The Upton Walkers
Health Walks
Walking our way to improved health

Join us for short and longer, sociable walks
Meet at Upton Surgery
Every Tuesday
2.15pm

Just turn up with appropriate footwear and enthusiasm!!!
### Risk Assessment Sheet

**Walk Location:** Upvan Swiger to Upton Marine  
**Date:** 25/11/14  
**Assessment carried out by:** Gail Pincher

<table>
<thead>
<tr>
<th>Hazard</th>
<th>Who might be harmed?</th>
<th>How is the risk controlled</th>
<th>What further action is necessary to control the risk?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wet leaver</td>
<td>All</td>
<td>All walkers informed prior to walk.</td>
<td>Remove sensible footwear. Inform walkers of hazards.</td>
</tr>
<tr>
<td>Slippery bridge</td>
<td>All</td>
<td>Anti-slip paint used on bridge.</td>
<td></td>
</tr>
</tbody>
</table>
best foot forward

Want to get more active? Then we're here to help!

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

UPTON WALKERS

EVERY TUESDAY AT 2.15PM MEETING AT UPTON SURGERY, TUNNEL HILL, UPTON ON SEVERN.

Call DELIA on: 01684438078
or email: Gail: gailprasher@nhs.net

Visit our website to find out more about your local health walks:
walkingforhealth.org.uk