

Risk Matrix

	Negligible
Very Unlikely	Low
Unlikely	Low
Moderate	Low
Likely	Low
Very Likely	Low medium

Risk	Statement
Back Strain	With prolonged sitting at my desk in an uncomfortable position, I could strain my
Eye Strain	Prolonged staring at a screen can cause eye strain and dryness.
Physical strength	Sitting down for prolonged periods causes a drop in blood pressure that can reach unhealthy levels.
Environmental interruptions	Due to working from home, there are many interruptions (such as carers visiting) that can impact on a project's progress.
Loss of internet connection	Projects can be delayed when a loss of internet connection results in an inability to carry on programming.
Loss of power	Projects can be delayed indeterminably by loss of power to the programmers, possibly resulting in loss of unsaved work.
Alien abduction	In the event of alien abduction, programming would come to a complete halt for the foreseeable.
Changing client specifications	If a client changes their specifications - especially after a project's start date - this will result in delays, and potentially confusion, which could mean an end result that does not fit the brief.
Mental health	Many and varying issues (including non-work-related) can negatively impact a person's mental health and affect their ability to carry out tasks.

Minor	Major	Hazardous
Low	Low medium	Medium
Low Medium	Low medium	Medium
Low Medium	Medium	Medium High
Low medium	Medium	Medium high
Medium	Medium high	High

Response	Objective	Likelihood
I can ensure I exercise my back by taking regular breaks and moving	To keep my back healthy for the future	Moderate
I can take regular breaks and use eye-drops.	To keep my eyes healthy for the future.	Likely
I can take regular breaks to stand up and move around.	To keep my circulatory system healthy for the future.	Unlikely
I can use headphones to try and block out the non-essential disruptions.	To keep focus on the task at hand, and ensure completion by the deadline.	Likely
I can ensure good internet hygiene (with respect to router access and positioning).	To keep internet connection stable throughout project's duration.	Likely
I can save work regularly, and ensure electricity bills are paid.	To minimise the effects of potential power outages	Unlikely
I can keep watching the skies in order to be vigilant.	To be prepared for the eventuality of aliens arriving, at which point I can save my work.	Very Unlikely
I can log all specs and requests meticulously, and in the event of dialogue with the client, remind them of my boundaries, and how their changing of specs is likely to impact the project.	To keep the project deliverable to the correct standard, and on time.	Very Unlikely
I can keep trying to foster good mental health habits, and speak to clients and colleagues to manage health, and expectations around the project.	To try and ensure my mental is good for the future, and that the project requirements are met.	Likely

Catastrophic
Medium
Medium High
Medium High
High
High

Impact	Risk Level
Minor	
Minor	
Negligible	
Negligible	
Negligible	
Major	
Minor	
Minor	
Major	