

Risk assessment – returning to work from home

Company name: Schia Mitchell Sinclair

Assessment carried out by: Schia Mitchell Sinclair

Date of next review: December 2020

Date assessment was carried out: 7/10/20

Hazards	Who might be harmed and how?	Existing controls	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
Patient / client arriving on premises	<p>Patient/client may pick up virus from door handles when entering the porch or when knocking on the door</p> <p>I may be exposed to the virus if the patient/client has touched the porch or front door.</p>	None. New situation.	<p>Ask patients/ clients to stay in their car when they arrive and call/text me to say they are here. I will then come out to open all of the doors so they don't have to touch anything on the way through to the treatment room.</p> <p>Ask patients/clients to use hand sanitiser as soon as they get into the room.</p> <p>Schia to use hand sanitiser when gets into the treatment room.</p> <p>Clean any door handles that they may have touched after they leave.</p> <p>Ask patients/ clients to make sure they wash their hands when the return home.</p> <p>Write procedures down so that clients are clear what will happen when they arrive.</p>	Schia	Before 27/7/20	yes

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Patient/client travelling through the car port to the treatment room	<p>Patient/client may touch something en route either picking up or leaving virus particles.</p> <p>Patient/client may trip over things left behind by children or bicycles.</p>	None	<p>Ensure patients/clients don't touch anything en route to the treatment room (or clean afterwards).</p> <p>Tidy up (and make sure children keep tidy) the car port so that there is a clear and trip free route through.</p> <p>Ensure the grass is kept cut.</p> <p>Warn clients to watch their step as they go through.</p>	Schia	Before 27/7/20 and ongoing	Yes
Patient /client entering the treatment room	<p>Patient/client contact with the door handle could result in viral transmission</p> <p>Virus left behind by previous patient/client</p>	None	<p>Ensure patient/ client understands that they should not touch anything on the way through to the room.</p> <p>Ask patient/client to use hand sanitiser as they come in.</p> <p>Ensure that the room is cleaned (any surfaces used by a visitor) and given a thorough airing (at least 20 mins) between clients. Practitioner visor also needs to be cleaned and/or changed between clients and practitioner to have fresh PPE (apron, gloves, mask) for each client.</p>	Schia	27/07/20	yes

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Consultation	<p>Increased risk of viral transmission the longer that the consultation goes on for.</p> <p>Risk of viral transmission via the chair they sit on.</p> <p>Risk of viral transmission from their possessions that might be left on the floor or chairs.</p>	None	<p>As far as possible aim to do as much as possible of the consultation remotely – get CST clients to fill in forms before they come and follow up with a quick phone call for case history. For herbal patients use zoom as much as possible.</p> <p>For CST clients – aim to get them straight onto the couch rather than onto a chair.</p> <p>For herbal clients use either a clean sheet (washable at 60 degrees) over a softer chair or a plastic garden chair that can be wiped down after use and put in the sun to make use of UV disinfection. Sheet, if used, to be washed at 60 after treatment.</p> <p>Ask all CST clients to wear a face mask. With herbal medicine clients ensure at least 2m distance between client and practitioner and, ideally, wear a face mask (check with patient).</p> <p>Ask patients/clients to bring as little as possible with them and to put them onto/near their allocated chair. Clean out / disinfect chair after each client so that it is clean ready for the next person</p> <p>To keep air circulating – keep a window or door open during the consultation (only applicable at Satyam as Dojo is quite drafty!).</p>	Schia	27/07/20	yes

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CST treatment / physical examination in herbal medicine	<p>Airborne virus transmission due to proximity to client.</p> <p>Virus transmission via clothing and hands.</p> <p>Viral transmission via therapy couch.</p> <p>Washable aprons do not protect against fluids.</p>	None	<p>Ask client/ patient to wear a mask. Practitioner to wear a mask and visor.</p> <p>Practitioner to wear short sleeves, or pull up long sleeves, disposable gloves and clean washable (60 degrees) apron for each client. All PPE (including visor and mask) to be donned and doffed according to Public Health England guidelines. All washable items to be put straight into a washable drawstring bag after each client and then washed at 60 degrees at the end of each day.</p> <p>Therapy couch to be covered by a washable sheet that can be put with other washable items in drawstring bag for washing at the end of the day. Pillows to be used for CST to be covered in the first instance by a waterproof and wipeable cover and then covered with the washable sheet. Suggest that patients/clients could bring their own blanket/towel to cover themselves with during treatment. Advise clients to wash any items they bring after they return home.</p> <p>In the extremely unlikely event that an apron gets contaminated by fluids, the first concern will be the wellbeing of the patient/client. Once I am clear that they are OK I will deal with any contamination by washing the apron and any soiled items underneath at 60 degrees.</p>	Schia	27/07/20	yes

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CST treatment / physical examination in herbal medicine (continued)	Increased risk of transmission the longer the treatment Practitioner at risk of reduced oxygen saturation due to long periods of time in a mask and visor	None	Monitor length of treatment sessions and consider reducing length of time if needed. Monitor oxygen sats before and after each treatment. If badly affected consider reducing length of treatments/consultations.	Schia	27/07/20	yes
Patient/ Client needs the toilet	Viral transmission is possible anywhere along the journey to the toilet (which is in the house and involves going through the kitchen) and in the bathroom itself	None	Inform all patients / clients that, for now, I can't offer toilet facilities and could they please make sure to go before they come for treatment. This is not applicable at Satyam where there are toilets available.	Schia	27/07/20	yes
Patient / client leaving	Viral transmission by patient/client touching door handles on the way out	None	As with the route in, ask patients/clients not to touch anything. I will doff all PPE (bar mask) as per PHE guidelines and then let them out. Re-warn them to watch their step on the grass and through the car port.	Schia	27/07/20	