

## Occupational risk assessment Respiratory infections including COVID-19

Site: All PDNPA sites and workplaces and working at home	Date 21 April 2022		
Main activities: All normal work activities <u>not covered by a more site or task-specific risk assessment for controlling the risks of respiratory infection</u>			
Maximum number of people exposed: All Category, (skilled, visitor, trainee etc.): All, including Members, trainees, apprentices and volunteers Age range: All staff (16ys plus) Frequency and duration of exposure: Daily - up to a full day (typically 8hs)			
Hazards/Risks identified: <ol style="list-style-type: none"> <li>1. Contact with a source of respiratory infection causing illness</li> <li>2. Infected individuals spreading a respiratory infection to others</li> </ol>			
Current action required: <ol style="list-style-type: none"> <li>1. If you have symptoms of a respiratory infection and you have a high temperature or do not feel well enough to go to work or carry out normal activities, you should stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell. Tell your line manager and HR if you are not working through illness</li> <li>2. If you have a positive COVID-19 test result, you should stay at home and avoid contact with other people for <u>5 days</u> after the day you took your test. You should avoid meeting people at higher risk of becoming seriously unwell from COVID-19 for 10 days after the day you took your test</li> <li>3. If you <u>have</u> to attend work while you have symptoms of a respiratory infection and you have a high temperature or have tested positive for COVID-19 within the last 5 days, you should follow the guidance overleaf to minimise the risk of cross-infection</li> <li>4. If you are a household or overnight contact of someone who has had a positive COVID -19 test result you should follow the guidance overleaf for the following <u>10 days</u> to minimise the risk of cross-infection</li> <li>5. If you have been contacted by the NHS and told you are at high risk of serious illness if infected with COVID-19 or are otherwise at high risk, contact your line manager, HR or OSHA for further advice</li> </ol> <p><i>Official guidance</i> <a href="https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19">People with symptoms of a respiratory infection including COVID-19 - GOV.UK (www.gov.uk)</a></p>			
Risk assessment (taking account of existing controls): <i>Delete as appropriate (see notes overleaf)</i> <ol style="list-style-type: none"> <li><del>1. A serious risk remains requiring immediate action as detailed below</del></li> <li><del>2. A significant risk remains and will be further dealt with as detailed below</del></li> <li>3. This is considered a low/acceptable risk that is currently sufficiently well controlled</li> </ol>			
Agreed new/additional control measures:	When	Who	Done

If in doubt seek further advice from your Line Manager, OSHA or HR

## General guidance

### For all Members, Staff and Volunteers

If you have to attend work while you have symptoms of a respiratory infection and you have a high temperature or have tested positive for COVID-19 within the last 5 days, you should follow the guidance below

If you are a household or overnight contact of someone who has had a positive COVID-19 test result and have to attend work, you should follow this guidance for the next 10 days

- wear a well-fitting face covering made with multiple layers or a surgical face mask
- avoid crowded places such as public transport, large social and work gatherings, or anywhere that is enclosed or poorly ventilated
- meet others and take exercise outdoors in places where you will not have close contact with other people
- cover your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds (or use hand sanitiser) after coughing, sneezing and blowing your nose and before you eat or handle food

It is also *strongly advised* that everybody continues to support the following

- **VACCINATION** - If you have not yet received 2 doses of a COVID-19 vaccine, you should get vaccinated
- **HANDS** - Wash your hands regularly (if you cannot wash use hand-sanitiser)
- **SPACE** – Keep your distance from people you do not normally work with, wherever practicable
- **FRESH AIR** – Meet others outdoors wherever practicable, maximise ventilation in any indoor space, use larger spaces for meetings and avoid crowds and occupied smaller spaces

Key reference [Reducing the spread of respiratory infections, including COVID-19, in the workplace - GOV.UK](https://www.gov.uk/guidance/reducing-the-spread-of-respiratory-infections-including-covid-19-in-the-workplace)  
([www.gov.uk](https://www.gov.uk))

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