

NRG Therapy - RISK ASSESSMENT - Covid-19

RISK	ASSESSMENT OF RISK
Before client enters therapy room	<ul style="list-style-type: none"> ● Clients will be asked to stay in their car/outside until I text or phone them to say I am ready for them ● If they come by public transport and the weather is bad they will be able to wait under a covered area in the garden outside the therapy room which is not used by anyone. A plastic or metal chair will be provided should they need to sit and this chair will be sanitised before the client uses it and afterwards ● If the client has a companion they will be asked to wait in their car and I will text or phone them when the client is ready to be collected. If they come by public transport and the weather is bad the companion will be able to wait in the outdoor covered area outside the therapy room ● Client to arrive as close to appointment time as possible ● Client to leave coats / bags in car if possible (out of sight in boot) ● Clients to come alone to their appointment, whenever possible ● As the therapist I will don a visor before client arrives and wear at all times when dealing with clients ● There is no requirement for the client to wear any additional protection such as a mask or face covering <i>UPDATE: As of 8th August 2020 it is mandatory for clients to wear a face covering. Those clients unable to wear a face covering, e.g. for health reasons or because it restricts their breathing when lying face down will not be required to wear one.</i> <p>DOCUMENT ALL THESE DECISIONS and FILE (either in hard copy or electronically, revisit and update regularly)</p> <p><u>ACTION POINTS:</u></p> <ol style="list-style-type: none"> 1. Source a visor 2. Communicate these points to your client database via email, posted letter, phone call just before you return to work
Entry and front door	<ul style="list-style-type: none"> ● Clients will be asked to arrive via the side entrance of the property which leads straight to the garden and through to the therapy room ● The door will be opened by myself, the therapist, and clients will not need to touch this door

	<ul style="list-style-type: none"> ● Upon arrival, the client will be directed into the therapy room, and advised to use hand sanitiser to disinfect their hands on arrival and exit ● Clients will be advised to remove footwear before entering the therapy room <p>DOCUMENT ALL THESE DECISIONS and FILE</p> <p><u>ACTION POINTS:</u></p> <ol style="list-style-type: none"> 1. Communicate these points to your client database
Bathroom facilities	<ul style="list-style-type: none"> ● The bathroom will be cleaned after each client, especially the taps. Must have pump-action soap. Use paper towels instead of fabric ones. Use of a wastepaper bin so no one touches a bin lid. With bin liner ● Nobody will use the toilet room between clients arriving and leaving ● Hand sanitiser is located just inside the therapy room <p>DOCUMENT ALL THESE DECISIONS and FILE</p>
Surface areas including desk in massage room	<ul style="list-style-type: none"> ● All surfaces will be kept clear of clutter, books etc., so it is quick and easy to disinfect the whole surface between clients ● Clients' notes will be kept in a plastic folder (so easily cleaned) and not left lying out (GDPR regulations apply) <p>DOCUMENT ALL THESE DECISIONS and FILE</p>
Remove all books, products for sale, posters etc from therapy room	<ul style="list-style-type: none"> ● The therapy room is cleared of all books, posters, products for sale, business cards etc. Nothing will be left out but instead put away in cupboards, so accessible if required <p>DOCUMENT ALL THESE DECISIONS and FILE</p>

Chair for client	<ul style="list-style-type: none"> • There is a plastic / metal chair in the therapy space so it can easily be cleaned between appointments - sprayed down with anti-microbial cleaner <p>DOCUMENT ALL THESE DECISIONS and FILE</p>
Storage of client's belongings	<ul style="list-style-type: none"> • When clients disrobe they will put their belongings into a plastic storage container • Containers will be cleaned after each client <p>DOCUMENT ALL THESE DECISIONS and FILE</p> <p>ACTION POINTS:</p> <ol style="list-style-type: none"> 1. Source storage container
Massage couch, pillows, towels etc	<ul style="list-style-type: none"> • Couch covers, towels and pillow cases will be replaced for each client, folding carefully • Disposable face cradle covers will be used • The couch will be sanitised after each use, especially around the face cradle • Pillows should have a water-resistant non-porous cover on them which can be wiped down after each client. Pillowcases can be used but must be changed after each client • Clean set of towels for each client <p>DOCUMENT ALL THESE DECISIONS and FILE</p> <p>ACTION POINTS:</p> <ol style="list-style-type: none"> 1. source disposable face cradle covers
Laundry procedure	<ul style="list-style-type: none"> • After each client, all used couch covers, pillowcases, towels will be put into a lidded laundry basket and then put in another room, to be washed later. All materials will be washed at 60°+ or as hot as materials allow. Sanitise container / laundry basket

	DOCUMENT ALL THESE DECISIONS and FILE
Contact cleaning time for sanitising	<ul style="list-style-type: none"> ● Be mindful of contact time for sanitising products (the time wet products must be in contact with the surface can be up to 10 minutes before it is effective). <p>DOCUMENT TIME REQUIRED FOR SANITISERS TO WORK FULLY</p>
Time for full clean of premises	<ul style="list-style-type: none"> ● 30 minutes will be allowed between clients, to ensure cleaning products have time to work properly, before the next client arrives. <p>DOCUMENT TIME REQUIRED FOR A FULL CLEAN BETWEEN CLIENTS</p>
Ventilating therapy/practice room	<ul style="list-style-type: none"> ● The therapy room will be well ventilated between clients. Open windows while cleaning ● Will <u>NOT</u> use air conditioning <p>DOCUMENT ROOM TO BE VENTILATED BETWEEN CLIENTS</p>
Therapist's hygiene protocols	<ul style="list-style-type: none"> ● Jewellery will be removed before coming into work ● I will wash my hands with soap and warm water (for at least 20 seconds) before entering the therapy room and then sanitise my hands ● I will don a visor before client arrives and wear at all times when dealing with clients Update: As of 8th August 2020 it is compulsory for therapists to don a type II face mask as well as a visor. As it causes myself, the therapist, too much distress to wear a face mask under the visor I will not be required to wear one and will continue to use the visor as before. ● I will open all doors for client ● I will get client a glass of water if required but will ask client to bring their own drink ● I will wash my hands with soap and warm water (for at least 20 seconds) after each client ● I will wash my hands with soap and warm water (for at least 20 seconds) after cleaning therapy room between clients ● I will remove all work clothes after cleaning the therapy room

	<ul style="list-style-type: none"> • All clothes to be washed at 60° or above to kill virus <p>DOCUMENT ALL HYGIENE PROTOCOLS and FILE</p>
Use of Oils and Wax	<ul style="list-style-type: none"> • Use of small pump oil bottle in holster, to be cleaned and sanitised between clients. Wash out every day with hot soapy water <p>DOCUMENT CHOICE OF OILS and WAX</p>
Client Consultations	<ul style="list-style-type: none"> • Face-to-face consultations will be kept to a minimum amount of time and to take place outside the therapy room in the garden, socially distanced. Where possible to be carried out in advance over the phone or via video conferencing • New clients will be sent the new consultation & declaration form, plus the standard consultation document via email a few days before, to be completed and emailed back • Existing clients will also be contacted before their appointment to check on their health, follow up to previous therapies etc., and complete the new consultation and declaration form • NB: Note health issues and allergies to assess suitability as a client in view of contraindications • Clients will not be charged a cancellation fee should they cancel at short notice due to Covid-19 symptoms • Clients will be asked to bring their own pen to sign forms, or have a large supply, which will be cleaned <p>DOCUMENT NEW CONSULTATION PROCESS and FILE</p> <p>ACTION POINT:</p> <ol style="list-style-type: none"> 1. Communicate these points to your client database

Booking Schedule	<ul style="list-style-type: none"> ● Plenty of time (30 minutes) will be left between booking clients to enable adequate cleaning & disinfecting time – and to get clients in and out of the therapy space. Time to include allowances for lateness. <p>DOCUMENT UPDATED BOOKING PROCESS</p>
Taking Payment	<ul style="list-style-type: none"> ● Clients will be advised to make direct bank transfer or PayPal payment prior or after each session, to avoid using cash ● Cash payments will be put in an envelope and left until the end of the day <p>DOCUMENT PAYMENT METHODS AVAILABLE TO CLIENTS</p> <p>ACTION POINT:</p> <ol style="list-style-type: none"> 1. Communicate these points to client database

ASSESSMENT OF VULNERABLE CLIENTS – CONTRA-INDICATIONS

New potential contra-indications	<p>People with the following health issues are considered a RED FLAG – and may need a referral from their GP</p> <ul style="list-style-type: none"> ● Those shielding vulnerable family members, front-line NHS staff & carers ● Anyone currently receiving therapy for cancer, any serious lung condition, anyone recently post-operative ● Experiencing severe post Covid-19 circulatory complications – DVT, micro-embolisms, CVA or PE ● Aged 70 years or older ● Pregnancy ● Mild heart & respiratory conditions – and suppressed immune systems ● Diabetes ● BMI over 39 ● Anyone who has been in contact with someone with Covid-19 ● More comprehensive list: www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk <p>DOCUMENT REASONS FOR ANY CHANGE – and choice to give massage</p>
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ACTION POINT:

1. communicate these points to your client database

