

COMBAT FITNESS TEST OPERATIONAL RISK MANAGEMENT WORKSHEET

Mission: Combat Fitness Test			Date Worksheet Prepared: 15 Jul 2008				
Step 1. Identify Hazards			Step 2. Assess Hazards	Step 3. Make Risk Decisions		Step 4. Implement Controls	Step 5. Supervise
CFT Event	Hazards	Causes	Initial RAC	Develop Controls	Residual RAC	How to Implement	How to Supervise
CFT (Overall)	Sprains / Strain	Inadequate Warm-up	4	-Dynamic warm-up consisting of -light straight running (ex. 440 yards, jogging) -light mobility running (back-pedaling, lateral shuffle, carioca, diagonal running through cone/marker network, etc.) -light bounding (tuck jumps, skips, side-straddle hops, etc.) -burpees -40 yard striders (50% - 75% of full sprint) -individual stretching	4	-LOI -Integrate dynamic warm-up into combat conditioning training plans	Direct Supervision by monitors
CFT (Overall)	Lacerations	ID Tags, Watches, Jewelry worn by CFT participants	4	-Instruct Marines to remove ID tags, watches, jewelry	5	-LOI -Pre-event brief	Direct Supervision by monitors
880 yd Run	Trips/Falls at beginning and end of course	Marines running too close together	4	-Place faster Marines closer to start line. -Spread Marines out across start line -At finish, encourage Marines to clear finish line after they stop	5	Event pre-brief	Direct Supervision by monitors
880 yd run	Trips/slips while running	Marines tripping over debris on course or slipping on wet surface	4	-Monitors conduct "sweep" of course prior to start -To the extent possible, conduct event on dry surface	5	LOI	Direct Supervision by monitors
880 yd run	Motorist collides with participant	Motorist enters course	3	-Conduct event on track, path or area free of vehicles -If conducted on road, post roadguards at appropriate locations. Alert MPs of timing of event so they can divert traffic -If conducted on road, Marines wear reflective belts or vests.	5	LOI	Direct Supervision by monitors and/or military police

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880 yd run	Muscle strain	Insufficient preparation	4	Conduct interval training (440 yd, 220 yd repeats)	4	Integrate specific training for event into combat conditioning training plans	Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
880 yd run	Lower extremity overuse injury	Insufficient preparation	4	-Conduct progressive training program that includes some short distance running in boots so that specific adaptations to bones, ligaments can occur -Ensure proper boot fit and use of insoles/orthotics as necessary	4	Integrate specific training for event into combat conditioning training plans	Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Ammo Lift v.1, v.2	Facial injury	-Improper technique -Marine loses grip -Marine loses control of Ammo Can	4	-Practice of this event will ensure proper technique -Allow Marines to use gloves as desired -Instruct Marines to "Bail out" if needed by dropping can forward while stepping backward	5	-Event pre-brief -Effective cueing during event by monitors	-Direct supervision by monitors
Ammo Lift v.1, v.2	Counting Marine struck by Ammo Can	Standing in front of testing Marine	4	-Instruct counters to stand to the side and slightly behind tested Marine -Increase space between pairs of Marines	5	-Event pre-brief -Effective cueing during event by monitors	-Direct supervision by monitors

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Ammo Lift v.1, v.2	Muscle strain	Insufficient preparation	4	-Conduct progressive training program that exposes Marines to proper overhead lifting techniques with 30 lb ammo cans, Olympic bars, dumbbells, etc.	4	Integrate specific training for event into combat conditioning training plans	Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Ammo Lift v.1, v.2	Lower Back injury	-Insufficient preparation -Improper technique	4	-Proper technique emphasized in progressive training for event -Effective cueing during event by monitors (“Keep your chest high, keep your back arched”) -Dynamic warmup prior to event that includes lower back and hamstring flexibility exercises	4	Integrate specific training for event into combat conditioning training plans	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Maneuver Under Fire	Slips/Falls while changing directions on course	-Insufficient preparation -Improper technique -Wet surface	4	-Proper technique emphasized in progressive training for event - To the extent possible, event should be conducted on dry field -Effective cueing during event by monitors by guiding Marines to proper points for directional changes	4	-LOI -Integrate specific training for event into combat conditioning training plans -Event pre-brief contains “walkthrough” of event	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Maneuver Under Fire	Lacerations	-Rocks/Debris on course	4	-Monitors conduct “sweep” of course prior to start -Event is conducted on grass field	5	LOI	Direct supervision by monitors

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Maneuver Under Fire	Wrist Injury	-Transfer from sprint to modified high crawl not under control	4	-Pre-brief before event	5	Monitors give proper cueing during event	Direct supervision by monitors
Maneuver Under Fire (Modified High Crawl)	Knee Contusion	-Repetitive knee contact with ground -Improper technique	4	-Marines may use knee pads -Blouses must be worn during event -Encourage Marines to utilize six-point of contacts for forward movement (hands, knees, feet) -Effective cueing during event by monitors (“push with your feet”)	5	-LOI -Make knee pads available to Marines prior to event -Event pre-brief contains reminders about proper technique -Integrate specific training for event into combat conditioning training plans	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)

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Maneuver Under Fire (Casualty Drag)	Lower Back Injury while lifting "casualty" into cradle drop position	-Insufficient preparation -Improper technique	4	-Proper technique emphasized in progressive training for event (use of legs, lumbar curve maintained, keep casualty close to body) -Specific training for this lift can include deadlifts and squats -Effective cueing by monitors (" use your legs ", " arch your back ", " chest high ", " keep victim close to you ", " keep your butt down ") Ref: MCRP 3-02G First Aid	4	-Integrate specific training for event into combat conditioning training plans -Event pre-brief contains reminders about proper technique	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Maneuver Under Fire (Fireman's Carry)	Lower Back Injury while transitioning casualty to Fireman's Carry Position	-Insufficient preparation -Improper technique -"Casualty" doesn't stand at designated point	4	-Proper technique emphasized in progressive training for event (use of legs, lumbar curve maintained, keep casualty close to body) -Specific training for this event can include deadlifts and squats -Effective cueing by monitors (" Casualty stand up ", (" use your legs ", " arch your back ", " chest high ", " keep victim close to you ", " keep your butt down ") Ref: MCRP 3-02G First Aid	4	-Integrate specific training for event into combat conditioning training plans -Event pre-brief contains reminders about proper technique	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Maneuver Under Fire (Fireman's Carry)	Lower Back Injury while carrying in Fireman's Carry Position	-Insufficient preparation -Improper technique -"Casualty" doesn't place hand in small of "rescuer's back"	4	-Proper technique emphasized in progressive training for event -Effective cueing by monitors (" Casualty, place your hand in the small of rescuer's back ", " rescuer, keep weight of casualty across your shoulders ")	5	-Integrate specific training for event into combat conditioning training plans -Event pre-brief contains reminders about proper technique	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)

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Maneuver Under Fire (Fireman's Carry)	"Rescuer" drops "casualty" at turnaround point	-Insufficient preparation -Improper technique	4	-Proper technique emphasized in progressive training for event -Effective cueing by monitors (" place casualty down safely ") -"Casualty" assists "rescuer" in transition (lands on feet) -Start/Finish monitors keep transition area clear	5	-Integrate specific training for event into combat conditioning training plans -Event pre-brief contains reminders about proper technique	-Direct supervision by monitors - Combat conditioning conducted by MAI/Ts or other qualified personnel (e.g. Semper Fit, Certified Athletic Trainers)
Grenade Throw	Dummy grenade strikes monitor or other participant	-Improper technique -Personnel enter grenade throwing area	4	-Proper technique emphasized in progressive training for event -Grenade throw monitors remain alert and ensure no personnel enter throwing/landing area	5	-LOI -Event pre-brief contains reminders about proper technique	-Direct supervision by monitors
Grenade Throw	Shoulder Injury	-Insufficient preparation -Improper technique	4	-Proper technique in Grenade Throwing from standing position emphasized in progressive training for event -Effective cueing by monitors (" Turn your body when you throw ") Ref: 23-20	5	-Event pre-brief contains reminders about proper technique	-Direct supervision by monitors
Maneuver Under Fire (Finish)	Personnel at finish line being struck with Ammo Can by fatigued Marine finishing course	Fatigued Marine drops Ammo Cans at finish of Maneuver Under Fire	4	-Inform Marines that they will be fatigued at end of event and to place Ammo Cans down safely. -Keep personnel clear of finish line -Increased level of conditioning.	5	-Event pre-brief -LOI -Integrate specific training for event into combat conditioning training plans	-Direct supervision by monitors -Combat conditioning conducted by MAI/Ts

