensure it can take the weight.  User to be warned against swinging in the Hammock.	Low