

EH SPORTS THERAPY CLINIC RISK ASSESSMENT - COVID-19 INFECTION RISK

GENERAL RISK ASSESSMENT FOLLOWING COVID-19 PANDEMIC			
		Persons or environmental aspects at risk/affected groups	
Task Reference: COVID-19 Task Description: Additional precautions to take following Covid-19 pandemic Task Location: Treatment Room		A. Therapists	
		B. Clients	
		C. Household members	
What is the hazard?			
Who or what could be harmed, what happens & how?	Control measure <i>needed</i> to reduce the risk to ALARP (As Low as Reasonably Practicable)	Control measures <i>already</i> in place	Further control measure to meet ALARP
Treatment room & access/egress route to treatment room could become contaminated with Covid-19 virus	All door handles to be wiped down between each client.	Therapist will be opening & closing all doors. Clients will be asked to wait outside until I contact them to come in.	Surfaces will be wiped down between clients – extra time left between appointments.
	Handrails to be wiped down between each client.	Asking clients not to use handrails unless they need to for mobility purposes.	
	Window latches to be wiped down after they have been touched.	Therapist to open & close windows.	
	Fresh towels & couch covers to be used for each client.	No couch covers to be used – disposable couch roll instead. Clients asked to wear clothing they are comfortable in for treatment session.	No towels or couch covers used. Disposable couch roll instead.

	<p>Treatment table to be wiped down between each client.</p> <p>Massage lotion container to be wiped down between clients.</p> <p>Window of treatment room to remain open between clients to increase airflow.</p> <p>Wipe face shield between each client.</p> <p>Where possible open doors to increase airflow.</p> <p>A minimum of 15 minutes to elapse between each client in the treatment room. No 'cross over' of clients</p>	<p>Wipeable pillow covers & bolsters to be used & wiped between clients.</p> <p>Pump action container used.</p> <p>Window will remain open as much as possible during clinic time if client is comfortable with temperature.</p> <p>More than one shield available to therapist.</p> <p>The treatment room door will remain open between clients.</p> <p>30 minutes has been allocated between clients to allow for cleaning. Client to remain outside until notified that the therapist is ready.</p>	<p>Surfaces to be wiped down between clients.</p> <p>Wipe down between clients.</p> <p>Therapist to open & close windows & doors.</p> <p>Face shield wiped between clients & stored in plastic wipeable container if not being used.</p> <p>Therapist to open & close door.</p> <p>Entry of clients will be controlled by the therapist.</p>
Therapist, or any household member, has symptoms of Covid-19 or has been contacted by the Test & Trace Team & told to self-isolate	All treatments shall cease.	All client details held on Clinic Booking Software for contacting in this situation.	Self-isolate & seek testing for the virus. If there is an identified outbreak & local 'lockdown', the clinic will be closed & all pending appointments cancelled for that timescale.
Client visits the bathroom	Ensure route is clear so no mixing with other members of the household	Separate bathroom available next to treatment room for client use only during the working day	Members of household not able to use this bathroom

	<p>Individual hand drying arrangements to be put in place.</p> <p>Area touched by client such as door handles, taps, toilet etc to be wiped clean.</p>	<p>Paper towels will be available for hand drying along with a pedal operated bin for disposal.</p> <p>Therapist will wipe clean all surfaces between clients.</p>	<p>Bin will contain a bag which will be tied up to be placed in general waste 72 hours later. Will be stored in the garage with date on prior to this.</p> <p>Clients asked not to use the bathroom facilities if possible. Anti-bac gel also available for cleaning of hands.</p>
<p>Therapist may be affected but unaware</p>	<p>The therapist should follow any guidance if contacted by the Test & Trace Team.</p> <p>The therapist should wear a face shield & could wear a face covering when treating.</p> <p>Extreme care should be observed when treating around the head & neck whilst the client is in the supine position.</p>	<p>Therapist will complete a Covid-19 screening each day.</p> <p>A mask will also be worn when treating the client around the upper body in supine.</p> <p>Gloves & an apron will also be available.</p>	<p>If informed that the Therapist has encountered someone who has been found to be positive, all treatments shall cease. The Therapist will self-isolate & obtain a test if requested.</p> <p>Prior to hands-on-treatment, the Therapist shall don a visor.</p> <p>The neck area will be treated with the client in a prone position or side lying with the Therapist behind them.</p>
<p>The client, or any household member, may have symptoms of Covid-19</p>	<p>When the appointment is made the Client will be asked if they have any symptoms of Covid-19.</p>	<p>A Covid-19 Screening form will be sent electronically with the email reminder & when completed attached to the client's notes.</p>	<p>Therapist to ask client on arrival if anything has changed since they completed the Covid-19 screening form & documented in the client's notes.</p>

	<p>When the client arrives for the appointment they will be asked if they have any of the symptoms of Covid-19 or if they have been contacted by the Test & Trace Team.</p>		
<p>Close contact with the client could lead to transmission of Covid-19</p>	<p>When making the appointment, the client is briefed on the recommendation of a face covering & that anti-bacterial hand sanitiser will be used.</p> <p>The Therapist will wear a visor when hands-on treatment is being performed.</p> <p>A face covering should be worn when the client is present.</p> <p>The Therapist will wash their hands prior to the client arriving & after they have left & before the face covering is donned & doffed.</p> <p>When entering & leaving the treatment room, the hands of the Therapist & client will be cleaned with anti-bacterial sanitiser.</p> <p>Limit any time working close to the client's head & do not work directly over the client's face.</p>	<p>Therapist will make sure there is a stock of face visors, face coverings & anti-bacterial gel are always available.</p> <p>Type IIR surgical masks in stock.</p> <p>Anti-bacterial (alcohol-based) hand sanitiser in stock as well as hand washing facilities.</p>	<p>Therapist will have Tyre IIR masks available along with aprons & gloves.</p> <p>Gloves & apron will also be worn with a face mask from the time the client arrives.</p> <p>Separate hand washing facilities to the client are available.</p> <p>Anti-bacterial hand sanitiser available on entry to the clinic & in the treatment room. Ensure utilised by Therapist & client. Reminder posters displayed.</p> <p>Social distancing will be observed before & after hands-on contact & when demonstrating exercises.</p>

	Client will be advised that payment preference is by contactless card or bank transfer.	IZettle card reader available along with bank details on request.	Card machine will be wiped down after use. Online payment option also available via booking system (if book online).
Uncontrolled mixing of people in the clinic or home setting	<p>Spaced out to avoid clients arriving at the same time.</p> <p>Therapist to control the movement of the client so they cannot mix with other members of the household.</p> <p>Avoid client meeting other members of the household.</p> <p>When mobile confirm with client that other members of the household will not be in route of entry to property or where the treatment will be taking place.</p>	<p>Appointments to be spaced out to avoid multiple people crossing over.</p> <p>Client will be telephoned when the Therapist is ready for them.</p> <p>Advise other members of household when clients will be in the property.</p> <p>No new mobile clients to be treated.</p>	<p>Ensure the client cannot mix with other household members.</p> <p>30-minute gaps between clients to avoid cross over.</p> <p>Separate bathroom facilities for household & clients.</p> <p>Aware of layouts of properties due to previous visits.</p>
Client uncomfortable when laying in prone position with their head in the hole of the couch when wearing a face covering.	<p>Minimise length of time you require client to be in this position.</p> <p>Client to avoid wearing medical grade facemask due to metal strip across bridge of nose.</p>	<p>Memory foam face cushion available.</p> <p>If uncomfortable allow client to remove covering when prone.</p>	<p>Cushion will be covered with disposable protector.</p> <p>Client must sanitise hands before removing & refitting face covering.</p> <p>Check regularly that the client is comfortable.</p> <p>Cease treatment if uncomfortable.</p>
Treating clients in the 'vulnerable' category.	Request client to seek advice from their GP before a treatment can proceed.	Confirm when making booking that GP approval has been provided.	Document in client's notes.

Treating clients who have been hospitalised with Covid-19.	There have been reports of 'sticky' blood & blood clots in cases of Covid-19.	When making the appointment, confirm whether they are on any medication following their illness, or whether they were hospitalised. If yes, request they seek approval from their GP before treatment can commence.	If there are any unusual, new, unexplained skin discolouration rashes, treatment will be stopped & client advised contact GP.
Use of ventilation systems or fans within the treatment room which could resuspend droplets.	Open windows to encourage good ventilation. Use of fans used sparingly during treatments.	Windows will be open throughout appointment (if client is comfortable) & in between clients.	No fan available.
Noise in treatment setting.	Raising of voices or continued talking will increase spittle &, if the virus is present, increase the risk of transfer.	Type IIR mask to be worn by Therapist before commencing treatment along with face covering for client.	Amount of talking will be reduced by completing the Covid-19 screening prior to appointment & initial consultation form completed via e-mail.
Taping & strapping & rehabilitation equipment.	Items to be stored away. Therapist to clean hands prior to retrieving items. Equipment to be wiped clean if used before being stored away.	Items will be stored in a plastic box with all non-wipeable equipment removed from the treatment room.	Plastic box will be wiped between clients. Items will be returned to storage box immediately after use.
I confirm that the controls identified will reduce the risk to as low as reasonably practicable (ALARP) when applied.			
Completed by:	Emma Hunter	Date:	13/07/2020