



**Activity: Cooking on a small fire**  
**Date: 5.2.17**

**Assessed by: Marina Robb**  
**Next Assessment due: Feb 2018**

**Benefits of the Activity**

- Eating outside is fun and adds to a sense of occasion and community.
- In cold weather, fire provides warmth.
- Cooking is a useful life skill
- To cook over a fire you need to understand how a fire works and what it should look like before it's ready to cook on.
- Participants will develop knowledge about fire lighting and fire safety-ecological consequences of using the fire site and how to put the fire out safely.
- Cooking over a fire involves a degree of self risk assessment and knowledge about the heat generated by the fire

Additionally the children

- Build up skills by repeating activities
- Discover how a stable environment changes in different seasonal or weather conditions
- Discover what the heat from a fire is like and what it does
- Discover what flames are like to look at and how wood smells when it is burning
- Build up decision making skills
- Transforming materials – making food from scratch – i.e. mixing batter/dough

**To whom does this apply to: Young people/adults**

Hazard e.g sharp knife & Risk e.g cutting/wound	Likelihood	Hazard Severity	Risk factor	Control measures to reduce the risk	Residual risk
Burning from hot ashes, embers or cinders	3	2	6	Children stay behind a boundary around the fire (age appropriate); clear space made free of forest debris, fire in centre, children securely seated	4
Burning from sticks placed in the fire or wood 'spitting'	3	2	6	All participants practise fire safety guidelines regularly Only adults reach past the boundary to place things on the main fire (age appropriate). Children to use respect position when cooking with sticks.	4
The fire could spread (overland and underground).	2	3	6	Check terrain for smouldering/more flammable material. Follow leave no trace principles when fire is extinguished.	3



Burning from the lighting equipment e.g. matches or striker	2	3	6	Demonstrate how to use equipment safely.	3
Burning from hot exploding stones	2	2	4	Forest School Leader checks the area before a fire is constructed; including the area being free from stones.	2
Inhalation of smoke.	3	2	6	Sit in opposite direction of wind. Move when necessary.	4
Tripping hazards around the fire	3	2	6	Numbers of children restricted to cook at any one time.	4
Use of toxic wood for cooking	3	3	9	FS Leader checks the wood used for cooking – non toxic e.g Hazel, sycamore, sweet chestnut, willow.	6
Burns from hot kettle frying pans etc.	3	3	9	Fire Gloves are provided. Hot pans and boiling water always supervised by an adult.	6
Health issues asthma /allergies/poisoning	2	4	8	Forest School Leader checks medical forms prior to the session. Maintain high hygiene standards.	4
Further measures:				The Forest School leader ensures cold & clean water and a first aid kit available. The Forest school leader always holds a current first aid certificate. Cooking of food supervised Hot soapy water available for handwashing.	

**Risk Assessment scoring-** Scores of 8 and above cease activity or reassess the control measures

Likelihood		Hazard severity		Risk Factor (likelihood x hazard severity)	
1	Very unlikely	1	Minor injury, scratches, bruises, burns etc.	1-3	Low
2	Unlikely	2	Moderate injury, cuts, grazing, burns etc.	4-7	Moderate
3	Likely	3	Serious- Person requires hospital treatment or time of school/work	8-12	High
4	Very likely	4	Significant, risk of death or loss of limbs/ eyesight etc.	13-16	Very High