

## Stella Grace Holistics

### SERVICES-/TASK-SPECIFIC RISK ASSESSMENT

Updated June 2021

**Services/tasks included within this Risk Assessment:**

Reiki Treatments

Reiki Training

Guided Meditations

Tarot/Astrology Readings

Essential Oil Wellness Consultations

Essential Oil Blends

	<b>LIKELIHOOD (Chances of occurrence)</b>		<b>SEVERITY (Outcome)</b>
2	Remote Possibility	2	Negligible Injury
4	Unlikely	4	Minor Injury
6	Possible	6	Major Injury or Disability
8	Very Likely	8	Death
10	Certainty	10	Multiple Deaths

RISKS BEFORE CONTROLS	CONTROLS
<p><b>1. Contracting any infectious or contagious illness (inc.COVID-19) during contact with Stella and clients, within any service offered.</b></p>	<p><b>Stella maintains a high standard in personal and environmental hygiene across all services in any instance. During home-working the main entrance for clients goes immediately into treatment room, minimalizing contact with surfaces/other people. Clean, fresh towels are provided for treatment bed for each and every treatment. When working in mobile settings, Stella will bring couch roll and sanitizer to use, both reapplied for each client.</b></p> <p><b>Hand sanitizer is provided for clients and Stella’s hands are washed before and after every client. When working with groups or in mobile settings, Stella will use the appropriate hand sanitizer and wash hands regularly, using setting’s facilities where appropriate.</b></p> <p><b>Clients are invited to complete Client Consultation forms electronically prior to treatment. In the case of Under 16’s, parental consent will be gained prior to treatment commencing and documented for oversight.</b></p> <p><b>Social distancing will be adhered other than during Reiki treatments where a mental or emotional health need has been prioritised. When performing Reiki treatments clients are offered touch or no-touch/distance options.</b></p>

RISKS BEFORE CONTROLS	CONTROLS
<p data-bbox="240 271 766 342"><b>2. Allergies/Reactions to essential oils used</b></p>	<p data-bbox="927 271 1318 658"><b>Stella maintains a high standard of training and professional development as a doTERRA Wellness Advocate to ensure the appropriate information is given to essential oil service users and is discussed within all consultation.</b></p> <p data-bbox="927 698 1289 907"><b>Reactions and allergies are incredibly rare but the appropriate advice is given prior to use and during aftercare.</b></p> <p data-bbox="927 947 1326 1205"><b>The correct dilution ratio guidelines are always used relative to age and for reducing any potential accidental reactions from any oil used thereafter.</b></p>

BEFORE CONTROLS	CONTROLS
<p data-bbox="240 271 770 389">3. Slips, trips or falls entering property using the 4 steps to the entrance of property when working from home.</p> <p data-bbox="240 573 759 739">4. Clients rarely feeling unwell physically, emotionally or mentally following the treatment or service they have received.</p> <p data-bbox="240 922 624 952">5. Professional misconduct.</p>	<p data-bbox="927 271 1337 436">Lighting around hand rails and along floor underneath first step to illuminate the potential hazard.</p> <p data-bbox="927 546 1329 846">The potential and occasional release of negative 'symptoms' discussed prior to treatment/service and within aftercare, highlighting the temporary nature of such potential.</p> <p data-bbox="927 956 1337 1346">Reiki Federation and Reiki Association guidelines followed at all times. Appropriate professional training undertaken. Professional Indemnity insurance covering all services and currently in place with Westminster.</p>

HAZARDS BEFORE CONTROLS		LIKELIHOOD x SEVERITY = RISK RATING		
1	Contagious/infectious illness	6	2	12
2	Reactions/allergies to essential oils	6	2	12
3	Slips/trips and falls	6	2	12
4	Clients feeling unwell following services	6	2	12
5	Professional misconduct	6	2	12

<b>LOW</b> <b>(1 – 30)</b>	<b>MEDIUM</b> <b>(30 – 40)</b>	<b>HIGH</b> <b>(40 – 80)</b>	<b>VERY HIGH</b> <b>(80 – 100)</b>
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**Who Might Be Harmed?**

1	Clients
2	Provider (Stella Grace Allen)
3	Nearby visitors/members of the public

**Controls**

Detail all appropriate controls stating whether they are currently in place. Where an appropriate control is identified but not operational tick the No column and detail further action in the table below.		IN-SITU	
		YES	NO
1	***ALL CONTROLS ARE CURRENTLY IN PLACE***	YES	
2			
3			
4			
5			
6			
7			
8			
9			
10			

11			
12			
13			

### Risk Rating After Controls

		LIKELIHOOD x SEVERITY = RISK RATING		
1	Contagious/infectious illness	2	2	4
2	Reactions/allergies to essential oils	2	2	4
3	Slips/trips and falls	2	2	4
4	Clients feeling unwell following services	2	2	4
5	Professional misconduct	2	2	4

<b>LOW</b> (1 – 30)	<b>MEDIUM</b> (30 – 40)	<b>HIGH</b> (40 – 80)	<b>VERY HIGH</b> (80 – 100)
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### Further Action Required

Specify any further action required		Date Completed
1	Risk assessment updated every 12 months.	Due June 2022
2		
3		
4		

<b>Assessment completed by:</b>	<b>Stella Grace Allen</b>
<b>Date:</b>	<b>30/06/2021</b>
<b>Signed:</b>	Electronically signed, as dated. Paper copy /signature can be provided upon request.

<b>Confirmation that controls will be implemented at alltimes:</b>	<b>Yes</b>
<b>Signed:</b>	<b>Stella Grace Allen</b>
<b>Date:</b>	<b>30/06/2021</b>
<b>Position:</b>	<b>Stella Grace Holistics Sole Trader</b>