

Risk Assessment for visits to Sierra Leone: General health

Dates of Visit - February 2019

Group Leader - Isabel Hodger

Persons at Risk - All Party Members

Site and Environment	Severity Risk Rating. 1 Low 5 High	Likelihood Risk Rating 1 Low 5 High	Outcome 1-8 Low 9-17 Med 18-25 High	Control Measures
General Health	A	B	A x B	
Drink	5	5	25	Consume only bottled water or fizzy drinks. Note the dehydrating effect of alcohol in hot climate. Check seals of drink containers.
Food	5	4	20 High	Hotel and Restaurant Food should be safe with exception of salads. Food outside Hotel needs to be cooked or, if vegetable or fruit, washed in bottled water or peeled.
Dirty Hands	4	5	20 High	Regular use of disinfectant Gel
Insect Bites	3	3	9 Medium	Use Insect repellent especially after dark. Maintain Malaria Medication. Wear long sleeves and trousers.
Other infectious diseases	5	3	15 Medium	Follow inoculation instructions from GP. Group leader will carry details of inoculations and other health information for all visitors.
Diarrhoea	3	3	9 Medium	Take ample supply of Immodium and Dioralyte. Drink plenty. Carry supply of toilet paper. Report to Group Leader.
Sickness	3	3	9 Medium	Report to Group Leader. Don't eat but drink plenty.
First Aid	3	3	9 Medium	Bring full First Aid kit.
Effects of Heat	3	5	15 Medium	Drink little and often. Always carry ample bottled water.
Sun Exposure	3	5	15 Medium	Wear hat and long sleeves and trousers. Use sun block.
Possibility of more Serious Medical Problems	5	1	5 Low	Group Leader carries list of Clinic and Hospital facilities. Bring a set of sterile needles.
Minor cuts/injuries	3	3	9 Medium	Cleanse open wounds thoroughly with bottled water and disinfectant medication.

SIGNED: (Group Leader)

Date – 05/11/18

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