Introduction
On the face of it you would struggle to imagine a more dangerous sport than rock climbing. The reality is somewhat different with far fewer accidents than you might think. In fact, rock climbing has a long established safety record that is based on sound systems and procedures just as in the modern workplace.

Where we can perhaps learn most from the rock climbers is their teamwork and positive attitude towards safety and the part it plays in enabling them to enjoy their sport. To do this climbers have developed the use of a system of Dynamic Risk Assessments to help them cope with the ever changing risks they face that make each climb and each set of hazards unique.

Used by others, such as the Fire Service, this approach enables workers to identify and assess potential hazards on an almost minute by minute basis rather than relying solely on formal risk assessments.

We were inspired by this pragmatic and flexible approach to safety that allows climbers to enjoy their enthralling and challenging sport. In fact, we were so inspired that we made four separate programmes around the sport.

We hope that it can inspire a similar approach to workplace health and safety.
Objectives
To shine light on safe behaviours from a different angle.
To remind people of their own role in creating a safe workplace for all.
To ‘break the ice’ in any kind of safety training session or programme.

Topics Covered
- Attitudes & Behaviours
- Teamwork
- Dynamic Risk Assessment
- Asking the What If Question
- Identifying Hazards Not Covered By Formal Risk Assessments

Who Should View The Films?
The films are for everyone. We all need to think about safety in a fresh way.

Four Films In One
The DVD has four films on it. The main film is on Dynamic Risk Assessment. It can be used as the centrepiece of a Dynamic Risk Assessment training session.

The second is an Attitudes & Behaviours version which shows how climbers rely on each other to stay safe. It is ideally suited for use in refresher training or as an ice-breaker for a session aimed at any specific health & safety topic.

The third icebreaker version is there to get people to start thinking about health and safety or to be used as a summary at the end of a session or several weeks or months after the session.

The fourth film is a short summary on Dynamic Risk Assessment by leading Behavioural Safety Expert Martin Woodall.
Discussion Points
What can we learn from the climber’s attitude?

What are the most dangerous tasks in our workplace – our ‘mountains’?
How good are we all at managing these problems?

When do we face unexpected risks? How do we currently deal with those?

How can we all make our approach to safety more professional?

How do you communicate about safety both formally and informally?
How happy are you in the way this communication works for you?

What role do your attitudes play in staying safe? How do our behaviours reveal that attitude?

What equipment is crucial to keeping us healthy? How well do we maintain it?

Could you still stay safe without your PPE? If so how?

How does health and safety determine the success or otherwise of our business?

How does health and safety enable us to get to do things we would otherwise not consider?

How do we stay focused on safety in our own workplace?

What role does teamwork play in our staying safe?

How can respect for the hazards at work keep us safe?

When was the last time we really considered the risks to our health at work?
Exercises

The Carabiner
Pass the carabiner around the group to see how many know what it is. Tell them what it is and ask them how confident they would feel putting their lives in the hands of such a small piece of equipment.

Ask the group for examples of vital equipment in their workplace and at home. Then ask them how important their behaviour is in using this equipment properly.

Strange Communication
Ask the group to describe how communication helps them stay safe at work and at play. How has a lack of communication in the past caused potential dangers?

As a bit of fun ask one half of the group to devise a strange new work task and present their task (which can be as strange as they want) to the other half of the group. The second half of the group is then given the task to come up with a list of safe behaviours for the task. The discrepancies or otherwise between the two groups’ ideas and notions of the task will demonstrate how good or bad communication can work.

R-E-S-P-E-C-T – Find Out What It Means To Them
An often underrated workplace virtue. Rock climbers would not survive without it. A lack of it is, more often than not, at the root of an average or poor safety culture. Respect for the task, the risk, the equipment and each other is crucial. Equally important however is to feel that your contribution to the safety culture is valued and respected. The answer is to ask and get them to contribute their ideas.

Divide the group into two teams that consider how they would improve your existing safety culture. Ask them to do a small presentation of their ideas and agree a schedule for the company safety manager to meet the group to discuss and act on their ideas. (For this task it is important to remind the group that they must present a positive proposal focusing on the future possibilities rather than past grievances)
Scaling Your Safety Peaks
What are the greatest health and safety challenges facing your organisation?
Ask the group to list what they perceive as your biggest challenges. How well do they match the reality?
Remember, if you have a near perfect safety record, your concerns could well include complacency.
Take the opportunity to ask them for their ideas and solutions.

Focus
Prove to the group how important it is to focus by doing the following:
Hold up a finger and ask the group to do exactly what you say. Ask them to place their finger on their chin. While you ask them this demonstrate by placing your finger deliberately on your ear.
Ask a colleague to count how many people did what you asked and how many people did what they saw. This should demonstrate the need to focus on every task we do in today’s busy workplace.

Statistically Speaking
Use Handout 1 to reveal some thought provoking quotes. Alternatively use some statistics from your own site/industry to make an even more powerful statement.

Dynamic Risk Assessment
Safety has long attempted to cover all the bases by coming up with safe systems and procedures for most tasks. However, we are all very good at getting ourselves into uncharted territory and this is when we often get in to difficulty.
Rock climbers deal with these situations through the use of dynamic risk assessment taking a few extra moments to consider the risks and how they can be avoided.
Use handouts 2 and 3 to explain how this simple addition to your safety practice could make a big difference.

Real Scenario
Introduce your audience to a real story about an incident, (an accident or near miss would do).
Ask them to assess how a Dynamic Risk Assessment would have led to a few simple actions or alternative behaviours which could have made a difference. Then reveal that this occurred at your own workplace and ask why these actions they suggested weren’t considered or acted upon.
Quotations

“It is what you learn after you know it all that counts” John Wooden

“You learn something new everyday if you pay attention” Ray LeBlond

“I don’t think much of a man who is not wiser today than he was yesterday” Abraham Lincoln

“Learning is a treasure that will follow its owner everywhere” Chinese Proverb

“The man who is too old to learn was probably always too old to learn” Henry S Haskins

“You don’t understand anything until you learn it more than one way” Marvin Minsky

“Climbing is above all a matter of integrity” Gaston Rebufat

“No one is completely useless they can always serve as a bad example” Anonymous

“It has been left to our generation to discover that you can move heaven and earth to save five minutes and then not have the faintest idea what to do with them when you have saved them” CEM Joad

“The mountains will always be there the trick is to make sure you are to” Hervey Voge

“He who has health has hope and he who has hope has everything” Arabian Proverb

“Safety is a lot like mountaineering. You climb one peak only to find another ahead of you. But remember to take heart when you look back at the vast area you have already covered” Martin Woodall Lattitude Safety
Links:
The financial implications:
http://www.hse.gov.uk/costs/costs_overview/costs_overview.asp

How the Police train on Dynamic Risk Assessment:
http://www2.staffordshire.gov.uk/policeauthority/personnel/2006/25jan06/Item%208.pdf

How the Fire Service do it:
Handout 1A
HSE Statistics

In 2006/07 there were 241 workers fatally injured at work, a rate of 1 fatality for every 125,000 workers.

In 2005/6: 2 million People were suffering from an illness they believed was caused or made worse by their current or past work 523,000 of these were new cases in the last 12 months.

30 million working days were lost (1.3 days per worker), 24 million due to work-related ill health and 6 million due to workplace injury.

1012 offences were prosecuted by HSE.

332 offences were prosecuted by local authorities (2004/05).

Every year around 4 million people are hurt at work. It costs Britain £16 billion a year.

New workers have the highest risk of injury.
## Handout 1B

**Average annual risk of death as a consequence of an activity:**

<table>
<thead>
<tr>
<th>Activity associated with death risk</th>
<th>Annual Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternal death in pregnancy</td>
<td>1 in 8,200 maternities</td>
</tr>
<tr>
<td>Surgical anaesthesia</td>
<td>1 in 185,000 operations</td>
</tr>
<tr>
<td>Hang-gliding</td>
<td>1 in 116,000 flights</td>
</tr>
<tr>
<td>Scuba Diving</td>
<td>1 in 200,000 dives</td>
</tr>
<tr>
<td>Rock climbing</td>
<td>1 in 320,000 climbs</td>
</tr>
</tbody>
</table>

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Handout 2
30 Seconds Stop And Think

Most accidents / incidents these days are not complicated and can be prevented with only a few seconds thought.
Handout 3
The Stop and Think Process – “What If”

- What are the hazards?
- How could I be hurt...or a colleague?
- What is the worst injury that could result?
- How do I prevent this from occurring?