



## **Therapy Health & Beauty Clinic Covid-19 risk assessment**

### **Covid-19 information**

People can catch Covid-19 from others who have the virus, the disease can be spread from person to person through small droplets from the nose or mouth which are spread when a person with Covid-19 coughs, sneezes or exhales.

These droplets can land on objects and surfaces around the person, other people then catch Covid-19 by touching these objects or surfaces then touching their eyes, nose or mouth.

People can also catch covid-19 if they breathe in droplets from a person with Covid -19 who coughs out or exhales droplets.

The risk of catching Covid-19 from someone with no symptoms at all is very low, however many people with Covid-19 experience only mild symptoms, this is particularly true in early stages of the disease therefore it is possible to catch Covid -19 from someone who has for example just a mild cough and does not feel ill. (World Health Organisation)

### **Primary consideration**

If anyone who works at Therapy Health & Beauty Clinic or any member of their household have any symptoms of covid-19, or have been in contact with someone with confirmed covid-19 or are self- isolating they must not attend the Clinic for work and must self-isolate for the specified period.

### **Precautions taken to prevent and control infection**

- We enforce a strict policy that anyone with covid-19 symptoms must stay away from the Clinic.
- We have changed our cancellation policy so that 24 hours' notice is no longer required to cancel an appointment, we ask that people only attend appointments if they are well.
- All appointments must be made in advance to minimise footfall.
- All clients contacting us for an appointment will be required to complete a pre-treatment screening questionnaire to establish whether Covid-19 symptoms are present, if they are self-isolating, shielding, vulnerable, have long term underlying health conditions, have recently travelled abroad or if they have been in contact with anyone with covid-19 symptoms etc. We will only offer an appointment if it is appropriate to do so and the client is happy to consent. (see attached document – pre-treatment screening questionnaire).
- Yate Leisure Centre have implemented a one way system through the centre to maintain social distancing.

- When a client arrives for their appointment at Therapy Clinic they are asked the pre-screening questions again and will have their temperature checked with a contactless thermometer.
- On arrival all Clients will be directed to use hand sanitiser provided by us.
- A stringent cleaning, sanitation and infection control routine is adhered to with cleaning logs filled in between each client and at the start and end of each day. (see attached documents– detailed cleaning guidance, daily cleaning log and opening/closing checklists).
- We are allowing at least a 15 minute gap between each client to carry out all necessary cleaning procedures and to avoid clients crossing over.
- Yate Leisure centre have adopted a strict cleaning and infection control routine for the rest of the centre and the toilets.
- All staff will adhere to the social distancing measures issued by the government.
- The waiting area has been adapted to maintain social distancing, clients waiting are restricted to one in the waiting room at any time and others outside the clinic with social distancing in place.
- We have asked clients not to arrive early for their appointments to avoid cross over of clients and minimise footfall.
- All Therapists will wear the relevant and recommended PPE for the duration of each appointment.
- All Therapists will carry out correct and thorough hand washing and only paper towels will be used for hand drying.
- Fabric Chairs in treatment rooms have been replaced with wipeable chairs, all other soft furnishings have been removed or are disposable/washable.
- Bins in treatment rooms are now all peddle operated.
- All PPE and waste is double bagged and disposed of correctly.
- Plastic wipeable trays are in each room for storage of clients' clothing during treatments.
- We ask that all clients pay by contactless card payments if possible to avoid handling cash.
- We have removed all product testers and magazines from the waiting area to reduce risk of infection.
- We have installed a sneeze screen on the reception desk to reduce risk of infection.
- At this time we will not offer clients drinks, but encourage them to bring their own water if they wish, no eating is permitted by clients in the clinic.
- The air conditioning system has been fully serviced and switched to 100% fresh air mode and filters will be changed more frequently as per Government advice.

## **Detailed cleaning and hygienic procedures – Covid-19**

To protect clients and staff from the risk of infection of covid-19 it is vital that a stringent cleaning regime is carried out at all times and detailed cleaning logs maintained through the day, we allow at least 15 minutes in between each client to carry out cleaning and complete cleaning log. We also carry out a clinic opening and closing checklist to ensure all measures have been met. The following will be carried out:

- Clean external and internal door handles with disinfectant spray.
- Clean keypads, telephones with disinfectant spray.
- Clean all hard surfaces in reception area and staff room with disinfectant spray.
- Clean waiting area and chairs with disinfectant spray.
- Always use disposable couch roll and change between every client.
- Use wipeable couch covering and disinfect between each client or use washable couch covers that are changed between every client.
- Soft furnishings such as pillows should be completely covered and the covering changed between every client.
- Clean couch handles and face holes with disinfectant spray between every client.
- Staff may use staff room to make drinks etc but must adhere to social distancing and clean area after each use.
- Clean surfaces in treatment room with disinfectant spray between each client.
- Clean pen used by client to sign consent form.
- Clean payment terminals and encourage contactless payment if possible.
- Staff will wear relevant and recommended PPE.
- Remove disposable PPE between each client and dispose of appropriately.
- Disinfect reusable PPE according to government guidelines between each client.
- Tie waste bags, double bag, tie again and dispose of correctly.
- Provide a hand sanitiser station for clients to use on arrival.
- Staff will adhere to thorough hand washing for 20 seconds with soap and warm water and dry hands with disposable paper towels.
- Floors mopped with bleach solution regularly.
- Towels, couch covers, sheets and any other laundry will be washed on a hot wash of at least 60c with appropriate detergent.
- Pump action bottles or product bottles should be cleaned after each use.
- Remove non-essential items from treatment rooms to enable quicker more thorough cleaning.
- Remove all testers and magazines from reception area to enable quicker more thorough cleaning.



