

EnduroLiving Outpost

Risk Assessment & Safe Operating Procedures

Location: EnduroLiving Outpost, Saltburn-by-the-Sea, TS12 1DJ

Assessor: Dale Smith (Managing Director)

Assessment Date: 4th November 2025

Review Frequency: Every 12 months or after any incident

Full Spectrum Infrared Sauna

Overview

Two-person full-spectrum infrared sauna (60–65°C) used for recovery, circulation, detoxification, and relaxation.

Primary Hazards

<i>Hazard</i>	<i>Risk</i>	<i>Who's at Risk</i>	<i>Control Measures</i>
<i>Excessive heat exposure</i>	Dehydration, dizziness, fainting	Users	Clear signage with max session time (15 mins). Client induction includes heat safety. Hydration mandatory before and after.
<i>Contraindicated use</i>	Health complications for those with heart disease, pregnancy, fever, or medications	Users	Health questionnaire (PAR-Q). Waiver and medical declaration prior to use.
<i>Burns or contact injury</i>	Hot surfaces (heaters, door metal)	Users	Protective grill installed. Door handles and panels insulated.
<i>Electrical fault / fire</i>	Short circuit or overheating	All	PAT testing annually. Fire-rated circuit. Fire extinguisher nearby.
<i>Unsupervised use</i>	No immediate staff response	Users	Panic button installed. Clear emergency procedures on wall. CCTV monitored remotely.

Safe Operating Procedure

1. **Pre-use check:** Inspect sauna cleanliness, temperature, and power.
2. **User prep:** Remove shoes, metal objects, and hydrate.
3. **Duration:** 12–15 minutes maximum.
4. **Exit immediately if dizzy, light-headed, or uncomfortable.**
5. **Post-use:** Sit and cool down for 1-2 minutes before cold plunge.
6. **Clean:** Wipe down seat with disinfectant wipes.

PPE / Equipment Needed

- Towel for sitting
- Water bottle for hydration

Emergency Procedure

If user faints or collapses:

- Call 999 immediately.
- Evacuate if fire suspected.
- Record incident in log.

Cold Plunge

Overview

Commercial-grade cold plunge pool maintained at 6–10°C for contrast therapy and recovery.

Primary Hazards

<i>Hazard</i>	<i>Risk</i>	<i>Who's at Risk</i>	<i>Control Measures</i>
<i>Cold shock response</i>	Hyperventilation, panic, cardiac stress	Users	Mandatory induction on breathing control. Time limit 2–3 mins. Signage displayed.
<i>Hypothermia</i>	Prolonged immersion	Users	Auto timer in use. Staff monitoring logs. Signage: max 3 minutes.

<i>Slip hazard</i>	Wet flooring around tub	Users	Non-slip mats, regular cleaning, footwear recommended.
<i>Water hygiene</i>	Infection / contamination	Users	Filtration and ozone system maintained daily. Weekly chemical checks logged.
<i>Electrical hazard</i>	Equipment near water	All	All sockets RCD protected. Equipment tested and earthed.
<i>Unsupervised use</i>	No staff present	Users	CCTV and emergency intercom. Waiver includes self-responsibility clause.

Safe Operating Procedure

1. **Check water clarity and temp (6–10°C).**
2. **Shower before use.**
3. **Enter slowly and control breathing.**
4. **Stay immersed 2–3 minutes maximum.**
5. **Exit carefully — dry off immediately.**
6. **Do not re-enter for 10 minutes.**

Emergency Procedure

If user shows distress, hypothermia, or collapse:

- Remove immediately from water.
- Warm gradually with blankets.
- Call 999.
- Record incident.

EWOT (Exercise With Oxygen Therapy) System

Overview

System uses oxygen concentrator and mask while user exercises on bike or treadmill to enhance oxygen uptake and circulation.

Primary Hazards

<i>Hazard</i>	<i>Risk</i>	<i>Who's at Risk</i>	<i>Control Measures</i>
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Oxygen enrichment	Fire hazard near source	All	No open flames or smoking allowed. Signage displayed.
Incorrect oxygen flow	Hypoxia or over-enrichment	Users	Calibrated machine. Staff/technician set levels only.
Mask hygiene	Cross-contamination	Users	Personal mask or disposable filters. Clean after each use.
Excessive exertion	Overexertion, dizziness	Users	Pre-screened via PAR-Q. Stop immediately if dizzy.
Equipment malfunction	Air supply failure	Users	Routine maintenance log and backup concentrator available.
Electrical fault	Shock or fire	All	PAT tested annually. RCD protected circuit.

Safe Operating Procedure

1. **Setup by trained operator or via digital instruction.**
2. **User wears sanitized mask, SpO₂ monitor, and connects line securely.**
3. **Begin low-intensity warm-up (5 mins).**
4. **Progress to working set (15–20 mins) under oxygen flow.**
5. **Cool down and remove mask slowly.**
6. **Clean mask and wipe down equipment.**

Emergency Procedure

If user feels lightheaded or faints:

- Stop oxygen flow.
- Remove mask.
- Lay user down and monitor breathing.
- Call 999 if symptoms persist.

Altitude Simulation Training System

Overview

Simulates high-altitude conditions by reducing oxygen concentration (hypoxic training) to improve aerobic capacity.

Primary Hazards

Hazard	Risk	Who's at Risk	Control Measures
Hypoxia	Dizziness, fainting, nausea	Users	Max session 30 mins. Monitor oxygen saturation (SpO ₂). Stop if <85%.
Incorrect settings	Overly low oxygen concentration	Users	Pre-programmed oxygen limits. Staff calibration log.

<i>Mask hygiene</i>	Bacterial cross-contamination	Users	Sanitize after each use. Disposable mouthpieces optional.
<i>Overexertion</i>	Cardiac strain or collapse	Users	Warm-up required. Moderate intensity only unless medically cleared.
<i>Unsupervised use</i>	Delayed emergency response	Users	Panic button in zone. Visible safety signage.
<i>Equipment fault</i>	Gas leak or machine failure	All	Maintenance and service log. Daily pre-check before use.

Safe Operating Procedure

1. **Complete health screening.**
2. **Check oxygen machine calibration (e.g., 14–16% O₂ equivalent to 2,500–3,000m altitude).**
3. **Start session: warm-up 5 mins, main 20 mins, cooldown 5 mins.**
4. **Monitor user SpO₂ or perceived exertion.**
5. **End session immediately if dizziness, tingling, or nausea.**
6. **Clean mask and disinfect station.**

Emergency Procedure

If user collapses or loses consciousness:

- Stop machine and restore normal oxygen flow.
- Call 999 immediately.
- Record incident.

General Emergency & Safety Systems (All Zones)

- **Panic buttons** linked to duty manager mobile.
- **CCTV** active at all times (excluding changing area).
- **First Aid Kit** in rear kitchen area.
- **Emergency lighting** and clear exit signage installed.
- **Incident logbook** for all injuries, near misses, and equipment faults.

Summary Control Measures Checklist

Control Area	Control Type	Frequency	Responsible Person
Risk assessment review	Documentation	Annual	Director
Equipment PAT testing	Electrical	Annual	Technician
Temperature & water checks	Operational	Daily	Duty staff
Oxygen / altitude calibration	Operational	Weekly	Trained operator
Cleaning & disinfection	Hygiene	Daily	Cleaner / Staff
Waiver and PAR-Q collection	Admin	Per client	Booking system