

Elpis Consultancy Covid-19 Risk Assessment

Physical safety and risk of infection

Reducing risk of contamination and spread before/during/after a session.

Action Taken:

- An individual Covid risk assessment will be completed before each session.
- Each room will be cleaned and disinfected before then after each session.
- All surfaces (chairs, doors etc) will be wiped down and cleaned between sessions using appropriate disinfectant wipes/spray.
- Clients will inform the therapist when they arrive, who will then let them into the reception area. Clients can wait outside until the door is opened to ensure social distancing is maintained.
- The therapist alone will open or close any doors.
- Therapy chairs will be at least two metres apart at all times and angled so client and therapist are not directly facing each other.
- Therapy rooms are well ventilated and if the windows are not open during a session, they will be opened between appointments to allow for adequate ventilation.
- If clients wish to bring a drink into the session they need to bring their own into the room at this time as none can be provided by the therapist at this time.
- There will be hand sanitiser available (alcohol and non-alcohol based) for clients to use during the session.
- There is access to an on-site toilet and there are disinfectant wipes/spray available to clean down all surfaces after use.
- Paper towels will be available for clients to dry their hands after using the toilet.

OTHER FACTORS:

In the new office it will be possible to conduct any session with the door to the therapy room open and still be able to maintain confidentiality. If this helps the client feel more comfortable (as it will increase ventilation in the room) then this is an option and will be done during sessions if requested.

PPE for Therapist and Client

Action Taken:

Masks are available for a client to use during a session if they wish. Clients are also able to wear their own mask during a session if they so choose. Clients may also request that the therapist wear a mask during the session and the therapist will do so.

Tissues will be available as usual, but clients also have access to hand sanitiser during sessions.

In excess of two metres social distancing will be maintained at all times.

Safe social distancing – Entering and Leaving office and Seating

Action Taken:

- When clients arrive at Elpis Consultancy they will text or call the therapist to let them know they have arrived. Whilst waiting for the therapist to answer the door the client can stand outside of the building in the area where the office sign is.
- Clients are to wear a face mask on entering the office, but can remove the mask when seated if they choose to.
- When the therapist has opened the door they will step back and allow the client to enter the building safely. The therapist will then lead them directly through the reception area and into the large therapy room.
- Hand sanitiser will be available for the client to use on arrival.
- Chairs in the large therapy room will always be over two metres apart, the therapist will enter the room first and take their seat and the client will be able to take their seat safely following this.
- After a session has finished, the therapist will open all the doors leading to the exit so the client does not have to touch any of them. Social distancing will be maintained during this time. The doors and door handles will then be wiped down and cleaned between sessions using appropriate disinfectant wipes/spray.
- If any client is showing symptoms of Covid-19 during a session the session may be brought to a close early and the client will be asked to take their temperature and report back to the therapist asap.

Both the therapist and client have an obligation to disclose any factors which may have increased their possible exposure to Covid-19 between sessions. If the therapist or the client believes they may have been exposed to Covid-19 or have Covid-19 then they must disclose this as soon as possible.