

## **Cross Contamination Risk Assessment**

Business: Robyn's Holistics (www.doncastermassage.co.uk)

Location: Thorne Road Chiropractic Clinic

Creation Date: 24th June 2020

Amendment Date: 4th August 2020

Re-Evaluate Deadline: 4th September 2020

The purpose of this statement is to evaluate every part of the business to ensure the risk of cross contamination is reduced as much as is feasibly possible.

Elements in the "Hazard" field are being considered in their regard to possible infection being contracted from the mentioned surface, object or activity.

Risk is measured on a scale of 1-5. 1= Risk is eliminated - 5 = Risk is present.

Some matters on their own may appear to have a higher risk level however an overall picture should be considered.

### **Booking to Clinic**

Hazard/Element	Previous steps	Risk level	New steps	Risk level	Additional Notes
Buffer times - Allowing long enough gaps between clients for decontamination	Online booking system was closed while I practiced disinfection procedures	1	After 3 weeks I feel comfortable to re-open the booking system allowing a minimum of 30 minutes buffer between treatments. After rehearsing disinfection procedures I have	1	Eliminated

			found that a room turn around including guided contact times takes 15 minutes.		
Treatment lengths	Upto 2 hours	3	Temporarily remove 90 and 120 minute treatments (new maximum is 60 minutes)	2	Reduced
COVID Screening/Waver	N/A	5	Introducing a screening 24 hours before every treatment by phone or digital methods	2	Reduced - this will allow the chance to run through common COVID precautions, checking for symptoms or contact with anyone presenting symptoms. Unfortunately this does not rule out those who disregard the safety of others.
Consultations	Previously performed at the clinic	2	To be performed digitally	1	Eliminated - Allows for Pre-screening of other conditions before arriving for a treatment and limits the items needed in the treatment room and those which

					would usually be passed between client and therapist.
Water	Clients had access to a water machine in reception	5	Clients will be asked to bring their own water.	1	Reducing the amount of items touched by the client and passed from therapist to client will reduce risk of infection.

#### Pre-treatment preparation & client Arrival upto Treatment Commencement

Hazard/Element	Previous steps	Risk level	New steps	Risk level	Additional Notes
PPE	Previously none	5	Fix hair in a secured clip/ponytail Wash hands fit face covering/mask Fit visor before client arrives	1	Government guidance only requires use of a visor. Due to the position of therapist and client this actually increases risk of the therapists breath being directed at the client therefore adopting a face covering/mask will

					<p>help to disperse this direct air flow. Visor is designed to protect therapists from clients. Face covering/mask is designed to protect clients from therapists. By covering both bases the risk is considerably reduced.</p>
Surfaces	Touch test for cleanliness	5	Disinfect	1	Eliminated - Like many others this hazard when considered on it's own will seem like previous steps were insufficient but I urge you to look at the whole picture.
Massage bed	Apply clean linens	4	Apply disposable waterproof layer before clean linens	2	Reduced- Waterproof disinfection layer would be ideal however supply of these are limited at this time.
Floor	Inspected and hoovered if	2	Hoovered and damp mopped with	1	Eliminated however previous risk was

	necessary		disinfectant		level was significantly low due to only the client's feet only touching the floor.
Door handles	Inspected and cleaned if required	5	Signage to say only therapist toughest door handles and wiped regularly	1	Eliminated - By controlling who touches the door handle it ensure that high standards are met and if someone else was to use the handle it would be disinfected immediately.
Music	Ipod - controlled by therapist	1	No change but will be routinely disinfected	1	
Products	Make available and ready for treatment Occasional cleaned when appeared visibly dirty	5	Wiped down	2	Reduced however when considered with disinfection after use in a treatment this could be considered eliminated.
Bathroom	Cleaning and maintenance left to designated cleaners/building managers	2	The same will apply. Clients are now only asked to use the upstairs bathroom if necessary.	2	Reduced

			Accommodations can be made downstairs for those with medical requirements.		
Greet client	At the door and take straight into the room	1	Same	1	No risk in this particular element but it is worth noting the signage mentioned in door handles section
Quick verbal catch-up	Checking how client is and confirming the treatment and focused areas	2	No change	2	I understand that talking poses a level of risk, however I believe that it is behind what is reasonably necessary to remove all communication and will have a negative impact on the client, the treatment provided and subsequently the business.
Client PPE	None required	5	Clients will be required to wear a mask/face covering from 08/08/2020, they will have the option of bringing	1	Eliminated

			their own, a disposable mask or purchasing a reusable one for £2.		
Leave client to get ready	Step out the room Client, uses the chair and hooks for personal belongings	2	Where possible refrain from leaving the room to eliminate the risk of contacting others in the hallway. Provide an optional box for clients belongings, insist on its use if clients have come from a communal environment such as public transport or office.	2	The risk element stay the same in most cases however the personal belongings of the client are only ever touched by them and the chair and pegs are disinfected between treatments
Hot Stones Only Prepare Hot Stones	30 minutes before treatment	5	Ensure all cleaning procedures are completed before setting hot stones to heat	1	Eliminated

### Treatments

Treatments themselves will be carried out the same as always. As treatments are one-one this risk factor cannot be reduced any further.

As per Government guidance faces will not be included in treatments for the foreseeable, however this was an infrequent inclusion. With the temporary removal of the longer treatments and most clients needing pain management in the immediate future I highly doubt it will even be a request.

Only 1-2 products are used with each client and they will be cleaned in the post treatment routine.

### Post Treatment routine

Hazard/Element	Previous steps	Risk level	New steps	Risk level	Additional Notes
Strip dirty linens	Place into lidded dirty basket	2	Place in lidded washing basket and transfer into tied bin bags at the end of the day.	2	Controlled - Clients have no cause to touch or open the washing basket and linens are bagged after clients have left but before room disinfection procedure.
Wash hands	This was something I already did	1	Continue to do	1	You should always wash hands after touching something dirty then moving onto cleaning procedures. Touching cleaning products with dirty hands is just counter productive
Surface and object cleaning routine	Disinfect; Worktop	4	New Routine - Disinfect;	1	Disinfection will destroy the bacteria.



	windowsill		<p>Door Handles &amp; doorbell</p> <p>Worktop</p> <p>Products used</p> <p>Mobile phone</p> <p>Window sill</p> <p>Hand sanitiser</p> <p>Card reader</p> <p>Client chair/changing area</p> <p>Massage bed face cradle, arm-rest</p>		I have identified a list working from lowest risk areas to highest risk points based on the amount of contact a client has with each area
Floors	Hoover if dirt was apparent	2	Use spray mop to wipe with alcohol based cleaner	1	Floors are a low risk element as clients are unlikely to touch the floor, however COVID-19 particles are subject to gravity so cleaning the floor will ensure that bacteria resting on the floor will be destroyed.
Personal care	Take time to get a drink or eat if necessary	4	<p>Disinfect visor</p> <p>Wash hands</p> <p>Remove and correctly handle face covering/mask</p> <p>take time for refreshment</p>	2	Reduced

			Disinfect desk if lunch was eaten Wash hands Apply fresh face covering/mask if another client is due Use hand sanitiser		
Prepare couch for next client if one is due	Fit clean linens	3	Add a waterproof layer before clean linens. If no more clients are due don't prepare bed until next treatment day	1	Eliminated - Previously I may have prepared the table to save myself time the next day but I will refrain from doing this just in case any airborne particles are still present

### Miscellaneous

Hazard/Element	Previous steps	Risk level	New steps	Risk level	Additional Notes
Curtains, soft furnishings and cushions	Previously in place where applicable	5	Removed due to the inability to disinfect	1	Eliminated
Bins	Waste baskets	5	Remove the waste basket and only use a foot pedal bin.	1	Eliminated.

Ventilation	None	5	Partially opening doors between treatments to allow air flow but reduce contact between others passing. Window ventilation to be fitted	4	Controlled
Chair	Fabric chair	5	Replaced with a plastic chair which can be disinfected between treatments	1	Eliminated
Washing	Dirty linens, masks and clothes are transported home to be washed. They are washed on 60 degrees and tumble dried (or line dried in good weather).	2	Same as above but I ensure that only I handle dirty and clean linens to reduce contact and ensure hand washing at appropriate times.	2	Controlled

### Contingency Plans

In the event of a COVID-19 positive diagnosis of either myself or other clients

Client's will be signing permission for their details to be passed to NHS Track & Trace or silar.

If I become aware of any positive diagnosis I will contact Public Health England South Yorkshire Health Team on: 0114 321 1177

I will seek advice from PHE on who I should notify if they feel it is necessary. Or I will pass on the contact details of relevant clients for PHE/NHS to contact themselves.

I will book a COVID-19 test for myself and family by calling 119 and cancel appointments for 72 hours or as long as it takes to get a negative result.

If a positive result comes back for myself I will cancel treatments for 14 days from diagnosis or however long I am advised too.