

<b>Project:</b>	Customer Sites/Demonstrations/Training	<b>RA No:</b>	79	<b>Review Date</b>  31/01/2027
<b>Operation / Task:</b>	VR Headsets/Training Aids	<b>Persons at risk:</b>	+1	
<b>Location / Area:</b>	Lynch Offices/Customer Sites	<b>Public at risk:</b>	No	
<b>Monitoring Responsibility:</b>	Lynch/ Customer management team/s			

**KEY**

**S = Severity Rating**

**L = Likelihood of Occurrence**

**RR = Risk Rating**

5	5	10	15	20	25	<b>R</b> Unacceptable risk, plan out or add further controls. <b>O</b> Acceptable only if no other method viable & with high level controls in place. <b>Y</b> Acceptable with suitable controls. <b>G</b> Acceptable, no further action required.
4	4	8	12	16	20	
3	3	6	9	12	15	
2	2	4	6	8	10	
1	1	2	3	4	5	
		1	2	3	4	5

Severity

Likelihood

Activity	Hazards/Risks Identified	Risk Rating			Control Measures	Residual Risk			Responsibility
		S	L	RR		S	L	RR	
Training by VR Headsets	Motion Sickness: Risk: VR users may experience motion sickness due to a disconnect between perceived and actual motion.	2	4	8	<ul style="list-style-type: none"> <li>Limit VR usage to short sessions initially and gradually increase exposure.</li> <li>Take breaks and focus on stationary experiences if motion sickness persists.</li> </ul>	2	2	4	Lynch/ Customer management team/s
Training by VR Headsets	Psychological Distress: Risk: Some VR experiences may induce fear, anxiety, or discomfort.	2	4	8	<ul style="list-style-type: none"> <li>Monitor users for signs of distress and provide immediate support.</li> <li>Ensure content is appropriate and suited to the user's emotional state.</li> <li>Allow users to exit VR experiences at any time.</li> </ul>	2	2	4	Lynch/ Customer management team/s
Training by VR Headsets	Eye Strain and Fatigue: Risk: Extended use of VR headsets can lead to eye strain, discomfort, and fatigue	2	4	8	<ul style="list-style-type: none"> <li>Ensure good lighting conditions in the VR environment.</li> <li>Take frequent breaks to rest eyes and reduce screen time.</li> </ul>	2	2	4	Lynch/ Customer management team/s
Training by VR Headsets	Tripping and Falling:	2	4	8	<ul style="list-style-type: none"> <li>Keep attendees seated for a minimum of 3 minutes before getting up from seats.</li> <li>Clear the VR training area of obstacles and hazards.</li> </ul>	2	2	4	Lynch/ Customer management team/s
Training by VR Headsets	Impact and Collision: Users in VR may unintentionally collide with real-world objects or other people.	2	4	8	<ul style="list-style-type: none"> <li>Maintain a designated VR area away from hazards and others.</li> <li>Encourage users to maintain spatial awareness while in VR.</li> <li>Supervise inexperienced users.</li> <li>Ensure users are seated whenever possible.</li> </ul>	2	2	4	Lynch/ Customer management team/s

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**KEY**

**S = Severity Rating**

**L = Likelihood of Occurrence**

1. Negligible
2. Minor Injury
3. Major Injury (RIDDOR)
4. Fatality
5. Multiple Fatality

**RR = Risk Rating**

**Control Hierarchy**

**Risk Legend**

- R** Unacceptable risk, plan out or add further controls.
- O** Acceptable only if no other method viable & with high level controls in place.
- Y** Acceptable with suitable controls.
- G** Acceptable, no further action required.

<b>Risk Assessment Prepared By:</b>	Paul Lynch	<b>Signature:</b>		<b>Date:</b>	31/01/2026
<b>Risk Assessment Reviewed By:</b>	Daniela Rizvan	<b>Signature:</b>		<b>Date:</b>	31/01/2026

