

Angelique Swallow

Risk Assessment and Mitigation Policy

This document provides a written record of the heightened infection control measures that I have put into place to ensure the safety of all my clients during COVID-19. This will be reviewed if and when guidance changes.

I have assessed my workspace for risks outlined and put in additional processes as detailed below	
Undertaken a risk assessment	31 August 2020 - This will be reviewed in light of any change of Government guidance.
Heightened cleaning regimes	<ul style="list-style-type: none">• Appointment times will have extra time added to allow room airing and cleaning• Airing the treatment room in between each pupil – opening door and window• Common areas/washrooms will be cleaned daily• Hard surface in my teaching room will be cleaned after each pupil.
Increased protection measures	<ul style="list-style-type: none">• Removal of all unnecessary furniture, i.e. pillows, rugs, etc.• Cashless and online payments along with online bookings• I will be wearing PPE: type IIR fluid resistant face masks, aprons, and disposable gloves• Pupils will be provided with a type IIR fluid resistant mask or to bring own face covering to wear on entry to the building
Put in place distancing measures	<ul style="list-style-type: none">• There will be no waiting required in the communal area, as there will be one hour between each booking.• Ensuring all pupils are aware of the 1 to 2m distance required when passing others in the communal area.
Training	<ul style="list-style-type: none">• Correct handwashing/hand-rubbing technique• Donning/doffing PPE correctly and safely

Providing remote/ Telehealth consultations	<ul style="list-style-type: none"> All pupils will have telephone pre-screening call to decide on safest appointment type Covid-19 screening questionnaire and risk acceptance to be sent to every pupil.
Document last updated: 29/08/2020	

Protection of myself and my clients before they visit, and when attending a lesson. I have assessed the following areas of risk and put in place the following precautions

	DESCRIPTION OF RISK	MITIGATING ACTION	WHEN INTRODUCED
Pre-screening for risk before lessons	Risk of transmission of Covid-19 symptoms person to person	Prior to attending pupils will be asked the following questions: Have you had the recent onset of a new continuous cough? Do you have a high temperature? Have you noticed a loss of, or change in, normal sense of taste or smell?	31/08/2020
Protecting pupils	Risk of transmission of Covid-19 symptoms Person to person	I will be wearing all the necessary PPE and will be able to provide a Type IIR mask to all my pupils	31/08/2020
Confirmed cases of COVID 19?	Risk of transmission of Covid-19 symptoms person to person	If a pupil experiences any symptom within 2-3 days of visiting, they are asked to inform me immediately.	31/08/2020
Travel to attend a lesson	Risk of transmission of Covid-19 symptoms person to person	Please ensure that you adhere to all the H&S Guidelines whilst travelling on public transport to attend a lesson. A car parking space will be available.	31/08/2020

Entering and exiting the building	Risk of transmission of Covid-19 symptoms person to person	There will be no reason for you to have to spend any time in the communal areas, as lessons will take part leaving one hour between each client. If you do meet anybody in the communal area, please ensure there is a 1 to 2m distance between yourself and the other person.	31/08/2020
Face to face consultations	Risk of transmission of Covid-19 symptoms person to person	A face to face consultation will only be carried out whilst wearing the necessary PPE as outlined in the HSE Close Contact Guidelines. Provision of Type IIR mask to all pupils.	31/08/2020
Increased sanitisations and cleaning	Risk of transmission of Covid-19 symptoms From inanimate surfaces	Room/Hall, desks, door handles, equipment chairs to be cleaned between each pupil with appropriate cleaning products, which have at least 60% alcohol i.e. sanitisers/wipes	31/08/2020
Aeration of rooms	Risk of aerosol transmission of Covid-19 symptoms	Leaving the window and/or door open for as long as possible after each lesson.	31/08/2020
Hand hygiene measures	Risk of transmission of Covid-19 symptoms Person to person	To be bare below the elbow. Washing of hands before and after each lesson with soap and water for at least 20 seconds, including forearms/use of hand sanitiser gel, etc	31/08/2020
Respiratory and cough hygiene	Risk of aerosol and droplet transmission of Covid-19 symptoms	Provision of single use tissues. Hand hygiene facilities available for all pupils. Pupils will be given masks for the duration of the lesson	31/08/2020