

# Risk assessment guide (example template)

*The following information provides some points to consider when developing a risk assessment for any activity carried out by someone with epilepsy. This is not a full list of questions to cover, but it may provide a starting point for developing a policy to carry out future risk assessments.*

Risk assessments establish the possible risks to health and safety, so will need to take into account what someone's epilepsy is like; the type of seizures they have and how this may affect the activity. The following questions may be helpful.

- What is the activity?
- What are the risks to safety for anyone doing this activity?
- What is it about the person's epilepsy that might put them, or other people at risk (such as type of seizures they have and how often they happen)?
- What would make the activity safer?

## Example risk assessment

Name

Date

Activity

## Part 1

The following table suggests what information it may be useful to consider when assessing an activity, and the ability of the individual to make their own informed decisions. It may be useful to score these points to develop a scale of risk.

**For example: 'are they able to understand the risks involved?'**  
could be scored as 0 = yes fully able – 5 = not able to consent.

Individual risks	Comments regarding risk
Are they able to understand the risks involved?	
Do they have a learning disability that may make decisions difficult without support?	
Do they have any cognitive impairment that may affect their judgement or ability?	
Do they take their medication regularly?	

## Part 2 - the individual's seizures

The following table suggests what information it may be useful to consider about the individual's seizures, and what impact this has on risk. It may be useful to score these points to develop a scale of risk.

**For example: 'do they have any warnings before a seizure?'**  
could be scored as 0 = reliable warning – 5 = no warning.

Individual risks	Comments regarding risk
How frequent are their seizures?	
Do they have any warnings before a seizure?	
Do they lose consciousness during a seizure?	
Are they confused/disorientated during a seizure?	
Are they confused/disorientated after a seizure?	
How long does it take them to recover after the seizure?	
Do they injure themselves during their seizure?	

## Part 3 - the activity

The following information suggests what information it is useful to consider about the activity, and what impact this has on risk. It may be useful to score these points to develop a scale of risk.

**For example: 'is anyone else present to manage a seizure if it occurs?'**  
could be scored as 0 = others present – 5 = no others present

The activity	Comments regarding risk
How safe is the environment if a seizure occurs?	
Is anyone else able to help if a seizure occurs?	
Can an alarm be raised if additional help is needed?	
Can safety measures be put in place to reduce risk?	

Suggested ways to reduce risk and proposed action:


Example template developed from 'manyLives' (DVD). For more details on this and other resources please contact Epilepsy Information Services on 01494 601 392.