



## Risk Assessment Record

### General Risk Assessment for Soft Tissue Therapists to Re-start Work Following COVID-19 Pandemic

**Persons or environmental aspects at risk / affected groups**

<b>Task Reference:</b> COVID-19	A: Therapists	E:
<b>Task Description:</b> Additional precautions to take following COVID-19 pandemic	B: Clients	F:
	C:	G:
<b>Task Location:</b> Treatment Room	D:	H:

**Identify below the hazard(s), including those to the environment, what might be harmed, and the required control measures**

What is the hazard?			
Who or what could be harmed, what happens, and how?	Control measures <i>needed</i> to reduce the risk to ALARP (As Low as Reasonably Practicable)	Control measures <i>already</i> in place	Further control measures to meet ALARP
Treatment Room and access / egress route to treatment room could become contaminated with COVID-19 virus	All door handles to be wiped down with anti-bacterial products between each Client. Fresh towels and couch cover to be used between each Client. Treatment table to be wiped down with anti-bacterial products between each Client. Massage lotion container to be wiped down with antibacterial products between each Client. Wipe face shield between each Client. Where possible open other doors in a Commercial Clinic or Home Clinic to improve airflow; NOTE not Fire Doors. A minimum of 15 minutes to elapse between each Client in the treatment room. No 'cross over' of Clients in any waiting areas.		To be completed by the Therapist at the start and end of the day and between each Client. Therapist to wash hands after the Client has left before removing face cover. If towels and couch cover are not directly placed into a washing machine they shall be stored in a plastic bag, such as a bin bag. Therapist to wipe down surfaces identified with anti-bacterial products between each Client. Wipe face shield between each Client. Space appointments to avoid Clients coming into contact with each other. Control entry of your Clients to your premises.
Therapist, or any household member, has symptoms of COVID-19 or has been contacted by the Test and Trace Team and told to selfisolate	All treatments shall cease.		Self-isolate and seek testing for the virus. If there is an identified outbreak and local 'lockdown' in your area, close Clinic and cancel all pending appoints for that timescale.

<p>Client visits the bathroom</p>	<p>Ensure route is clear so there is no mixing with other members of the household / clinic.</p> <p>Individual hand drying arrangements to be put in place (paper towels or individual flannels).</p> <p>Area where Client touched, door handles, taps, chain etc to be wiped clean with an anti-bacterial wipe.</p>		<p>Ensure separate hand drying arrangements are in place.</p> <p>Wipe clean any surface that may have been touch by the Client when they visited the bathroom.</p>
<p>Therapist may be infected but unaware</p>	<p>The Therapist shall follow any guidance offered if contacted by the Test and Trace Team.</p> <p>The Therapist shall wear a face shield and could wear a face covering when treating.</p> <p>Extreme care should be observed when treating around the head and neck whilst the Client is in the supine position.</p>		<p>If informed that the Therapist has come into contact with someone who has been found to be positive, all treatments shall cease. The Therapist shall self-isolate and obtain a test if requested.</p> <p>Prior to hands-on treatment, the Therapist shall don a face visor. The Therapist shall avoid being in the Clients breathing zone when treating the neck.</p> <p>No treatments to be performed on the head or face.</p>
<p>The Client, or any household member, may have symptoms of COVID-19</p>	<p>When the appointment is made the Client shall be asked if they have any symptoms of COVID-19.</p> <p>When the Client arrives for the appointment, they shall be asked if they have any signs of COVID-19 or if they have been contacted by the Test and Trace Team.</p>		<p>Therapist to ask Client on arrival if they have any of the 4 main symptoms of COVID-19, or if they have been contacted by the Test and Trace Team.</p>

<p>Close contact with the Client could lead to a transmission of COVID-19</p>	<p>When making the appointment the Client is briefed that a face covering is compulsory, and anti-bacterial hand sanitiser shall be used.</p> <p>The Therapist shall wear a face visor when hands-on treatment is being performed.</p> <p>A face covering should be worn when the Client is present.</p> <p>The Therapist shall wash their hands prior to the Client arriving and after they have left and before the face covering is donned and doffed.</p> <p>When entering and leaving the treatment room the hands of the Client and Therapist shall be cleaned with hand sanitiser.</p> <p>Limit any time working close to the Client's head and do not work directly over the Client's face.</p> <p>Client shall be advised that payment preference is by card or bank transfer. Cash payments by exception.</p>	<p>Therapist shall ensure face visor, face coverings and anti-bacterial gel are available before any treatment commences.</p>	<p>Don face visor prior to any hands-on treatment.</p> <p>Don face covering before meeting Client. Provide the Client with a face covering if they have forgotten theirs or you are not satisfied with their face covering.</p> <p>The Therapist shall wash hands prior to meeting the Client and following the treatment.</p> <p>Ensure hand cleaning protocols are observed.</p> <p>When possible, social distancing shall be observed, for example when demonstrating a stretch or exercise. There shall be no handshakes at the start or end of the treatment.</p> <p>The Therapist shall avoid touching their face and eyes.</p> <p>Following a cash transaction both parties shall sanitise their hands. If a card machine is used, this shall be wiped down after.</p>
---	---	---	---

<p>Uncontrolled mixing of people in the Clinic or home setting</p>	<p>Spaced out to prevent Clients arriving at the same time.</p> <p><b>Clinic Setting / Home Clinic</b></p> <p>Therapist shall control the movement of the Client to ensure they do not 'mix'.</p> <p><b>Clinic Setting</b></p> <p>Avoid Client from coming into contact with other Therapists. Consider signage to keep people separate.</p> <p><b>Home Clinic</b></p> <p>Avoid Client coming into contact with other residents.</p> <p><b>Mobile Therapist</b></p> <p>Confirm with Client that any other residents are separate from the route and area you are going to treat in.</p>	<p>Appointments to be spaced out to avoid multiple people arriving at the same time.</p> <p>Arrange bookings to avoid 'crossover' of Clients and Therapists. Review clinic setting and consider signage to remind people of social distancing protocols.</p> <p>Advise other residents not to move into the part of the house where you are treating the Client.</p>	<p>Ensure the Client cannot mix with other household members, or other Clients/Therapists in a clinic setting.</p> <p>Escort Client to avoid them coming into contact with anyone else.</p> <p>Confirm with Client before entering premises. In a multiple use clinic keep a register of staff shift patterns.</p>
<p>Client uncomfortable when laying in prone position with their head in the hole of the couch when wearing a face covering</p>	<p>Minimise length of time you require the Client to be in this position.</p> <p>Client to avoid wearing medical grade face masks as the metal strip could cause an injury to the bridge of their nose.</p>	<p>Consider using a 'horseshoe' bolster cushion or a rolled towel.</p>	<p>Limit the time that Client has their face in the couch hole in the prone position to a minimum. Consider other positions for this treatment. If uncomfortable, allow the Client to remove their face covering, sanitising hands first.</p> <p>Check regularly with Client that they are comfortable.</p> <p>Cease treatment if they are not comfortable.</p>
<p>Treating Clients in the 'At Risk' Category</p>	<p>No treatment for the 'At High Risk (Clinically Extremely Vulnerable)' group or request Client to seek advice from their GP before a treatment can proceed.</p> <p>Treatment of the 'Moderate Risk (Clinically Vulnerable)' group if their condition is not contraindicated</p> <p>Client to be explained, made understood, and given satisfactory opportunity to ask questions about face to face treatment and its increased risk of Covid infection</p> <p>Implementation of stricter than normal "Controls" including making this first treatment of the day and minimising treatment time.</p>	<p>If decided to treat Clinically Extremely Vulnerable check when making booking that their GP has given permission</p> <p>For the treatment of the Clinically Vulnerable check when making booking that their condition is not contraindicated and if so that Gp has consented to treatment</p> <p>.</p>	<p>Make it first treatment in the morning</p> <p>Minimise treatment time</p>

Treating Clients who have been hospitalised with COVID19	There have been reports of 'sticky blood' and blood clotting in cases of COVID-19.	When making the appointment, confirm whether they are on any medication following their illness, or whether they had been hospitalised. If yes, request they seek approval from their GP before treatment can commence.	If there are any unusual, new, unexplained skin discoloration/ rashes, stop treatment and advise the Client to seek advice from GP.
Use of ventilation systems or fans within the treatment room which could resuspend droplets	Room extracts to the outside, and open windows to encourage good ventilation. Use of fans and recirculation systems should be used sparingly during the treatment.		Fans and air-conditioning systems may be used sparingly to improve the comfort of the Client and Therapist. However, avoid facing fans directly into potential breathing zone.
Noise in Treatment setting.	Raising of voices or continued talking will increase spittle and, if the virus is present, increase the risk of transfer.		Keep background noise levels down, including music. Reduce the amount of talking.
Taping and Strapping and rehabilitation equipment	Items to be stored away. Therapist to clean hands (wash or use anti-bacterial hand sanitiser) before retrieving items. Clean hands before retrieving equipment and wipe clean any equipment used by the Client before being stored away after use.		Therapist to use hand sanitiser before collecting additional equipment. Therapist to return items to safe storage area directly after cleaning items as appropriate.
<b>I confirm that the controls identified will reduce the risk to as low as reasonably practicable (ALARP) when applied.</b>			
Completed by:		Signature:	Date: