

Risk assessment template

Company name: Pura Vida Holistic Therapies

Assessment carried out by: Lindsay Cope

Date of next review: Ongoing

Date assessment was carried out: 11/08/20

Date of Update: 27/09/20

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Transmission of Coronavirus from therapist (LC) to client whilst working on a mobile basis.	Client and other household members are at risk of contracting COVID-19. And subsequently, any close contacts they have within the subsequent 14 days.	<p>LC is fully aware of the range of symptoms associated with COVID-19 and will postpone all upcoming appointments if any one of the symptoms occurs. LC will get tested in this instance and await the result and follow guidance on self-isolation before recommending any appointments. LC will utilise Test and Trace in the event of a positive test in order to contact all close contacts.</p> <p>Clients are supplied with a list of protocols to follow within an electronic questionnaire two days prior to their</p>	LC and Client	Before, during and after each treatment session.	Ongoing

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>appointment.</p> <p>Electronic consultation will be undertaken to reduce overall face-to-face contact time.</p> <p>Appointments to take place in a well ventilated space away from other household members with windows and doors open where possible to allow for a fresh supply of air. Outdoor treatments also welcomed where possible.</p> <p>Owner to open all doors on route to treatment area so as to avoid the need for LC to touch any common surfaces unnecessarily.</p> <p>No clients who are considered clinically extremely vulnerable or clinically vulnerable will be seen at this time due to increased risk of contraction.</p> <p>No clients with clinically extremely or</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>clinically vulnerable house members will be seen at this time unless outdoor treatment areas are available. This will be assessed on a case by case basis and only undertaken in more urgent cases.</p> <p>Minimal equipment will be taken into the property and therefore from house-to-house to reduce the risk of cross-contamination. Massage couch will not be carried in a carry case as this is not easily cleanable between households. Couch will be cleaned before and after every appointment. Face cradle has waterproof covering and will be cleaned thoroughly between every client.</p> <p>LC's kit bag is a PVC washable material and will be cleaned before and after each appointment.</p> <p>All equipment will be cleaned before it is put back into the kit bag.</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>Clients to supply their own linen so as to reduce risk of cross-contamination to the car. Clients advised to launder towels immediately after our appointment at 60 degrees.</p> <p>LC will conduct regular hand hygiene with antibacterial gel and antiviral santiser before and after the treatment sessions. As well as with soap and water as often as possible throughout the day.</p> <p>Any surfaces touched by LC will be sprayed with Dew antiviral disinfectant and wiped with a clean cloth.</p> <p>A clean pair of medical scrubs and mask will be worn to each appointment. These will be donned prior to entering the property and will be removed following 'doffing' protocols once LC has left the property and before entering the car. They will be sealed in a clean laundry bag inside a plastic laundry bin in the car and</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>laundered appropriately on arrival home.</p> <p>A visor will be added during the actual treatment time</p> <p>All clients are to wear face coverings throughout the appointment, except when face down on the massage couch.</p> <p>Clients are to leave LC to set up and pack up alone so as to reduce overall face-to-face contact time.</p> <p>If treating two people in the same household consecutively, only one client is to be in the treatment area at any one time, so as to reduce overall contact time with each individual.</p> <p>Treatments will be limited to 60 minutes maximum so as to keep contact time as short as possible. No facial work will be undertaken at this time due to the increased risk of transmission when</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>working around this area.</p> <p>Higher risk treatment types won't be offered at this time such as hot stones and holistic facials (due to increased equipment required and thus increase possible sites of cross-contamination), Pregnancy massage, and group bookings such as Pamper Parties and Corporate clinics.</p> <p>A maximum of two clients to be seen at any one appointment so as to keep LC's time inside each household to a minimum and thus reduce potential viral loading time.</p> <p>The laundry bin will be cleaned at the end of every day.</p> <p>All common contact surfaces in the car will be sanitised with Dew antiviral disinfectant spray, including door handles, seat belt, steering wheel, gear stick,</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>handbrake, indicator and light sticks etc.</p> <p>All treatment notes will be made after the appointment to reduce the amount of time on the premises and cross-contamination of the iPad/stationary.</p> <p>As LC will be using reusable PPE and cleaning cloths, it is unlikely that any waste will be created. However, in the event that any waste is created by LC at the time of the appointment, it will be removed and disposed of appropriately by LC following waste management protocols.</p> <p>Payment will be by bank transfer preferably. If clients are unable to pay in this manner, the correct cash or a cheque will need to be ready as LC will not be carrying a float so as to avoid cross-contamination of cash between different clients.</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>Clients are to wash their hands after LC's departure. Showering is also recommended.</p>			
<p>Transmission of Coronavirus from client to therapist (LC) whilst working on a mobile basis.</p>	<p>Therapist, their household members, and extended vulnerable family members are at risk of contracting COVID-19. And subsequently, all other close contacts and clients at other appointments in the subsequent 14 days or prior to the onset of symptoms.</p>	<p>An electronic COVID-19 screening questionnaire will be sent to all clients two days prior to their appointment and appointments will be rescheduled where necessary.</p> <p>Electronic consultation will be undertaken to reduce overall contact time.</p> <p>Clients are to wear a face covering throughout their appointment, except when face down on the massage couch.</p> <p>Clients are to ensure they have washed their hands prior to LC's arrival. Showering is also recommended.</p> <p>Clients to leave LC alone when setting up and packing up equipment so as to reduce overall face-to-face contact time.</p>	<p>LC and Client</p>	<p>Before, during and after each treatment session.</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>Appointments to take place in a well ventilated treatment space with windows and doors open where possible to allow for a fresh supply of air into the treatment area. Outdoor treatments are also welcomed.</p> <p>Clients to open all doors to give clear access to the treatment area so as to avoid the need for LC to touch any surfaces unnecessarily.</p> <p>Equipment will be minimal to reduce opportunities for cross-contamination. All equipment will be cleaned before being put back into the car.</p> <p>LC will conduct regular hand hygiene with antibacterial gel and antiviral disinfectant before and after the treatment sessions and after any common contact surfaces are touched. LC will also use soap and water as often as possible throughout the</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>day.</p> <p>LC will wear medical scrubs, face mask and visor throughout the appointment.</p> <p>Treatment time will be 60 minutes maximum to keep face-to-face time as short as possible. A maximum of two people at the same household to be treated at the same appointment so as to keep LC's time inside the house to a minimum and thus reduce the time of possible viral loading.</p> <p>LC will change out of medical scrubs and face mask following 'doffing' protocols upon leaving the property and before entering the car. These will be sealed in a clean laundry bag inside a plastic bin in the car and laundered appropriately on arrival home.</p> <p>Common contact surfaces inside the car will be sanitised regularly with Dew</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>antiviral disinfectant.</p> <p>Payment will be by bank transfer preferably. If clients are unable to pay in this manner, the correct cash or a cheque will need to be ready.</p>			
<p>Therapist falling ill with symptoms or testing positive for COVID-19.</p>	<p>LC's household members, vulnerable extended family members, and any close contacts and clients that have been seen in the 14 days prior to the onset of symptoms/positive test are at risk of contracting COVID-19.</p>	<p>LC will postpone all upcoming appointments as soon as symptoms are noticed. LC will be tested for COVID-19 in this instance and await the result.</p> <p>In the event of a positive test result (with or without symptoms), LC will follow self-isolation guidelines and utilise NHS Test and Trace to contact all close contacts.</p> <p>Client should follow self-isolation guidelines if contacted by NHS Test and Trace.</p>	<p>LC</p>	<p>Immediately upon noticing any symptoms or receiving a positive test in the absence of symptoms.</p>	<p>Ongoing</p>
<p>A client falling ill or testing positive for COVID-19 within 14</p>	<p>Client's household members and any close contacts</p>	<p>LC will postpone upcoming appointments and follow self-isolation guidelines if contacted by NHS Test and Trace. LC will</p>	<p>LC and Client</p>	<p>Immediately upon being notified that symptoms or a</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p>days since the treatment session.</p>	<p>within the previous 14 days are at risk of contracting COVID-19.</p> <p>LC, LC's house members, LC's vulnerable extended family members and any close contacts and clients who have been seen since the appointment with the client who has since fallen ill/tested positive for COVID-19 are at risk of contracting COVID-19.</p>	<p>get tested for COVID-19 if symptoms develop. If the test is positive, LC will follow self-isolation guidelines and utilise NHS Test and Trace to contact all close contacts.</p> <p>Clients should follow self-isolation guidelines if contacted by NHS Test and Trace.</p>		<p>positive test has occurred.</p>	
<p>Transmission of COVID-19 from</p>	<p>Clients and household</p>	<p>Clients who are considered clinically extremely vulnerable will not be treated at</p>	<p>LC</p>	<p>On point of enquiry or completion of</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p>therapist to clinically extremely vulnerable (high risk) clients or household members.</p>	<p>members and subsequent close contacts.</p>	<p>this time.</p> <p>Clients who live with clinically extremely vulnerable house members will not be treated at this time.</p> <p>Screening questionnaire and consultation form will check for vulnerabilities in detail and any appointments booked will be cancelled if vulnerabilities are flagged up on completion of this questionnaire.</p>		<p>electronic COVID-19 screening questionnaire prior to booked appointment.</p>	
<p>Transmission of COVID-19 from therapist to clinically vulnerable (moderate risk) clients or household members.</p>	<p>Clients and household members and subsequent close contacts.</p>	<p>Clients who are considered clinically vulnerable will not be treated at this time.</p> <p>Low risk clients who live with clinically vulnerable house members will not be treated at this time unless outdoor treatment areas are available where risk of transmission is much lower. This will only be offered in urgent cases and will be assessed on a case by case basis.</p> <p>Screening questionnaire and consultation</p>	<p>LC</p>	<p>On point of enquiry or completion of electronic COVID-19 screening questionnaire prior to booked appointment.</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>form will check for vulnerabilities in detail and any appointments booked will be cancelled if vulnerabilities are flagged up on completion of this questionnaire.</p>			
<p>Transmission through equipment moving from house to house.</p>	<p>LC, Client, and all other household members from both parties are at risk of contracting COVID-19 and subsequently any close contacts within the next 14 days.</p>	<p>Electronic consultation will be undertaken to reduce need for iPad/stationary etc at the time of the appointment.</p> <p>Minimal equipment will be taken onto the property for the appointment so as to reduce possible sites of cross-contamination.</p> <p>Massage couch will be removed from the carry case as this is not easily cleanable between households.</p> <p>LC's kit bag will be a non-porous PVC and will be cleaned before and after every appointment.</p> <p>All equipment will be cleaned before and after every household including every</p>	<p>LC</p>	<p>Before, during and after every treatment.</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>item that goes in and out of the kit bag.</p> <p>Waterproof cover for face cradle will be used to ensure non-porous surface.</p> <p>Clients to use their own linen to reduce risk of cross-contamination in the car. Clients advised to launder linen at 60 degrees immediately after the appointment.</p> <p>Payment will be by bank transfer preferably. If owners are unable to pay in this manner, the correct cash or a cheque will need to be ready as LC will not be carrying a float so as to avoid cross-contamination of cash between different clients.</p> <p>Treatment notes will be done after the appointment so as to avoid cross contamination of the iPad/stationary.</p> <p>A clean pair of medical scrubs, mask and</p>			

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>visor will be worn to each household. LC will follow recommended guidelines on 'donning and doffing'. The PPE will be removed after leaving the property and before getting into the car and will be sealed in a clean laundry bag within a plastic laundry box in the car and laundered appropriately upon arrival home.</p> <p>The common contact points in the car will be sanitised regularly.</p> <p>As LC will be using reusable PPE and cleaning cloths, it is unlikely that any waste will be created. However, in the event that any waste is created by LC at the time of the appointment, it will be removed and disposed of appropriately by LC.</p>			
Viral transmission through therapist not wearing gloves	LC, Client, and all other household members from	LC will follow strict hand hygiene protocols utilising antibacterial hand gel and antiviral disinfectant before and after	LC	Before, during and after every client.	Ongoing

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
(chosen not to do so because of myofascial techniques utilised).	both parties are at risk of contracting COVID-19 and subsequently any close contacts within the next 14 days.	<p>every client and household and during treatments where appropriate, and during donning and doffing protocols. Hand soap and hot water will be utilised as frequently as possible in between households.</p> <p>Nail brush will be utilised regularly when washing hands.</p> <p>Nails will be kept short to reduce risk of viral contamination underneath.</p>			
Viral transmission through therapist not wearing shoe coverings (chosen not to do so because of risk of accident and injury through lack of grip for massage when working on laminate and wooden floorings).	LC, Client, and all other household members from both parties are at risk of contracting COVID-19 and subsequently any close contacts within the next 14 days.	<p>LC will wear flip flops to every appointment which will be sanitised with antiviral disinfectant before and after every household.</p> <p>LC will spray feet with antiviral disinfectant or antibacterial hand gel before and after every household.</p>	LC	Before, during and after every appointment.	Ongoing

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p>Viral transmission through linen/laundry.</p>	<p>LC and Client</p>	<p>Medical scrubs and masks will be removed following 'doffing' protocols after leaving the property and before entering the car. They will be sealed in a clean laundry bag within a plastic bin.</p> <p>A clean laundry bag will be utilised at each household so as not to reopen previously sealed bags.</p> <p>Upon arrival home, the laundry bags will be placed directly into the washing machine and washed at 60 degrees.</p> <p>The laundry bin will be sanitised at the end of each day on arrival home.</p> <p>Hand hygiene protocols will be conducted before and after handing laundry bags and linen.</p> <p>Clients advised to launder their linen immediately after the appointment at 60 degrees.</p>	<p>LC and Client</p>	<p>After each appointment.</p>	<p>Ongoing</p>

What are the hazards?	Who might be harmed and how?	What are the measures being taken to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
<p>Contact dermatitis from high usage of antibacterial gels and hand soaps and donning of face masks.</p>	<p>LC</p>	<p>All hand soaps used will contain no harsh chemicals and only naturally occurring anti-bacterial ingredients.</p> <p>Hands will be moisturised regularly with a gentle healing cream/balm.</p> <p>A variety of face masks are to be used with both elasticated and tie straps so as to avoid the same contact point on the skin all of the time.</p> <p>The facial skin will be moisturised regularly with a gentle healing cream or balm.</p>	<p>LC</p>	<p>Ongoing.</p>	<p>Ongoing</p>

More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/