

Hazard	Cause	Action Plan	Aim	Probability	Severity	Risk Score
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.	Unlikely	Moderate	4
Stress	Overworked, responsibility and other external factors.	Manage time better, get priorities in order and talk to someone.	Feel better.	Unlikely	Moderate	4
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.	Rare	Significant	5
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.	Rare	Significant	5
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.	Unlikely	Extensive	5
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	Likely	Insignificant	4

		Severity				
		Insignificant	Negligible	Moderate	Extensive	Significant
Probability	Certain	5	6	7	8	9
	Likely	4	5	6	7	8
	Possible	3	4	5	6	7
	Unlikely	2	3	4	5	6
	Rare	1	2	3	4	5