

Baby Massage

Assessment carried out by: Sarah Jordan

Date assessment was carried out: 30.10.20

Date of next review: 01.01.21

This Risk Assessment has been reviewed in line with the 24/6/20 'Review of 2m social distancing Guidance'. The main risks of catching Covid-19 are through touching contaminated surfaces via hand-to-eye/mouth passage (risks for up to 72 hours) and airborne – direct inhalation from contaminated droplets from infected person.

NHS classification of the vulnerable in need of shielding: <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/advice-for-people-at-high-risk/>

What are the hazards?	Who might be harmed and how?	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?
Getting or spreading coronavirus by not washing hands or not washing them adequately	Self Babies Parents	Follow government guidance on cleaning, hygiene and hand sanitiser - provide hand sanitiser for each session	- if people can't wash hands, provide information about how and when to use hand sanitiser - ensure that everybody uses the hand sanitiser as they enter and exit the room	SJ	30.10.21
Getting or spreading coronavirus in common use high traffic areas such as entrance/exit points and toilet facilities	Self Babies Parents	Identify: - areas where people will congregate e.g. entrance/exit, toilet - areas where there are pinch points meaning people can't meet the social distancing rules e.g. stairwell - limit the number of parents and babies in the room so that	Make sure people are following controls put in place e.g. following hygiene procedures, washing hands, only coming in and out one at a time	SJ	During each session

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		<p>social distancing rules can be met</p> <p>- reorganise placing of mats so that social distancing rules can be met</p>			
Ventilation	Self Babies Parents	<p>- improve ventilation by opening windows during each sessions</p> <p>- leave non-fire doors open to reduce the amount of contact with doors, also potentially improve workplace ventilation</p>	None	SJ	During each session
Parents and babies sitting too close to each other	Self Babies Parents	- ensure parents sit at least 2m apart and stay on their cushions during each session	- monitor situation and reiterate regularly that parents must stay seated and not socialise closely together whilst learning baby massage	SJ	During each session
Instructor not using a visor	Self Babies Parents	- instructor to wear a visor at the beginning and end of each baby massage session	None	SJ	During each session
Parents not knowing the format and guidelines for each course/class	Self Babies Parents	- send out detailed guidance with instructions to every parent in good time before a course starts	None	SJ	A week before a new class
Parents not having their own face masks	Self Babies Parents	- have a stock of disposable face masks for parents who don't bring their own	- ask parents to try to always bring their own face mask and wear this until they are seated.	SJ / parents	Before the start of each new course with a weekly reminder by email

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Sharing refreshments	Self Babies Parents	- parents will need to bring their own refreshments	- let parents know before the start of each course	SJ / parents	Before the start of each course
Oil bottles/containers carrying virus particles	Self Babies Parents	- provide each parent with their own sealed oil that they will need to bring with them to each session	None – just remind parents about bringing the oils with them	SJ / parents	Before the start of each course and reminder sent before each class
Handouts carrying virus particles	Parents	- send handouts and certificates out at the end of each course to each parent	Ask parents to wait three days before opening the plastic wallet	SJ	At the end of each course

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

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