

Step two: Risk assessment

'Frequency and duration' risk matrix



Low	Low	Medium	Medium	High	Brief	The exposure to the risk factor is brief and intermittent, lasting only a few seconds or minutes at a time.	1
Low	Low	Medium	High	High	Short-term	The exposure to the risk factor is short duration, lasting from a few minutes to a few hours.	2
Low	Medium	High	High	Extreme	Moderate	The exposure to the risk factor is of moderate duration, lasting from several hours to a few days.	3
Medium	Medium	High	Extreme	Extreme	Long-term	The exposure to the risk factor is of long duration, lasting from several days to several weeks or months.	4
Medium	High	Extreme	Extreme	Extreme	Continuous	The exposure to the risk factor is continuous lasting for weeks, months, or even years at a time.	5
Rarely	Occasionally	Sometimes	Frequently	Very frequently	<p>This risk matrix is based on two intersecting factors: the frequency and the duration of a risk. Use it to plot the individual hazards you identified in step one, and visualise the impact of a potential risk from low, to extreme.</p>		
The risk factor is encountered infrequently or in isolated instances.	The risk factor is encountered from time to time, but not on regular basis.	The risk factor is encountered regularly, but not constantly or consistently.	The risk factor is encountered on a regular and consistent basis and is a significant presence in the environment.	The risk factor is encountered constantly and consistently and is a dominant presence in the environment.			
1	2	3	4	5			

Duration of exposure

Frequency of exposure



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Sonder is a workforce health and safety platform that provides safety, medical, and mental health support. To find out how Sonder can help you reduce people-related risks and costs, ensure compliance, and build a resilient, productive workforce, get in touch for a demo.

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