

Hazard	Who Might Be Harmed	Is the Risk Adequately Controlled, or is More Needed	Review and Revision
Shining light into eyes - Eye discomfort or injury	Young people & Adults	Only low power LED beam torches are used	
		Torch is securely strapped to a table and cannot be moved or lifted.	
		Clear instructions given at the start that light must never be aimed at eyes or faces.	
		Mirrors are positioned at chest or waist height, not raised above head height.	
		Close adult supervision throughout the activity. Activity stopped immediately if unsafe behaviour occurs.	
Misuse or dropping of mirrors	Young people & Adults	Plastic mirrors or flexible reflective sheets only (no glass).	
		One mirror per young person to reduce grabbing or sharing.	
		Clear demonstration on how to hold mirrors carefully and steadily.	
		Young people instructed not to wave, throw, or run with mirrors. Any damaged mirror removed from use immediately.	
Over excitement leading to rushing or loss of control	Young people	Activity framed as a calm, cooperative challenge rather than a race.	
		Volunteers encourage slow movements and clear communication.	
		Group size limited (maximum of around six young people at a time).	
		Volunteers intervene early if excitement increases. Emphasis placed on teamwork rather than speed or "winning".	
Trips or falls around obstacles and equipment	Young people	Activity takes place on flat, even ground.	
		Cones or obstacles are clearly visible and spaced out.	
		Bags, coats and loose items kept outside the activity area. No running permitted within the activity base.	
		Volunteers positioned to guide safe movement around the setup.	
Frustration or emotional distress if the target is not reached	Young people	Target is large and easy to see.	
		Volunteers adjust mirror positions to help ensure success where needed.	
		Young people reassured that the activity is about trying and working together. Participation is voluntary; young people may step back and observe if preferred.	
		Praise given for teamwork and effort rather than outcome.	
Crowding around the table and torch	Young people	Torch is fixed in place to remove temptation to handle it.	
		Clear standing positions agreed for each young person holding a mirror.	
		Only one group active at the base at a time. Volunteers manage turn taking and spacing.	