



# Therapi Tyline

## Covid-19 Risk Assessment

|           |               |
|-----------|---------------|
| TT/RED:   | RA_Covid-19   |
| Issue:    | 1             |
| Date :    | 16/05/2020    |
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| Issued By | Roger Daniels |

| The Hazards?                   | Who might be harmed  | Controls Required   | Additional Controls   |
|--------------------------------|--|---|---|
| Spread of Covid-19 Coronavirus | <ul style="list-style-type: none"> <li>• <b>Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions</b></li> <li>• <b>Anyone else who physically comes in contact with you in relation to your business</b></li> </ul> | <p><u>Hand Washing</u></p> <ul style="list-style-type: none"> <li>• Hand washing with soap and water in place.</li> <li>• Stringent hand washing taking place.</li> <li>• See hand washing guidance.</li> <li>• <a href="https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</a></li> <li>• Drying of hands with disposable paper towels.</li> <li>• <a href="https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/">https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/</a></li> <li>• Protect of the skin by applying emollient cream regularly</li> <li>• <a href="https://www.nhs.uk/conditions/emollients/">https://www.nhs.uk/conditions/emollients/</a></li> <li>• Gel sanitisers in case washing facilities are not readily available</li> </ul> | <p>Regular washing of hands, for a minimum of 20 seconds, with <b>water and soap</b> and proper drying with <b>disposable towels</b>.</p> <p>Catching coughs and sneezes in tissues –</p> <p><b>Follow Catch it, Bin it, Kill it</b> and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>Tissues will be available throughout the treatment Session.</p> <p>Perform skin checks as part of a skin surveillance programme</p> <p><a href="https://www.hse.gov.uk/skin/professional/health-surveillance.htm">https://www.hse.gov.uk/skin/professional/health-surveillance.htm</a></p> <p>To help reduce the spread of coronavirus (COVID-19) reminding everyone of the public health advice -</p> <p><a href="https://www.publichealth.hscni.net/news/covid-19-coronavirus">https://www.publichealth.hscni.net/news/covid-19-coronavirus</a></p> |
|                                |  | <p><u>Cleaning</u></p> <p>Frequently cleaning and disinfecting objects and couch surfaces that are touched regularly, by using appropriate cleaning products and methods.</p>   | <p>Primary source for this information is the <a href="#">government page for cleaning in non-healthcare settings</a>.</p>  |



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| Spread of Covid-19 Coronavirus | <ul style="list-style-type: none"> <li>○ <b>Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions</b></li> <li>● <b>Anyone else who physically comes in contact with you in relation to your business</b></li> </ul> | <p><b>Social Distancing</b></p> <p>Reducing the number of persons in the work area to comply with the 2-metre (6.5 foot) gap recommended by the Public Health Agency</p> <p><a href="https://www.publichealth.hscni.net/news/covid-19-coronavirus">https://www.publichealth.hscni.net/news/covid-19-coronavirus</a></p> <p><a href="https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people">https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</a></p> <p>Redesigning processes and protocol to ensure social distancing is maintained.</p> <p>Conference calls to be used instead of face-to-face meetings.</p> |  |
|                                |  | <p><b>Wearing of Gloves</b></p> <p>Where Risk Assessment identifies wearing of gloves as a requirement of the job, an adequate supply will be available</p>  | <p>The wearing of gloves is not a substitute for good hand washing.</p> <p>When hand washing facilities are not available the application of hand sanitizer will be applied as appropriate</p> |



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| <p><b>Spread of Covid-19 Coronavirus</b></p> | <ul style="list-style-type: none"> <li>o Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions</li> <li>• Anyone else who physically comes in contact with you in relation to your business</li> </ul> | <p><b><u>PPE (Personal Protective Equipment)</u></b><br/>The use of PPE will be use during Massage Treatment and Taping</p> <p><b><u>RPE (Respiratory Protective Equipment )</u></b><br/>Personal reusable cloth masks will be worn by myself and cleaned each day.<br/>Clients will receive personal paper masks on arrival at their home</p> <p><b><u>Eye Protection</u></b><br/>Face shield will be utilised, cleaned and disinfected according to manufacturer’s instructions prior to each massage</p> <p><b><u>Disposable Aprons</u></b><br/>Disposable Plastic Aprons are designed to protect the client from contamination during direct patient care</p> | <p><b><u>RPE (Respiratory Protective Equipment )</u></b><br/><i>Public Health guidance on the use of PPE (personal protective equipment) to protect against COVID-19 relates to health care settings. In all other settings individuals are asked to observe social distancing measures and practice good hand hygiene behaviours</i></p> <p>RPE will be required to be worn by client and therapist<br/>The Client will be issued with an appropriate paper face cover on entering the clients home</p> <p><b><u>PPE Disposal</u></b><br/>Used PPE will be removed per the guidance provided by CNHC (Complementary and Natural Healthcare Council)and double bagged<br/>The disposal of used PPE will be in accordance of Torfaen Borough Council guidance</p> |
|  |  | <p><b><u>Mental Health</u></b><br/>The therapist will promote mental health &amp; wellbeing awareness to clients during the Coronavirus outbreak and will offer whatever suitable appropriate guidance<br/>Reference –<br/><a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a><br/><a href="http://www.hseni.gov.uk/stress">www.hseni.gov.uk/stress</a></p>   |  |



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| <p><b>Spread of Covid-19 Coronavirus</b></p> | <ul style="list-style-type: none"> <li><b>Vulnerable groups – Elderly, Pregnant workers, those with existing underlying health conditions</b></li> <li><b>Anyone else who physically comes in contact with you in relation to your business</b></li> </ul> | <p><b><u>Vehicle cleaning</u></b><br/>Clean car interior will reduce the risk of spreading coronavirus (COVID-19)<br/>The primary source of information is from the <a href="#">government page for cleaning in non-healthcare settings</a>.<br/>This guidance applied to the therapist's car.<br/>The guidance provides a handy checklist<br/>Suitable cleansing wipes will be utilised to clean all surfaces</p> <p><b>PPE (Personal Protective Equipment)</b><br/>The use of PPE will be use during the cleaning<br/>The minimum level of PPE will be worn:</p> <ul style="list-style-type: none"> <li>gloves (preferably disposable)</li> <li>apron (preferably disposable)</li> <li>a face mask (preferably disposable)</li> </ul> <p><b>PPE Disposal</b><br/>Used PPE will be removed per the guidance provided by CNHC (Complementary and Natural Healthcare Council) and double bagged<br/>The disposal of used PPE will be in accordance of Torfaen Borough Council guidance</p> | <p><b><u>Vehicle cleaning Check list</u></b></p> <p><b><u>External</u></b><br/>All Door handles (including the boot!) will be given a good wipe down first.</p> <p><b><u>Interior</u></b><br/><b>Driver's Area</b></p> <ul style="list-style-type: none"> <li>Steering wheel, including horn and infotainment controls</li> <li>Control stalks</li> <li>Ignition and power button</li> <li>Keys</li> <li>Driver's seats             <ul style="list-style-type: none"> <li>Seatbelts and clips</li> <li>Seat adjust controls</li> <li>Head rests</li> <li>Seat pockets</li> </ul> </li> <li>Driver's doors             <ul style="list-style-type: none"> <li>Door handles and releases</li> <li>Door pocket</li> <li>Window switches</li> <li>Grab handles</li> </ul> </li> </ul> <p><b>Dashboard</b></p> <ul style="list-style-type: none"> <li>Air vents – passenger and central</li> <li>Gear stick</li> <li>Infotainment/radio</li> <li>Heating controls</li> </ul> |



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