

Health & Safety Risk Assessment	RA Ref No.	Revision 10	DATE	14 December 2020
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TASK (Operation/Process)	Company Activities (Exposure to the Coronavirus COVID 19)	References: <ul style="list-style-type: none"> • PHE/National Institute for Health Protection (NIHP) • Health and Safety Executive • National Health Service • Build Uk/CLC
Location	Location of works (workplaces/offices/sites)	
Operational Hours	As directed locally	
Risk Assessor Name	Chas Bray (Safety Consultant – COVAL Health & Safety Services Limited)	

Note: This is a generic risk assessment based on the current threat and level of information being released by National Institute for Health Protection (NIHP). This assessment will need to be reviewed as the current situation escalates and new information is released.

Mandatory PPE (In accordance with the Statutory PPE Assessment)
As directed at site level – based on the hazards/risk associated with the works
(statutory PPE assessment to be completed in accordance with company procedures)

Safe System of Work (SSOW)

A safe system of works will be detailed within the site-specific assessments based on the scope and activity. This assessment outlines the current information released by GOV/Health & Safety Executive and the National Health Service.

- NIHP <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- HSE <https://www.hse.gov.uk/news/coronavirus.htm>
- Gov <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

We have based this assessment on the information/advice given by NIHP/NHS and HSE (links listed above).



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Introduction:

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties.

Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. Novel coronavirus (COVID-19) is a new strain of coronavirus first identified in Wuhan City, China

Hazard:

Coronavirus (COVID 19) Infection from the Coronavirus.

The following symptoms may develop in the 10 days after exposure to someone who has COVID-19 infection:

- continuous new cough
- loss of taste/smell
- fever (high temperature)

Generally, these infections can cause more severe symptoms in people with weakened immune systems (vulnerable persons), older people, and those with long-term medical conditions.

Who could be harmed:

Members of staff and the public.

How can you be harmed:

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.

There are 2 main routes by which people can spread COVID-19:

- infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door knob or shaking hands then touching own face)

There is currently little evidence that people who are without symptoms are infectious to others

Preventing the spread of infection – control measures:

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

PHE/NIHP recommends that the following precautions are taken to help prevent people from catching and spreading COVID-19:

- Work from home if possible (discuss with you Line Manager)
- If working in an enclosed space (indoor - workplace) try and keep this space well ventilated

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- **HANDS** - Wash your hands regularly and for at least 20 seconds.
- **FACE** - Cover your face in enclosed spaces, especially where social distancing may be difficult and where you will come into contact with people you do not normally meet.
- **SPACE** - Stay 2 metres apart where possible, or 1 metre with extra precautions in place
- If working in an enclosed space (indoor - workplace) try and keep this space well ventilated
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. See [Catch it, Bin it, Kill it](#)
- put used tissues in the bin straight away
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- clean and disinfect frequently touched objects and surfaces
- do not touch your eyes, nose or mouth if your hands are not clean
- Staff to be provided with hand sanitiser and tissues (where possible)
- Social distancing measures to be implemented as recommended by PHE/NIHP/HSE (2m recommended)
- All workplaces will adhere to test and trace requirements.
- COVID-19 signage will be displayed to advise everybody on the safety working practices
- All staff if concerned must contact their Line Manager for advice.

Vulnerable People:

It is the requirement of HR/Operational Teams to identify any vulnerable persons (persons aged over 70/persons with respiratory medical conditions/heart disease/kidney disease/expectant mothers). Once identified the risk of exposure should be reduced by shielding them through either isolation or social distancing, following PHE/NIHP guidelines. *See separate risk assessment regarding the protection and social distancing for vulnerable persons.*

Facial Coverings:

It is now mandatory for face coverings to be worn when travelling on public transport/shops in England, there are exceptions for staff that have difficulties breathing and suffer from a respiratory condition. A full list of the exemptions can be found at <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>.

Wearing a face covering

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head.

When wearing a face covering always follow the following:

- Wash your hands or use hand sanitiser before putting it on and after taking it off and after use.
- Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.
- Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose.
- Once removed, make sure you clean any surfaces the face covering has touched.
- You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.
- When wearing a face covering, take care to tuck away any loose ends.

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Emergency Planning:

If you have symptoms of coronavirus infection (persistent cough/high temperature/loss of taste and smell), stay at home and book a test (do not come to work):

- Book a COVID Test:
 - Negative test result - A negative result means the test did not find coronavirus.
 - You do not need to self-isolate if your test is negative, as long as:
 - everyone you live with who has symptoms tests negative
 - everyone in your support bubble who has symptoms tests negative
 - you were not told to self-isolate for 10 days by NHS Test and Trace – if you were, see [what to do if you've been told you've been in contact with someone who has coronavirus](#)
 - you feel well – if you feel unwell, stay at home until you're feeling better
 - Note: if you have been contacted by test and trace you will need to continue isolating for 10 days.
 - Positive test result
 - A positive result means you had coronavirus when the test was done. If your test is positive, you must self-isolate immediately.
 - If you had a test because you had symptoms, keep self-isolating for at least 10 days from when your symptoms started.
 - If you had a test but have not had symptoms, self-isolate for 10 days from when you had the test.
 - Anyone you live with, and anyone in your support bubble, must self-isolate for 10 days from when you start self-isolating

Note: if you are contacted by the NHS Test & Trace system you may be required to isolate for 10 days.

Note: this risk assessment will be reinforced by safety briefings and managers updates.

Note: additional control measures may need to be introduced in local areas of high risk/lockdown. Operational managers must consider this before issuing this risk assessment.

Safety Consultant COVAL Health & Safety Services Limited	Chas Bray	Signed:	
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