

Covid 19 Risk Assessment

**Occupational Sector** – Complementary and Alternative Health Care

**Main Tasks** – Bowen therapy, physical assessment and advice

**Date** – 23rd of April 2021

**Written by** – Lisa Roy

**Job Title** – Owner/Bowen Therapist

Person to person contamination					
Specific hazard identified	Risk Level	Who is at risk	Control measures	Person responsible	Review Date
Risk of infected client attending for an appointment	High	Therapist/Client	<p>Clients will be sent an electronic health questionnaire, consent form and post treatment advice. This will include an infection risk assessment.</p> <p>An online or telephone consultation and checklist will take place 24 hours before the clients appointment. This will include an infection risk assessment.</p> <p>Child chaperones will also be assessed and subject to an infection risk assessment.</p>	Lisa Roy	Monthly

Risk of therapist acquiring virus outside work	High	Therapist/Client	<p>Therapist will take their own temperature at the start of every day and record this in the Health and Safety Folder.</p> <p>Face covering will be worn in shops/ enclosed public spaces as per government guidelines.</p> <p>The therapist will have good hand hygiene out with the work place.</p> <p>The therapist will reduce risk by avoiding non necessary busy areas and no public transport.</p>	Lisa Roy	Monthly
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<p>Face to face contact, less than 2m</p> <p>(Risk of cross contamination when a particular set of moves are performed face to face or less than 2 meters distance)</p>	<p>High</p>	<p>Therapist/Client</p>	<p>None of the Bowen moves are performed face to face or in close contact. Page 3, TMJ, shoulder and spider will be performed at arms length.</p> <p>PPE will be worn by the therapist including; Face mask and visor.</p> <p>The therapists visor will be reusable and cleaned between clients.</p> <p>Gloves will not be worn but instead hand hygiene will be carried out before and after treating the client.</p> <p>The therapist will change their T-shirt and washable mask in between clients. These will be put in a wash bag to be taken home to wash.</p> <p>The client can be treated prone or facing away from the therapist. When facing the therapist the client will be encouraged to wear a face mask.</p> <p>The contactless card machine will be available in the treatment</p>	<p>Lisa Roy</p>	<p>Monthly</p>
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Greeting the client	Medium	Therapist/Client	<p>The client will be welcomed straight into the therapy area via the hand hygiene station.</p> <p>Social distance of 2m will be adhered to.</p> <p>Disposable masks will be available for clients to wear as they enter the treatment room or they are welcome to bring their own.</p> <p>The client will be shown to the therapy area to sit in a designated client seat and ask any last minute questions before starting. However, most of these will be covered in the online/telephone consultation prior to coming.</p> <p>The therapist will have decontaminated their hands and donned new PPE for the client arriving.</p>	Lisa Roy	Monthly
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<p>Movement in the therapy room</p> <p>(Risk of contamination while moving around therapy room)</p>	<p>Medium</p>	<p>Therapist/Client</p>	<p>Only the therapist and client will be in the therapy room at any one time.</p> <p>There will be no waiting area.</p> <p>There are no walk in appointments. This will be displayed on the front door.</p> <p>During the breaks the therapist will sit quietly at therapy room desk on the therapists chair.</p> <p>At the end of the treatment, the client can dispose of any disposable masks in the foot pedal operated bin as they leave and can decontaminate their hands.</p> <p>The therapist will decontaminate their hands and clean the environment.</p> <p>Before removing their face mask the therapist will decontaminate their hands.</p> <p>Finally the therapist will decontaminate their hands again before writing up client notes.</p>	<p>Lisa Roy</p>	<p>Monthly</p>
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Environment to person contamination					
Specific Hazard	Risk	Who is at risk	Control Measure/s	Person Responsible	Review Date
Entrance door handle external and internal	Medium	Therapist/Client	Door handles will be decontaminated in between clients with electrolysed water spray and disposable paper towel. At the end of the day disinfectant will be used.	Lisa Roy	Monthly
Hand hygiene station	Medium	Therapist/Client	Area will be decontaminated in between clients with electrolysed water spray and disposable paper towel.	Lisa Roy	Monthly
Therapy chairs and desk	Medium	Therapist/Client	Chairs and desk are wipeable and will be decontaminated in between clients with electrolysed water spray and disposable paper towel. At the end of the day disinfectant will be used.	Lisa Roy	Monthly

Therapy couch	Medium	Therapist/Client	<p>The therapy couch is wipeable and will be decontaminated in between clients with electrolysed water spray and disposable paper towel.</p> <p>No covers will be used. Clients will be asked to wear light clothing.</p>	Lisa Roy	Monthly
Cushions/bolsters/neck cradle	Medium	Therapist/Client	<p>All equipment is wipeable and will be decontaminated in between clients with electrolysed water spray and disposable paper towel.</p>	Lisa Roy	Monthly
Toilet if used	Medium	Therapist/Client	<p>Area will be decontaminated in between clients with electrolysed water spray and disposable paper towel.</p> <p>Liquid soap is available in a pump dispenser.</p> <p>Disposable paper towels are available.</p> <p>All bins are foot pedal operated.</p>	Lisa Roy	Monthly

- Electrolysed water will be used to decontaminate in between clients. This is to reduce the risk of allergies and respiratory reactions that bleach solutions could cause. Instead Disinfectant will only be used at the end of the day when the area will be left overnight.

Ventilation					
Specific Hazard	Risk level	Risk who to	Control Measure/s	Person Responsible	Review Date
<p>Government research indicates that spending extended time indoors with a potentially infectious person increases the risk of infection.</p> <p>Ventilation is the first line of defence.</p> <p>The therapy room used does not have an open window.</p>	High	Therapist/Client	<p>Appointments will be limited to 45 mins at the most.</p> <p>Communication and assessment will be done mostly electronically via assessment forms, then online or telephone consultation.</p> <p>Primary and Secondary PPE will be worn by the therapist in the form of a mask and face shield.</p> <p>A room mister will be used to disperse a low ppm solution of electrolysed water into the air through a dry mist thus sanitising the air constantly, throughout the day.</p> <p>There will be 30 minute intervals between clients where the front door will be left open to allow ventilation of the room.</p>	Lisa Roy	Monthly

- Risks will be reviewed weekly unless government advice dictates other wise.



Review Date	Changes required to control measures.
13/07/2020 20/07/2020	No changes, not yet practicing.
27/07/2020	Disposable aprons and masks will be swapped for reusable masks and T-shirt will be changed between clients. These will be placed in a washable bag and wipeable plastic box to be taken home and washed.
03/08/2020	No changes.
10/08/2020	No changes.
17/08/2020	No changes.
24/08/2020	No Changes.
31/08/2020	Risk Assessment, will now be reviewed monthly unless the guidance changes. Next review date 30/09/2020. LRoy.
November 2020	No Change
December 2020	No Change - Closed 26/12/20 to 26/04/2021