

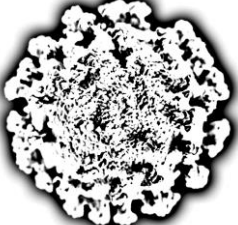


RISK ASSESSMENT		Nature of Safety Subject: COVID-19				Zizuedinburgh Massage Therapy		
AUTHORED BY:	Zita Zatyko				APPROVED BY:	Stephen McCann		
POSITION:	Massage Therapist				POSITION:	Health and Safety Consultant		
DATE:	06.05.2020				DATE:	06.05.2020		
SIGNATURE:					SIGNATURE:			
HAZARD IDENTIFICATION								
HAZARD (VISUAL IDENTIFICATION):					HAZARD TASK: (DESCRIPTION OF ACTIVITY):			
					Routine activities at the workplace during the pandemic.			
PERSONS EFFECTED BY THE WORKS								
PERSONS EXPOSED:	PERSONS CARRYING OUT THE TASK		✓	OFFICIAL VISITORS		✓	NUMBER EXPOSED:	Variable
	ONSITE STAFF		✓	MEMBERS OF THE PUBLIC		✓		
	SUB-CONTRACTORS		✓	YOUNG PERSONS		✓	DURATION AND FREQUENCY OF EXPOSURE:	Variable
	DRIVERS		✓	OTHER		✓		
RISK EVALUATION								
SEVERITY (S)	Risk Factor (RF)							
(6) Multi-fatal	6	12	18	24	30	36	Very high risk	Intolerable – Do not start work
(5) Fatality	5	10	15	20	25	30		
(4) Major	4	8	12	16	20	24	High risk	Work can commence with reassessment of the risk levels and direct supervision
(3) Notifiable	3	6	9	12	15	18	High risk	
(2) Minor	2	4	6	8	10	12	Medium risk	
(1) Negligible	1	2	3	4	5	6	Low risk	Tolerable: reduce where practicable
(1) Very rare				(6) Almost certain		Medium risk		
(2) Remote				(5) Frequent				
(3) Occasional		(4) Regular				Low Risk	Safe condition.	
LIKELIHOOD (L)								
HAZARD:	CONSEQUENCES WITH NO CONTROL MEASURES	Initial risk rating			CONTROLS	Present risk rating		
		S	L	RF		S	L	RF
COVID-19	Severe disease Potential for death	6	6	36	<ul style="list-style-type: none"> <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	12

