

Risk assessment template

Company name: Pulse Therapy

Assessment carried out by: C. Lander

Date of next review: 14.07.2021

Date assessment was carried out: 14.07.2020

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
Couch malfunction	Client- jarred if there is a sudden movement of the couch Therapist- pinned/pinched should the couch move whilst treating	Regular checks to equipment	None	Treating therapist	Prior to each treatment	
Slipping off couch	Client- moving/rotating/sitting up too quickly	Regular communication with client	Elderly may need couch lowered or used in a sitting rather than lying position	Treating therapist	During each treatment session	
Lotion/Oil	Client/Therapist due to an allergic reaction	Use hypoallergenic substances	If individual expresses use of a particular brand/type	Treating therapist	During treatment session	
Injury of	Client- due to	Therapist	Depending on client,	Therapist	During treatment	

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muscle/joint	incorrect technique/speed of movement	communicates verbally, demonstrates or provides movement education	adaptations may be required to exercises/stretches to promote desired outcome		session	
Exercising- use of gym equipment	Client	Verbally communicating, demonstrating and providing feedback to promote health and wellbeing	Adaptations to resistance / load / duration / intensity depending on individual need	Therapist or Devon Hills Personal Trainer if therapist not able to provide the level of knowledge required	Either prior or during the treatment session	
Minimising the prevalence of COVID-19	Client & Therapist	Contactless payment is already an option for clients	Advertise that certain companies eg Apple are allowing no limit to contactless payment, other companies already allow up to £45 contact less, which would cover a standard treatment of 45 mins.	Chris Lander (Owner) will need to email current clients via email group and update social media to give advanced notice	Prior to opening-date tbc	

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		Online consultation prior to treatment, reducing the time in close proximity		ISRM/Chris Lander	Prior to re-opening	/
		Offer online consultations for advice and rehab		Therapist	Prior to re-opening and ongoing	/
			Post on social media and email to current clients the expectations and protocols that will need to be followed	Chris Lander	Prior to re-opening	
			Create a 'walk-through' video and put on Facebook and website to reduce potential anxiety of clients attending clinic	Chris Lander	Prior to re-opening	
		No more than 1 person in the waiting area		Therapist via booking system	ongoing	
		Wash hands/use		Client & therapist	ongoing	

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		hand sanitiser before and after treatment				
		Ensure at least 15min gap between appointments to air the room		Therapist	ongoing	
		Change linen, towels, anti-bac pvc couch cover and surfaces between clients		Therapist	ongoing	
		Place items in a sealed bag after use		Therapist	ongoing	
		Wear face visor in line with government expectations		Therapist	ongoing	

More information on managing risk: www.hse.gov.uk/simple-health-safety/risk/

