

COVID-19 risk assessment

Company name: **Bodyworks Massage and Movement Studio** Assessment carried out by: **Louise Douse**

Date of next review: **14/01/21**

Date assessment was carried out: **14/07/20**

What are the hazards?	Who might be harmed and how?	Controls	What further action do you need to consider to control the risks?	Who needs to carry out the action?	When is the action needed by?
1. Getting or spreading coronavirus by not washing hands or not washing them adequately	Therapist Clients Other users of Woo Wellness	<ul style="list-style-type: none"> - Follow HSE guidance on cleaning, hygiene and hand sanitiser: - Provide water, soap and drying facilities at wash stations: <ul style="list-style-type: none"> • Ground floor bathroom (all users) • Ground floor kitchen (therapist, Woo Wellness staff and other practitioners) - Provide hand sanitiser for the occasions when people can't wash their hands: <ul style="list-style-type: none"> • Reception desk in Waiting Area (all users) • Treatment room (therapist and clients) - Use signs and posters of latest guidelines to build awareness of good handwashing technique, the need to increase handwashing and avoiding touching the face - Provide clear guidance on expected client behaviours, social distancing and hygiene before arrival (see Client Guidance) - Encourage clients to use hand sanitiser or handwashing facilities as they enter the premises and/or before treatment - Provide clients access to tissues and inform them that if they do need to sneeze or cough, they should do so into the tissue, which should then be discarded appropriately and they should thoroughly wash or sanitise their hands 	<ul style="list-style-type: none"> - Provide regular reminders and signage to maintain hygiene standards - Survey stock regularly to make sure there is always sufficient cleaning products and hand sanitisers - Check skin for dryness and cracking and use pump action hand lotion where necessary 	Therapist Therapist Therapist	21/07/20 Daily Daily

What are the hazards?	Who might be harmed and how?	Controls	What further action do you need to consider to control the risks?	Who needs to carry out the action?	When is the action needed by?
		<ul style="list-style-type: none"> - Adopt good handwashing technique and increase handwashing in between appointments 			
<p>2. Getting or spreading coronavirus in common use high traffic areas</p>	<p>Therapist Clients Other users of Woo Wellness</p>	<ul style="list-style-type: none"> - Follow HSE guidance on welfare facilities - Waiting area <ul style="list-style-type: none"> • Limit the number of people to maximum of 3 • Operate an appointment only system with 30 min gap between clients • Clients to arrive as close as possible to appointment time • Clients to come alone to their appointment, unless they require a guardian/chaperone by law • Encourage clients to wait outside until ready for them • Remove chaise longue and reorganise seating to maintain social distancing • Leave door at entrance open • Remove magazines • Increase cleaning of touch points: door handles, seating, table - Ground floor bathroom <ul style="list-style-type: none"> • Leave door open to bathroom facilities • Increase cleaning of touch points: door handles, toilets, taps/sink, light switch - Corridor <ul style="list-style-type: none"> • Where there are 3 people in the Waiting Room use fire exit for client/therapist exit of premises • Wait for corridor to clear of other users before using it • Increase cleaning of touch points: door handles, bannister - Put signs up to remind clients about social distancing rules and maximum occupancy - Put in place hand sanitation facilities (see point 	<ul style="list-style-type: none"> - Provide regular reminders and signage to maintain hygiene standards and maintain social distancing measures - Near-miss reporting to help identify where controls cannot be followed or people are not doing what they should 	<p>Therapist Therapist</p>	<p>21/07/20 Daily</p>

		1) - Put in place enhanced cleaning regimes to make sure areas are kept clean (see point 3)			
3. Getting or spreading coronavirus by not cleaning surfaces, equipment and workstations	Therapist Clients Other users of Woo Wellness	<ul style="list-style-type: none"> - Use the HSE guidance on cleaning and hygiene during the coronavirus outbreak - Clean touch points in high traffic areas between clients: <ul style="list-style-type: none"> • Waiting room: door handles, seating, table • Ground floor bathroom: door handles, toilets, taps/sink, light switch • Corridor: door handles (including treatment room door handles inside and out), bannister - Clean treatment room and equipment between clients: <ul style="list-style-type: none"> • Use Vax steamer and detergent on treatment room floor with fresh cleaning pads per use • Disinfect chair, side stool and box for clients clothes and belongings with fresh reusable disinfectant wipe • Disinfect couch cover, face cradle cover, pillows, bolsters and arm support with fresh reusable disinfectant wipe • Replace linens, disposable couch cover and paper towel for face covering - Other areas that will need cleaning: <ul style="list-style-type: none"> • Ground floor kitchen: door handles, microwave between clients 	<ul style="list-style-type: none"> - Provide documentation to record implementation of cleaning regimes - Produce visible and up to date cleaning schedule - Survey stock regularly to make sure there is always sufficient cleaning products and hand sanitisers 	Therapist Therapist Therapist	21/07/20 Daily Daily

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| | | <ul style="list-style-type: none">- Don and doff PPE according to WHO guidance in between clients and for cleaning:<ul style="list-style-type: none">• Visor – clean between clients• Face covering with PM2.5 filter – change between clients• Nitrile gloves – change immediately before and after touching clients and cleaning• Apron – wipe down or change between clients- Reduce contact of clients with surfaces:<ul style="list-style-type: none">• Leave doors open where possible (as identified in point 2)• Provide contactless payment• Use electronic documents rather than paperwork- Keep surfaces clear to make it easier to clean and reduce the likelihood of contaminating objects- Dispose of waste in treatment room:<ul style="list-style-type: none">• Lidded bin with plastic liner for disposable waste (paper liner, nitrile gloves, couch cover, PM2.5 filter)• Air lock bin with wet bag liner for reusable waste: disinfectant wipes, face covering)• Sealable wet bags for linens• Remove waste at the end of each day• Wash linens and wet bags at 60°- Clothing:<ul style="list-style-type: none">• Do not wear uniform at home or to and from the clinic• Change uniform on a daily basis• Wash immediately after use at recommended temperatures- Box for client to store personal belongings and keep personal items out of work area- Increase time between clients (min. 30 mins) to undertake enhanced cleaning- Follow government guidance if someone | | | |
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		develops symptoms of coronavirus in work			
4. Contracting or spreading the virus by not social distancing	Therapist Clients Other users of Woo Wellness	<ul style="list-style-type: none"> - Follow HSE guidance on social distancing. - Users will be unable to maintain social distancing in corridors, control measures include: <ul style="list-style-type: none"> • Where there are 3 people in the Waiting Room use fire exit for client/therapist exit of premises • Wait for corridor to clear of other users before using it • Increase cleaning of touch points: door handles, bannister - In other high traffic areas the following control measures include: Waiting room: <ul style="list-style-type: none"> • Limit the number of people to maximum of 3 • Operate an appointment only system with 30 min gap between clients • Clients to arrive as close as possible to appointment time • Clients to come alone to their appointment, unless they require a guardian/chaperone by law • Encourage clients to wait outside until ready for them • Remove chaise longue and reorganise seating to maintain social distancing • Leave door at entrance open • Remove magazines • Increase cleaning of touch points: door handles, seating, table Ground floor bathroom <ul style="list-style-type: none"> • Leave door open to bathroom facilities • Increase cleaning of touch points: door handles, toilets, taps/sink, light switch - Social distancing will not be possible as part of massage treatment, see point 7 for therapy specific controls. - Put signs up to remind clients about social 	<ul style="list-style-type: none"> - Provide regular reminders and signage to maintain hygiene standards and maintain social distancing measures - Near-miss reporting to help identify where controls cannot be followed or people are not doing what they should 	Therapist Therapist	21/07/20 Daily

		<p>distancing rules and maximum occupancy</p> <ul style="list-style-type: none"> - Put in place hand sanitation facilities (see point 1) - Put in place enhanced cleaning regimes to make sure areas are kept clean (see point 3) 			
5. Poor workplace ventilation leading to risks of coronavirus spreading	<p>Therapist Clients Other users of Woo Wellness</p>	<ul style="list-style-type: none"> - Keep the following doors open for increased ventilation: <ul style="list-style-type: none"> • Entrance to Woo Wellness, into waiting room • Entrance to bathroom facilities • Treatment room door and door to studio in between clients - Keep the following windows open for increased ventilation: <ul style="list-style-type: none"> • Treatment room windows during and in-between clients 	<ul style="list-style-type: none"> - Review ventilation issues with cold weather conditions and Government guidance 	Therapist	October 2020
6. Increased risk of infection and complications for vulnerable clients	<p>Clients</p>	<ul style="list-style-type: none"> - Identify which clients fall into the following categories via online consultation and screening process: <ul style="list-style-type: none"> • Clinically extremely vulnerable • People self-isolating • People who are pregnant • People with symptoms of coronavirus - Controls for clients who are clinically extremely vulnerable, self-isolating or pregnant: <ul style="list-style-type: none"> • Avoid face-to-face treatment - If a clients family member is the vulnerable one advise that client wears face covering and therapist wears full PPE including IIR face mask - Controls for clients with symptoms of coronavirus: <ul style="list-style-type: none"> • The treatment cannot continue until 2 weeks of isolation with no symptoms in the household. 	<ul style="list-style-type: none"> - Put systems in place to send out client screening document in relevant time frame (no more than 48 hours in advance) 	Therapist	21/07/20

<p>7. Increased risk of infection and transmission of virus from nature of treatment</p>	<p>Therapist Clients</p>	<p>- Clinical Massage</p> <ul style="list-style-type: none"> • Virtual consult, virtual payment, virtual rebooking • Clinic time reduced to 45 minutes • Therapist to familiarise herself with post COVID-19 skin rashes for those who developed respiratory symptoms • If a client previously had COVID-19 should use reduced pressure • Skin to skin contact reduced (donning of nitrile gloves, and use of forearm work only over linens) • Avoid touching or treating around the face in the 'highest risk zone' • Hands should be treated last • Ensure use of spatula to avoid double dipping when using massage wax and prevent cross contamination 	<p>- Update consultation form to include COVID-19 specific contraindications</p>	<p>Therapist</p>	<p>21/07/20</p>
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Further information

HSE's [latest advice on coronavirus](#)

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