RISK ASSESSMENT				Na	Nature of Safety Subject: COVID-19							Zizuedinburgh Massage Therapy				
AUTHORED BY:						atyko				Approved by		Stephen McC	Stephen McCann			
POSITION:				Ma	ssage T	hera	ist			Position:		Health and Safety Consultant				
DATE:					06.05.	2020				Date:		06.05.2020				
SIGNATURE:					Zha	al fo	)			SIGNATURE:		8.41/am	8.41/an			
							H	[AZA]	RD IDEN	TIFICATION		/				
	<u>H</u>	AZARD	(VISUA	L IDENTI	FICATIO	ON):				HA	ZARD '	TASK: (DESCRIPTION OF ACTIV	ITY):			
									1	Routine activities a	t the v	workplace during the pandemic	c.			
		Deep						NS E		D BY THE WORK						
PERSONS EXPOS	ED:	PERSONS CARRYING OUT ONSITE STAFF								OFFICIAL VISITORS ✓ MEMBERS OF THE PUBLIC ✓		Number exposed:	Variable		e	
FERSONS EXPOS		SUB-CONTRACTORS					✓	You	NIC DEDCONIC		DURATION AND	Variable				
				DRIVE	RS			✓		OTHER	✓	FREQUENCY OF EXPOSURE:				
SEVERITY (S)				Diels	Factor	(DE)		R	ISK EVAL	UATION						
(6) Multi-fatal	6	12	18	24	30	\ /	6	Very	high risk	Very high risl	2	Intolerable – Do not	start w	ork		
(5) Fatality	5	10	15	20	25		0	TT	la la calla la							
(4) Major (3) Notifiable	3	8	12 9	16 12	20 15		4 8	П	igh risk	High risk		Work can commence with reassessment of the risk				
(2) Minor	2	4	6	8	10		2		lium risk	J		levels and direct su	pervisio	n		
(1) Negligible (1) Very	1 v rare	2	3	4	5		S Almos		ow risk in	Medium risk		Tolerable: reduce when	e practi	cable		
(1)		.emote			(5) Fre								· r ····			
		(3) Occ	asional	(4) Reg	gular					Low Risk		Safe condition	าก			
			Like	LIHOOD (		al riek	rating			20 11 11011		oute condition		ent risk i	rating	
Hazard:		-								Со	NTRO	S			Ī	
COVID-19	Severe disease Potentional for death			6	6	36	-	<ul> <li>Wash your hands frequently- Regularly and thoroughly clean your hands with soap and water for 20 seconds, where hand wash facilities are unavailable use an alcohol-based sanitizer – using the appropriate technique covering all the areas of the hands</li> <li>Maintain social distancing of at least 2 metres- this includes avoiding greeting others by handshaking or any other forms of contact (Where social distancing can't be maintained use RPE or face covering to prevent the spread of virus)</li> <li>Avoid touching your own eyes, nose and mouth- Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. (Gloves should be worn where risk assessment specifies and removed/disposed of appropriately, otherwise control with point 1, you can still pick up the COVID-19 virus contamination on gloves if you touch your face whilst wearing them.</li> <li>Practice respiratory hygiene- follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Overalls also need to be changed and washed regularly where a crooked elbow has been used to suppress a cough/sneeze.</li> <li>If you have a fever, cough and difficulty breathing, seek medical advice early - report to Team Manager and stay at home.</li> <li>Discuss all areas with clients which may be contaminated with the COVID-19 virus.</li> </ul>				6	2	RF		

					<ul> <li>Do not enter high-risk areas where cases of COVID-19 are confirmed, such as a hospital ward.</li> <li>Avoid the use of public transport where possible.</li> <li>Regularly clean equipment including mobile phone, iPads etc. use a small amount of warm, soapy water, or screen cleaner solution specifically made for touchscreens (Also ensuring your phone is able to withstand the liquid).</li> <li>Remove PPE before entering car or home, securely bag and clean as frequently as practically possible</li> <li>Avoid entering single occupancy dwellings (private houses or flats etc.)- look for alternatives or make special arrangements for such.</li> </ul>			
Excessive use of hand sanitizers etc.	Risk of irritant contact dermatitis	3	4	12	<ul> <li>Dry your hands fully after washing by patting them dry or under a hand dryer, not rubbing. (If skin becomes dry moisturise regularly)</li> </ul>	3	1	3

## Remember: A RISK ASSESSMENT IS ONLY AS GOOD AS EVERYONE CONCERNED PUTTING IT INTO PRACTICE

The persons responsible for maintaining a safe place of work are:

Monitoring:

• Overall – Manager

• Implementation, monitoring and arrangements -Visitors

## **ADDITIONAL INFORMATION**

The best way to prevent and slow down transmission is to be well informed about the COVID-19, the causes and prevention. Protect yourself and others from infection by washing your hands or using an alcohol-based sanitizer, rub frequently and do not touching your face. The virus spreads mainly through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, therefore it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

All staff must request and review client's policies and procedures for the control of Covid-19 before starting any work. If the control measures detailed within this risk assessment are contradicted or cannot be complied with then these need to be addressed with an immediate effect.