

Stilt Walking Risk Assessment

Activity Description: Performer walks or performs while elevated on stilts. Used in parades, festivals, street performances, or stage shows.

Hazards Identified:

Hazard	Who's at Risk	Potential Harm
Falling from stilts	Performer	Sprains, fractures, head injury
Tripping or losing balance	Performer	Falls, collisions
Colliding with people or objects	Performer, audience	Injury to others, property damage
Equipment failure (broken stilts, loose straps)	Performer	Fall, injury
Poor surface conditions (slippery, uneven)	Performer	Increased risk of falling
Fatigue/overexertion	Performer	Reduced balance, injury
Limited visibility/obstructed vision	Performer	Collision, falls
Adverse weather (wind, rain)	Performer	Loss of stability, fall

Risk Evaluation (Before Controls): Likelihood: Medium–High; Severity: Medium–High; Overall Risk Level: High.

Control Measures:

Training & Competence

- Only trained individuals should perform stilt walking.
- Regular practice in safe, controlled environments before public performances.
- Gradually increase height as skill improves.

Equipment Safety

- Use professionally designed and maintained stilts.
- Inspect stilts before each use for cracks, loose straps, or worn parts.
- Ensure secure, comfortable fittings to the legs and feet.

Performance Environment

- Perform on level, stable, non-slippery surfaces where possible.
- Keep performance area free of obstructions.
- Establish clear boundaries between performer and audience.
- Avoid performing near traffic, open water, or fire hazards.

Support & Supervision

- Have ground crew or spotters available to assist in mounting/dismounting stilts.
- Ensure first aid and trained staff are available nearby.

PPE (Personal Protective Equipment)

- Wear protective knee pads, elbow pads, and helmet (especially during practice).
- Consider using a safety harness for very tall stilts in rehearsals.

Weather & Fatigue Management

- Do not perform in high winds, rain, or icy conditions.
- Take regular breaks to avoid fatigue.
- Ensure hydration and proper warm-up before performing.

Emergency Planning

- Have a first aid kit on site.

- Establish a clear plan for how to assist the performer in the event of a fall.
- Brief all staff on emergency evacuation and first-aid procedures.

Risk Evaluation (After Controls): Likelihood: Low–Medium; Severity: Medium; Overall Risk Level: Medium (Acceptable with controls).

Residual Risk: Even with controls, falling remains a significant hazard. Adequate insurance, clear boundaries, and emergency preparation are essential.

Review: Review and update this assessment before each performance or whenever equipment, personnel, or conditions change.

Assessed by: _____ **Date:** _____

Approved by: _____ **Date:** _____