

GENERAL RISK ASSESSMENT

Monthly Home-Based Integrative Nutrition & Cooking Workshops

Facilitator: Regina Brecht

Venue: Private home

Type of activity: Small-group nutrition, cooking and shared food workshops

Frequency: Monthly

Risk assessment applies to: All regular workshops in this series

Date prepared: __15.09.2026__

Review date: _____

1. Purpose

This risk assessment applies to the regular monthly integrative nutrition and cooking workshops hosted at the above venue.

The workshops may include:

- a nutrition talk
- information about integrative nutrition and, where appropriate, TCM principles
- preparation and cooking of simple recipes
- preparation of herbal teas or other drinks
- shared tasting and consumption of food prepared during the workshop

The recipes and ingredients may vary from month to month. The general risks associated with these activities remain substantially similar and are covered by this assessment.

This assessment will be reviewed if the activities, venue, equipment, ingredients or number of participants change significantly.

2. Kitchen and Cooking

Hazard	Risk	Control measures
Hot hob, oven and cookware	Medium	Participants will be informed about hot surfaces. Oven gloves will be available. Hot cookware will be handled carefully.
Hot liquids, soup and tea	Medium	Hot liquids will be handled carefully and participants will be instructed about the risk of burns and scalding.

Hazard	Risk	Control measures
Knives and sharp utensils	Medium	Participants will receive basic safety instructions and appropriate knives will be used.
Kitchen appliances	Low/Medium	Appliances will be checked before use and operated according to manufacturers' instructions.
Slips and trips	Low	Floors and walkways will be kept clear. Spills will be cleaned immediately.
Limited kitchen space	Low/Medium	Participant numbers will be kept appropriate for the available space.

3. Food Hygiene, Allergies and Food Consumption

Hazard	Risk	Control measures
Food allergies	High	Participants will be asked about allergies in advance. Ingredients and relevant allergens will be identified.
Food intolerances/dietary requirements	Medium	Dietary requirements will be requested before the workshop and considered when planning recipes.
Cross-contamination	Medium/High	Hands, utensils and preparation surfaces will be cleaned appropriately. Ingredients will be separated where necessary.
Food contamination	Medium	Good food hygiene practices will be followed during preparation and cooking.
Food storage	Medium	Perishable foods will be stored appropriately and used within their recommended dates.
Consumption of prepared food	Medium	Participants will be informed about ingredients and may choose whether to consume

Hazard	Risk	Control measures
		any food or drink prepared during the workshop.

Important: Participants will be asked to disclose relevant allergies or intolerances before attending. Where a suitable alternative cannot safely be provided, the participant will be advised not to consume the relevant food.

4. Participants in a Private Home

Hazard	Risk	Control measures
Stairs / uneven surfaces	Low	Access areas will be kept clear and adequately lit.
General household hazards	Low	The workshop area will be checked before participants arrive.
Bathroom/access areas	Low	Access routes will be kept clear.
Emergency evacuation	Medium	Participants will be informed of the appropriate exit in the event of an emergency.

5. Fire and Emergency

- Cooking appliances will not be left unattended when in use.
- A suitable fire blanket and/or fire extinguisher will be accessible.
- Participants will be informed of the appropriate emergency exit where necessary.
- In the event of a fire, participants will leave the property calmly and move to a safe location.
- Emergency services will be contacted by calling **999** where appropriate.

6. First Aid

A basic first-aid kit will be available at the venue.

For minor injuries, appropriate first aid will be provided where possible.

For serious injury or illness, emergency medical assistance will be requested by calling **999**.

7. Review

This is a **general risk assessment for the monthly workshop series** and does not need to be rewritten for every individual workshop.

However, a brief safety check will be completed before each workshop.

The assessment will be reviewed and updated if:

- the venue changes;
- the number of participants changes significantly;
- new equipment is introduced;
- a new activity creates an additional significant risk;
- unusual ingredients or cooking methods are introduced;
- or an incident/near miss occurs.

Completed by: Regina Brecht

Signature: Regina Brecht

Date: 15.09.2026

Review date: _____

MONTHLY WORKSHOP

Pre-Workshop Safety Checklist

Workshop date: 20. October 2026

Workshop topic: Harm, Grounded + Nourished

Number of participants: 6-10

Before each workshop, please check:

Venue

- ☐ Kitchen and walkways are clear and safe
- ☐ Floors are dry and free from trip hazards
- ☐ Suitable space is available for the number of participants
- ☐ Emergency exit/access is clear

Kitchen & Equipment

- ☐ Hob and oven are working safely
- ☐ Electrical equipment to be used has been checked
- ☐ Knives and utensils are suitable and in good condition
- ☐ Oven gloves are available
- ☐ Fire blanket/fire extinguisher is accessible
- ☐ First-aid kit is accessible

Food Safety

- ☐ Ingredients have been checked
- ☐ Food is within its use-by/best-before date as appropriate
- ☐ Participants' allergies and intolerances have been checked
- ☐ Relevant allergens have been identified
- ☐ Preparation surfaces and utensils are clean
- ☐ Appropriate food hygiene procedures will be followed

Workshop-specific considerations

Are there any additional risks specific to this month's recipes, ingredients or activities?

☒ No additional risks identified

☐ Additional risk identified – please describe:

Action taken, if required:

Checked by: Regina Brecht

Date: 15.9.2026

Signature: Regina Brecht