



Risk Assessment Record – Road To Recovery Therapy

General Risk Assessment for Sports Massage / Soft Tissue Therapists to Re-start Work Following COVID-19 Pandemic

Persons or environmental aspects at risk / affected groups

Task Reference: COVID-19	A: Therapists
Task Description: Additional precautions to take following COVID-19 pandemic	B: Patients
	C: Parents / Chaperones
Task Location: Treatment / Clinic Room	

Identify below the hazard(s), including those to the environment, what might be harmed, and the required control measures

What is the hazard?			
Who or what could be harmed, what happens, and how?	Control measures <u>needed</u> to reduce the risk to ALARP (As Low as Reasonably Practicable)	Control measures <u>already</u> in place	Further control measures to meet ALARP
<p>Treatment room and access / egress route to treatment room could become contaminated with COVID-19 virus</p>	<p>All door handles, surfaces, furnishings and equipment to be wiped down with anti-bacterial products between each Patient.</p> <p>Fresh towels and couch roll to be used between each Patient.</p> <p>Treatment table to be wiped down with anti-bacterial products between each Patient.</p> <p>Massage lotion container to be wiped down with anti-bacterial products between each Patient.</p> <p>Fire exit door in treatment room to remain open between each Patient to increase air flow.</p> <p>Wipe down face visor / shield between each Patient.</p> <p>A minimum of 30 minutes to elapse between each Patient in the treatment room. No 'cross over' of Patients in any waiting areas.</p>	<p></p>	<p>To be completed by the Therapist at the start and end of the day and between each Client.</p> <p>Therapist to wash hands after the Patient has left before removing face cover.</p> <p>If towels and couch cover are not directly placed into a washing machine they shall be stored in a plastic container / storage box.</p> <p>Therapist to wipe down surfaces identified with anti-bacterial products between each Patient.</p> <p>Wipe face visor / shield between each Patient.</p> <p>Space appointments to avoid Patients coming into contact with each other.</p> <p>Control entry of Patients into the premises.</p>

<p>Therapist, or any household member, has symptoms of COVID-19 or has been contacted by the Test and Trace Team and told to self-isolate</p>	<p>All treatments shall cease.</p>		<p>Self-isolate and seek testing for the virus. If there is an identified outbreak and local 'lockdown' in your area, close Clinic and cancel all pending appoints for that timescale.</p>
<p>Patient visits the bathroom</p>	<p>Ensure route is clear so there is no mixing with other members of the household / clinic.</p> <p>Individual hand drying arrangements to be put in place (paper towels).</p> <p>Area where Patient touched, door handles, taps, chain etc to be wiped clean with an anti-bacterial wipe.</p>		<p>Ensure separate hand drying arrangements are in place.</p> <p>Wipe clean any surface that may have been touch by the Patient when they visited the bathroom.</p>
<p>Therapist may be infected but unaware</p>	<p>The Therapist shall follow any guidance offered if contacted by the Test and Trace Team.</p> <p>The Therapist shall wear a face shield and could wear a face covering when treating.</p> <p>Extreme care should be observed when treating around the head and neck whilst the Patient is in the supine position.</p>		<p>If informed that the Therapist has come into contact with someone who has been found to be positive, all treatments shall cease. The Therapist shall self-isolate and obtain a test if requested.</p> <p>Prior to hands-on treatment, the Therapist shall don a face visor and covering.</p>
<p>The Patient, or any household member, may have symptoms of COVID-19</p>	<p>When the appointment is made the Patient shall be asked if they have any symptoms of COVID-19 in the way of a screening form.</p> <p>When the Patient arrives for the appointment, they shall be asked if they have any signs of COVID-19 or if they have been contacted by the Test and Trace Team in the way of a screening form.</p>		<p>Therapist to ask Patient on arrival if they have any of the 4 main symptoms of COVID-19, or if they have been contacted by the Test and Trace Team. Patient to read and sign screening form and give consent to treatment.</p>

<p>Close contact with the Patient could lead to a transmission of COVID-19</p>	<p>When making the appointment the Patient is briefed that a face covering is recommended, and anti-bacterial hand sanitiser shall be used.</p> <p>The Therapist shall wear a face visor when hands-on treatment is being performed.</p> <p>A face covering should be worn when the Patient is present.</p> <p>The Therapist shall wash their hands prior to the Patient arriving and after they have left and before the face covering is donned and doffed.</p> <p>When entering and leaving the treatment room the hands of the Patient and Therapist shall be cleaned with hand sanitiser.</p> <p>Limit any time working close to the Patient's head and do not work directly over the Patient's face.</p> <p>Patient shall be advised that payment preference is by card or bank transfer. Cash payments by exception.</p>	<p>Therapist shall ensure face visor; face coverings and anti-bacterial sanitiser are available before any treatment commences.</p>	<p>Don face visor prior to any hands-on treatment.</p> <p>Don face covering before meeting Patient. Provide the Patient with a face covering if they have forgotten theirs or you are not satisfied with their face covering.</p> <p>The Therapist shall wash hands prior to meeting the Patient and following the treatment.</p> <p>Ensure hand cleaning protocols are observed.</p> <p>When possible, social distancing shall be observed, for example when demonstrating a stretch or exercise. There shall be no handshakes at the start or end of the treatment.</p> <p>The Therapist shall avoid touching their face and eyes.</p> <p>Following a cash transaction both parties shall sanitise their hands. If a card machine is used, this shall be wiped down after.</p>
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<p>Uncontrolled mixing of people in the Clinic</p>	<p>Spaced out to prevent Patients arriving at the same time.</p> <p>Clinic Setting</p> <p>Therapist shall control the movement of the Patient to ensure they do not 'mix'.</p> <p>Clinic Setting</p> <p>Avoid Client from coming into contact with other people. Consider signage to keep people separate.</p>	<p>Appointments to be spaced out to avoid multiple people arriving at the same time.</p> <p>Arrange bookings to avoid 'cross-over' of Patient and Therapists. Review clinic setting and consider signage to remind people of social distancing protocols.</p>	<p>Ensure the Patient cannot mix with other Patients in a clinic setting.</p> <p>Escort Patient to avoid them coming into contact with anyone else.</p> <p>Confirm with Patient before entering premises.</p>
<p>Patient uncomfortable when laying in prone position with their head in the hole of the couch when wearing a face covering</p>	<p>Minimise length of time you require the Patient to be in this position.</p> <p>Patient to avoid wearing medical grade face masks as the metal strip could cause an injury to the bridge of their nose.</p>	<p>Consider using a 'horseshoe' bolster cushion or a rolled towel.</p>	<p>Limit the time that Patient has their face in the couch hole in the prone position to a minimum. Consider other positions for this treatment. If uncomfortable, allow the Patient to remove their face covering, sanitising hands first.</p> <p>Check regularly with Patient that they are comfortable.</p> <p>Cease treatment if they are not comfortable.</p>
<p>Treating Patient in the 'Vulnerable' Category</p>	<p>Request Patient to seek advice from their GP before a treatment can proceed.</p>	<p>Check when making booking that their GP has given permission for the treatment.</p>	
<p>Treating Patient who have been hospitalised with COVID-19</p>	<p>There have been reports of 'sticky blood' and blood clotting in cases of COVID-19.</p>	<p>When making the appointment, confirm whether they are on any medication following their illness, or whether they had been hospitalised. If yes, request they seek approval from their GP before treatment can commence.</p>	

Use of ventilation systems or fans within the treatment room which could resuspend droplets	Room extracts to the outside, and open windows /doors to encourage good ventilation. Use of fans and recirculation systems should be used sparingly during the treatment.		Fans and air-conditioning systems may be used sparingly to improve the comfort of the Patient and Therapist. However, avoid facing fans directly into potential breathing zone.		
Noise in Treatment setting.	Raising of voices or continued talking will increase spittle and, if the virus is present, increase the risk of transfer.		Keep background noise levels down, including music. Reduce the amount of talking.		
Taping and Strapping and rehabilitation equipment	Items to be stored away. Therapist to clean hands (wash or use anti-bacterial hand sanitiser) before retrieving items. Clean hands before retrieving equipment and wipe clean any equipment used by the Client before being stored away after use.		Therapist to use hand sanitiser before collecting additional equipment. Therapist to return items to safe storage area directly after cleaning items as appropriate.		
I confirm that the controls identified will reduce the risk to as low as reasonably practicable (ALARP) when applied.					
Completed by:	Luke Wooding	Signature:	Luke Wooding	Date:	14 th July 2020