

## Risk assessment template

**Company name: Reflexology, Reiki & Hypnotherapy by Abi**

**Assessment carried out by: Abi Fenton**

**Date assessment was carried out: 1<sup>st</sup> April 2021**

**Date of next review: 1<sup>st</sup> Oct 2021**

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Touch of consultation forms	Client / therapist both touching the same item	Online consultation forms	None	Client & therapist	Before the treatment	10 <sup>th</sup> July 2020
Cash payment, cross touching materials	Client / therapist Both touching the same item	No cash will be accepted, only bank transfers, card payment or payment via my website when booking. Card machine cleaned between clients in used.	None	Client & therapist	Before or during the treatment	10 <sup>th</sup> July 2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Spread of virus via touching & offering drinks	Client & therapist	Please bring your own bottle of water to the sessions, a reminder to drink after your session will be also given verbally, if a drink is needed to be given in will be placed on a clean surface, I will move away before client drinking. Antibacterial gel will also be available within the room to use.	None	Client & therapist	During the treatment	10 <sup>th</sup> July 2020
<b>Client touching things / spreading the virus on entry during and exit to the treatment room</b>	Client and therapist	I will open all doors and close them all, clients encouraged not to touch anything unless needed. Door handles & door bell will be cleaned with	None	Client & therapist	During and after the treatment	10 <sup>th</sup> July 2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		<p>antibacterial spray between clients e.g. detol spray, as well as any surfaces in the room.</p> <p>Taps, toilet in bathroom, light switch (to be left on so not touching needed).</p> <p>Sheets/ blankets on couch removed and placed straight into the washing machine, only necessary blankets used. Wipe down couch after each client.</p> <p>Client's items to be placed in a box and cleaned between treatments.</p>				

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
2m rule not always able to be applied, therefore increasing the risk of the virus spreading	Client and therapist	<p>Myself as a therapist will wear a <b>facial covering (hypnotherapy) / Type 11 mask (reflexology, reiki) &amp; visor</b>, client must also wear their own mask / facial covering.</p> <p><b>If the therapists workwear comes into contact with the client, or they unexpectedly cough or sneeze during the course of the treatment, change into clean clothing before you see your next client.</b></p>	None	Client and therapist	Throughout treatment session	1 <sup>st</sup> April 2021
Client / therapist	Client and	Pre-covid	None	Client and	Pre-treatment	1 <sup>st</sup> April

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
attending with symptoms	Therapist	questionnaire completed. Make sure clients / therapist is aware of self isolation rules and not to visit / work if they have a new cough or temperature, or loss of taste/smell. Vulnerable clients will have to make the choice if they would be happy to attend treatments, with the procedures I have in place and sign a form. Wash hands or antibacterial hand gel provided for each client to use on entry and exit.		Therapist		2021

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
		Therapist will take lateral flow tests twice a week.				
Enclosed space, small room meaning the virus doesn't have much room to go.	Client & therapist	Open the window in the treatment room wherever possible and MUST be opened between clients to ventilate the room. Treatments will be kept to 60mins Max.	None	Therapist	Before and after treatment	10 <sup>th</sup> July 2020
Virus landing on surface	Client & therapist	Clear all unnecessary items in treatment room, to reduce the amount of things that need cleaning between clients and at the end of the day.	None	Therapist	Before treatments	10 <sup>th</sup> July 2020

Updates made in Red

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/)

Published by the Health and Safety Executive 10/19