

## 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

Date of Update: 30/04/21

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.	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.  Clients are supplied with a list of protocols	LC and Client	Before, during and after each treatment session.	Ongoing

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		<p>to follow within an electronic questionnaire two days prior to their 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>Clients who are considered clinically extremely vulnerable or clinically vulnerable or those with vulnerable household members will be assessed on</p>			

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		<p>a case-by-case basis to ensure treatments can be undertaken as safely as possible with additional safety measures as necessary.</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> <p>Clients to supply their own linen so as to</p>			

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		<p>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 laundered appropriately on arrival home.</p>			

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		<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 maintain social distancing whilst LC sets up and packs up.</p> <p>If treating multiple people in the same household/bubble 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 90 minutes maximum with the majority of that time being away from the high risk facial zone. No facial work will be undertaken at this time due to the increased risk of transmission when working around this area.</p>			

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		<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), and group bookings such as Pamper Parties and Corporate clinics.</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, 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</p>			

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		<p>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> <p>Clients are to wash their hands after LC's departure. Showering is also recommended.</p>			
Transmission of Coronavirus from client to therapist (LC) whilst working	Therapist, their household members, and extended	An electronic COVID-19 screening questionnaire will be sent to all clients two days prior to their appointment and appointments will be rescheduled where	LC and Client	Before, during and after each treatment session.	Ongoing

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<p>on a mobile basis.</p>	<p>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>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 maintain social distancing whilst LC is setting up and packing up equipment.</p> <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>			

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		<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 day.</p> <p>LC will wear medical scrubs, face mask and visor throughout the appointment.</p> <p>Treatment time will be 90 minutes maximum with limited time spent in the high risk facial zone.</p>			

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		<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 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</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-</p>	<p>LC</p>	<p>Immediately upon noticing any symptoms or receiving a positive test in the absence of symptoms.</p>	<p>Ongoing</p>

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	<p>been seen in the 14 days prior to the onset of symptoms/positive test are at risk of contracting COVID-19.</p>	<p>isolation guidelines and utilise Test and Trace to contact all close contacts.</p> <p>Client should follow self-isolation guidelines if contacted by Test and Trace.</p>			
<p>A client falling ill or testing positive for COVID-19 within 14 days since the treatment session.</p>	<p>Client's household members and any close contacts 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</p>	<p>LC will postpone upcoming appointments and follow self-isolation guidelines if contacted by Test and Trace. LC will 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 Test and Trace.</p>	<p>LC and Client</p>	<p>Immediately upon being notified that symptoms or a positive test has occurred.</p>	<p>Ongoing</p>

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	the appointment with the client who has since fallen ill/tested positive for COVID-19 are at risk of contracting COVID-19.				
Transmission of COVID-19 from therapist to clinically extremely vulnerable (high risk) clients or household members.	Clients and household members and subsequent close contacts.	<p>Clients who are considered clinically extremely vulnerable themselves or who live with clinically vulnerable individuals will be assessed on a case-by-case basis to ensure treatments can go ahead as safely as possible, if at all.</p> <p>Screening questionnaire and consultation form will check for vulnerabilities in detail.</p>	LC	On point of enquiry or completion of electronic COVID-19 screening questionnaire prior to booked appointment.	Ongoing
Transmission of COVID-19 from therapist to clinically vulnerable (moderate risk) clients or household	Clients and household members and subsequent close contacts.	Clients who are considered clinically vulnerable themselves or who live with clinically vulnerable individuals will be assessed on a case-by-case basis to ensure treatments can go ahead as safely as possible, if at all.	LC	On point of enquiry or completion of electronic COVID-19 screening questionnaire prior to booked	Ongoing

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members.		Screening questionnaire and consultation form will check for vulnerabilities in detail.		appointment.	
Transmission through equipment moving from house to house.	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>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>	LC	Before, during and after every treatment.	Ongoing

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		<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>			

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		<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

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(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

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<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>

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<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/](http://www.hse.gov.uk/simple-health-safety/risk/)