

Hazard	Cause	Action Plan	Aim
Strain	Prolonged sessions of improper posture and poor setup of workstation.	Sit with good posture, take regular breaks and ensure your workstation is set up properly; screen at right height and other ergonomics.	Reduce Strain.
Stress	Overworked, responsibility and other external factors.	Manage time better, get priorities in order and talk to someone.	Feel better.
Electric Shock	Touching exposed wires and poor wire management. Also through spilled liquids.	No uncovered drinks at workstation. Keep cables tidy. Report/Fix faulty electricals before using them.	Reduce chance of electric shocks.
Immobilising Injury	Person could suffer injury leaving them incapacitated and unable to call for help.	Maintain regular communications to ensure everyone has logged on and is working. Otherwise enquiries can be made to try and contact the person and the right treatment of the injured can be administered.	Keep everyone healthy.
Computer Crash	For any number of reasons, from dropping it down the stairs to power outage.	Save work often and make commits and pushes to a remote repository - this can act as a backup.	Reduce risk of losing work.
Numb Bum	Sitting on a firm chair in one position for too long.	Move around; take opportunities to get up and walk about, like breaks. Get a better chair.	Be more comfortable

Probability	Severity	Risk Score
Unlikely	Moderate	4
Unlikely	Moderate	4
Rare	Significant	5
Rare	Significant	5
Unlikely	Extensive	5
Likely	Insignificant	4

		Severity		
		Insignificant	Negligible	Moderate
Probability	Certain	5	6	7
	Likely	4	5	6
	Possible	3	4	5
	Unlikely	2	3	4
	Rare	1	2	3

Extensive	Significant
8	9
7	8
6	7
5	6
4	5