

Risk registers for massage practice



<https://www.osha.gov/SLTC/covid-19/hazardrecognition.html>

A **hazard** is something that can cause harm, e.g. electricity, chemicals, working up a ladder, noise, a keyboard, a bully at work, stress, etc.

A **risk** is the chance, high or low, that any **hazard** will actually cause somebody harm.

For example, being in close proximity to a person that has the COVID-19 virus is the hazard, the risk is the likelihood that you will become infected.

Lower Exposure Risk (Caution)

Jobs that do not require contact with people known to be, or suspected of being, infected with SARS-CoV-2. Workers in this category have minimal occupational contact with the public and other coworkers.

Medium Exposure Risk

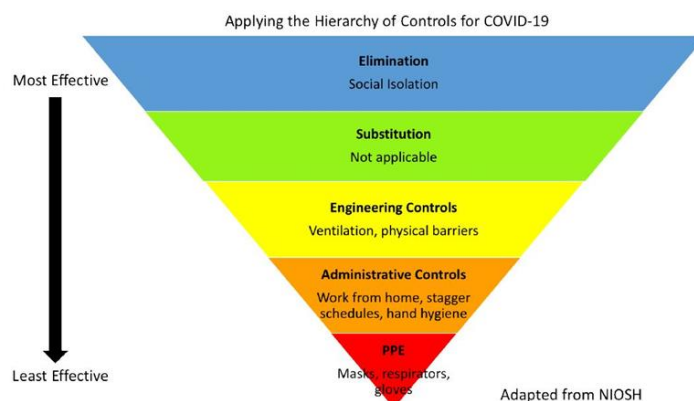
Jobs that require frequent/close contact with people who may be infected, but who are not known to have or suspected of having COVID-19.

High Exposure Risk

Jobs with a high potential for exposure to known or suspected sources of SARS-CoV-2

Very High Exposure Risk

Jobs with a very high potential for exposure to known or suspected sources of SARS-CoV-2 during specific medical, postmortem, or laboratory procedures



Conducting a risk assessment:

1. Identify the hazard
2. What is the Risk?
3. If the risk is not managed, what are the consequences?
4. Using the “Hierarchy of controls” evaluate the risk and decide on precaution
5. Record your actions in a “risk register”
6. Review your assessment and update if necessary

An example:

1. Hazard is catching COVID from a client
2. Risk is transfer of the virus through droplets generated during talking in a confined space by an asymptomatic client.
3. Consequence if no intervention is high chance of infection
4. Hierarchy of controls:
 - a. Elimination: not possible
 - b. Substitution: not possible
 - c. Engineering controls: not possible
 - d. Administrative controls: screening document, hand hygiene etc
 - e. PPE : ask client to wear mask for all face-to-face including when temp screening, treating side lying or supine, pretreatment and post treatment discussion.
5. Write all this in a risk register.

A word for mobile practitioners:

It is highly recommended that therapists consider the consequences of providing massage services to vulnerable clients at this time. If the service is required, the therapist should consider focusing their services solely on this client base and avoid treating the clients that may be high risk asymptomatic transmitters.

Should they choose to still offer a mobile service, then consideration should be made around scheduling. Example: schedule the client that is “at risk of contracting” before the client “at risk of infecting” rather than vice versa.

The risk needs to be assessed and managed from two perspectives

- 1) The risk posed to you as the therapist entering an environment where you cannot control the cleaning protocols, especially if your client is in the “high risk for asymptomatic transmission” category.
- 2) The risk posed to a vulnerable client (eg elderly). Extreme risk control measures are recommended to ensure you do not act as a vector for bringing the virus into their environment.