

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

This Risk assessment has been prepared to assist the Juniper service areas to identify any potential risks plus to maintain a safe place of work during the Covid-19 Pandemic planning, as required under the Health and Safety at Work Act 1974, to limit the exposure to COVID-19 in the workplace. The advice we receive from Government and other bodies may progress and change. Information on the virus may change, and versions may be updated, consultation in place with Trade Unions, H&S committee, HR, and shared with all staff. To be published on intranet and internet as the corporate Covid-19 secure risk assessment. Note: This is in addition to the normal risk assessments.

Description of Activity	COVID 19 Secure returning to work planning risk assessment		
Location	Service areas		
Completed by	Rosherville Safety Solutions Ltd		
Date of Assessment	15 th May 2020	Review Date	On-going* reviewed 13 July 2020

OFFICE / BUILDING

What are the hazards?	Who & how might someone be harmed?	What are you currently doing to control risks?	Risk Rating L / M / H	What else do you need to do (if applicable)?	Action by who / when?	Date Completed
Coronavirus (COVID-19) (CV19) Office Someone entering the workplace with CV19	Employees, agency, visitors An employee / visitor enters the workplace with CV19 and passes it onto others Causing severe infection/disease	1 Where possible staff that can safely work at home should continue to work at home 2 Staff with existing medical conditions that are especially vulnerable to COVID-19, need to be identified and to follow the current Government guidance, such as shielding, see 'People' section for more information/controls. HR will have individual plans for these staff 3 A staggered start/finish times to reduce crowding in and out of premises, if necessary 4 Additional parking permits or bike racks to be installed to be reviewed 5 Based on the premises layout have more entry points to the premises for the staff members 6 Provide hand sanitation at entry and exit points	LOW			

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		<p>7 Provide any alternative to touch-based systems</p> <p>8 Office lay-out to ensure 2m distance assessed and managed and Managers to manage staff behaviour</p> <p>9 Using floor tapes or paint to mark areas to help staff maintain 2 metre distance where possible, any building that cannot operate at 2metre social distancing to be identified to Senior Management</p> <p>10 Reconfiguring seating and tables to maintain spacing and reduce face to face interactions.</p> <p>11. Installation of Sneeze Screens at identified desks where necessary (if you can't move desks to at least 2 metres apart of have facing each other set up), this is part of the building review preparation risk assessment and action plan</p> <p>12. Grouping staff/teams with fixed teams/partnering so that each person works with only those around them on a regular basis</p> <p>13. Installation of mobile hand wash stations around the buildings in order for staff to have easy and more direct access to hand soap/hand wash (these are non-plumbed units but offer water and soap) or alternatively hand sanitiser located at multiple locations in addition to washrooms</p> <p>14. If the work cannot be completed at home, and staff return to work, managers need to plan for the minimum number of staff that is required to complete the work on site within the building/s</p> <p>15. Ensuring more storage if required in order to store away staff clothing/coats/bags/scarfs rather than leaving these items around the office circulation spaces</p> <p>16. Regular floor walks and inspections by Managers to ensure the standards remain high and any concerns are rectified</p>				
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		<p>17. Managers to monitor the use and set up of the new changes and how staff are adhering to these</p> <p>18. Increased cleaning regime, that is managed, monitored, with a quality management system in place, including spot checks and cleaning audits completed by managers</p> <p>19. Consideration of desk / IT / telephone sanitiser wipes available for staff to complete regular cleans; promote this via signage, giving assurance and self-ownership for frequent cleaning of office items, areas</p> <p>20. Making sure staff and visitors with disabilities are not restricted in their safe movement around the floors/buildings due to installation of barriers, signage etc.</p> <p>21. Control of visitors coming into the building, reduce the need to meet face to face, and have telephone/teleconference meetings where possible. Advising not to invite visitors into the office environment where ever possible</p> <p>22. If staff work require off site visits, they should be encouraged not to come back into the office or prior to the visit where possible, if they are also able to continue to work from home</p> <p>23. Liaison with schools/clients on their building specific risk plans, specifically their covid-19 risk management and social distancing plan/risk assessment</p> <p>24. Cessation of all non-essential face-to-face meetings with visitors (as appropriate to service needs) i.e. telephone contact; use of online access to services; postponement of meetings, where possible;</p>				
Coronavirus	Employees, agency, visitors	1 Reduce maximum occupancy for lifts and encourage use of stairs where possible				

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<p>(COVID-19) (CV19)</p> <p>Passenger Lifts/ corridors and stairs</p> <p>Someone entering the workplace/lifts with CV19</p>	<p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>2 Use of stairs to be promoted in a controlled manner, with floor marking to social distancing of 2 metres</p> <p>3 Sanitise and wipe all the surfaces that staff may come in contact with i.e. buttons, doors, handrails etc. install sanitiser mobile units within/around lifts/lobbies</p> <p>4 Leave any doors that the not fire rated and internal doors open where possible</p> <p>5 Introduce one-way flow system in office corridors and stairs and throughout the building where reasonable possible.</p>	<p>MED</p>			
<p>Coronavirus (COVID-19) (CV19)</p> <p>Circulation of fresh air</p> <p>Someone entering the workplace/offices with CV19, staff fear and concerns of becoming infected by air circulation</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 Keep ventilation systems maintained regularly and adjusting systems where necessary</p> <p>2 Ventilation systems maintained</p> <p>3 Check service and or adjustments required, so that they do not automatically reduce ventilation levels due to lower than normal occupancy</p> <p>4 Opening windows and doors frequently to encourage ventilation where possible</p> <p>5 Keep the systems operating continuously, i.e. not shutting down at weekends</p> <p>6 Switch air handling units with recirculation to 100% outdoor air</p>	<p>MED</p>			
<p>Coronavirus (COVID-19) (CV19)</p> <p>Contaminated workplace</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p>	<p>1 An increased formal cleaning regime, employees are cleaning equipment more often and key areas and touch points are identified and form part of the specified cleaning schedule (keyboards, work surfaces, door handles etc.)</p> <p>2 Hand sanitisers have been placed in the workplace</p> <p>3 Extra hygiene requirements (handwashing etc.) enforced</p> <p>4 Multi-use handtowels are not used to dry hands</p>	<p>MED</p>			

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Someone entering the workplace/offices with CV19	Causing severe infection/disease	<p>5 This information has been passed onto employees</p> <p>6 Confirmed cases of work-related CV-19 to be reported via accident and incident report, RSS Ltd will review via the usual accident procedure. Potential for RIDDOR report to HSE; if necessary, this will be done by RSS Ltd</p> <p>7 BC planning includes a preparedness for cleaning regime in light of potential outbreaks</p> <p>8 Following the test and trace procedures and ensuring all staff are aware on the procedures</p>				
<p>Coronavirus (COVID-19) (CV-19)</p> <p>Gatherings, emergency evacuation, offices, non-school settings</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1. Social distancing standards marked out clearly around the buildings to keep staff at least 2 metres apart at all times</p> <p>2. Fire evacuation advice is for the removal of fire evacuation assembly points and to have full dispersal evacuation away from the buildings, if this is supported by full building sweep by fire wardens, i.e. no need to gather groups of staff together. Staff should disperse to the surrounding areas, streets and not gather in groups</p> <p>3. PEEPS 'personal emergency evacuation plans' to be reviewed with the identified evacuation team/ 'buddy' packs should be installed next to the evacuation transfer/meeting location to include surgical face masks for all parties involved in personal evacuation procedure</p> <p>4. Manage any gathering of people close to the building entrances and disperse groups if necessary, keeping a safe distance themselves</p>	MED			
Coronavirus (COVID-19) (CV-19)	Employees, agency, visitors	<p>1. Review existing first aid needs analysis in line with Health and Safety Executive (HSE) Guidance on First Aid cover</p> <p>2 It is accepted that 2m social distancing cannot be maintained</p>				

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<p>Provision of first aid in buildings</p> <p>Someone entering the workplace/offices with CV19, giving first aid to staff/others</p>	<p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>during the delivery of first aid, but physical contact should be kept to a minimum e.g. pupils apply cold pack, wipe, plaster where able to do so.</p>	<p>MED</p>			
<p>Coronavirus (COVID-19) (CV-19)</p> <p>Office/Kitchen break out areas</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 Social distancing in place with signage</p> <p>2 Zip taps/Kettles to be cleaned before and after use with appropriate cleaning material/wipes</p> <p>3 Staff behaviour staying alert to others around them and keeping to the 2 metre rule as a minimum wherever possible</p> <p>4 Staff to be encouraged to wash their hands before / after eating for at least 20 seconds</p> <p>5 Staff to dispose of their food waste into the bins provided, and clean their cutlery and put away</p> <p>6 Staff not to share cups and cutlery</p> <p>7 Staff to be encouraged to go outside during breaks</p> <p>8 These areas to have an increased cleaning regime in place</p>	<p>MED</p>			
<p>Coronavirus (COVID-19) (CV-19)</p> <p>Toilet areas</p> <p>Someone entering the workplace/offices with</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p>	<p>1 Social distancing in place with signage</p> <p>2 Staff to stay alert as these are single door access and egress and potential non 2 metres meeting points, therefore proceed with caution and be prepared to take a step back to allow others to keep the 2 metre rule wherever possible</p> <p>3 Washing hands is paramount</p> <p>4 There will be an increased cleaning regime in these areas</p>	<p>MED</p>			

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CV19	Causing severe infection/disease	<p>5 Close off sinks to create social distancing</p> <p>6 Review foot or elbow door opening options to reduce hand touching surfaces/doors access egress points</p> <p>7 Limit use to one person at time in smaller toilet areas</p>				
<p>Coronavirus (COVID-19) (CV-19)</p> <p>Meeting rooms</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 All meetings for those staff working in the office should be completed virtually to keep and prevent the gathering of different staff members coming together within an enclosed room environment</p> <p>2 During the summer consider holding meetings outside in the open and keeping to the social distancing of 2 metres</p> <p>3 Keep meeting room doors open and maintain the allotted numbers allowed</p> <p>4 Do not use rooms that are not well ventilated</p> <p>5 Avoid sharing pens and any other items</p> <p>6 Hand sanitiser to be provided in meeting rooms</p> <p>7 Establish meeting etiquette while entering and leaving to ensure distancing</p> <p>8 Meetings dates and attendance recorded re potential tracking requirements</p>	MED			
<p>Coronavirus (COVID-19) (CV-19)</p> <p>Hygiene Control</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p>	<p>1 New increased cleaning regime in place</p> <p>2 To include ongoing detailed cleaning specification which is managed and monitored as a quality management system</p> <p>3 Specified cleaning material to be used for virus infection control, COSHH data sheets and risk assessments to be updated</p> <p>4 Frequent cleaning of work areas and equipment is an absolute requirement such as IT equipment, and touch points</p>	MED			

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	<p>Causing severe infection/disease</p>	<p>5 Cleaning products as per no.3 being left out in cleaning stations/defined desk areas, for staff to use and clean their desks, chairs, telephone, IT equipment prior and after use where necessary and having increased adequate disposal arrangements</p> <p>6 Cleaning to be reviewed and altered to change any increasing risk factors, confirmed COVID-19 cases within specific areas of the building/s</p> <p>7 Restrictions use of high touch equipment such as printers and/or increase personal cleaning pre-use</p> <p>8 Signage and posters installed around the buildings to build good awareness of increased hand washing, washing hands on commencement of work, avoidance of touching face and to cough or sneeze into a tissue which is binned or into your arm if no tissue available</p> <p>9 Increase of waste removal from bins during the day</p> <p>10 Shower and changing areas must be kept clear of staff personal items and that social distancing is achieved as much as possible</p> <p>11 Cleaning of items, goods, deliveries entering the buildings, and increasing cleaning facilities for staff in these areas</p> <p>12 Cleaning procedure for vehicles as well as buildings, cleaning with appropriate approved cleaning products, in a well-ventilated area, bringing the door windows down when cleaning</p> <p>13 No personal staff deliveries allowed to site</p> <p>14 Staff not to bring in shopping and other items at lunch time, to restrict the items brought into the work place that could potentially be contaminated</p> <p>15 Behaviour change, Behaviour watch, to promote the infection</p>				
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		control requirements of 'Catch it, Bin it, Kill it' – respiratory hygiene must be promoted at all times, coughing and/or sneezing into a tissue and disposing of it immediately or coughing and sneezing into the crook of the elbow followed by hand washing				
<p>Coronavirus (COVID-19) (CV19)</p> <p>Statutory Compliance</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p>	<p>1 Manage and review Kitchen statutory compliance to ensure the equipment is up to date, managed and monitored and any 'start-up' programmes for service items and equipment are completed</p> <p>2 Control the contractor COVID-19 pre assessment before allowing anyone in the buildings, and a review of their risk assessment against current COVID-19 risk assessments and to ensure inductions are in place that includes our COVID-19 control measures and social distancing requirements</p> <p>3 Ensure any flushing of little used outlets re 'legionella' management is completed in line with the site premises management controls</p>	LOW			
<p>Coronavirus (COVID-19) (CV19)</p> <p>Social distancing</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 Only staff that cannot work from home to come into the work place</p> <p>2 Social distancing planning completed in liaison with Landlords, Schools, clients. Knowing the numbers of staff required allowed per floor/building with the 2 metre distance rule wherever possible</p> <p>3 It should be understood that the exposure time of spending time in close proximity forms part of the risk assessment</p> <p>4 Where social distancing of at least 2 metres cannot be followed this should be alerted to managers and RSS Ltd</p> <p>5 Screens (sneeze screens) should be considered and is advised as an additional control measure at the set identified</p>	MED			

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		<p>social distancing areas, desks, lifts, meeting rooms, work locations where there is a closer than 2 metre distance or have face to face set up (not advised) or if work conditions (specific locations) cannot be altered or managed by work changes (one person in this area, rotation of work area, limit and control etc.</p> <p>6 Reduce the time spent in the office if the work can be completed at home, or if the work involving other aspects such as site visits and continue home to complete working from home. If home work is not available then managers should review the staff rota and work activities in relation to being in close contact with other staff to reduce potential exposure time</p> <p>7 Although the 2 metre rule is now very much known, the assessment of risk of moving and working further apart should be considered and not just the minimum, although this is the set standard</p> <p>8 All areas of the work place should aim to keep the social distancing and minimise contact at all times wherever possible</p>				
<p>Coronavirus (COVID-19) (CV19)</p> <p>Accidents, Security incident, emergency</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 It is important to understand and make clear that in the event of any emergency situation, staff do not have to stay 2 metres apart if it the event of an unsafe 'event' such as a terrorist attack, fire, explosion risk where large numbers may have to move fast to evacuate</p> <p>2 Staff involved in emergency situations that may bring them into close contact to ensure that you pay particular attention to sanitation measures immediately afterwards including washing of hands</p>	MED			

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INDIVIDUAL						
What are the hazards?	Who & how might someone be harmed?	What are you currently doing to control risks?	Risk Rating L / M / H	What else do you need to do (if applicable)?	Action by who / when?	Date Completed
<p>Coronavirus (COVID-19) (CV19)</p> <p>Staff with existing medical conditions</p> <p>Someone entering the workplace/offices with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee being asked to come into work that have existing medical conditions and are clinically extremely vulnerable, or clinically vulnerable</p> <p>Causing severe infection/disease</p>	<p>1 Managers to identify staff that are either *Clinically extremely vulnerable or Clinically vulnerable people with the instruction to stay at home as much as possible and keep interactions outside to a minimum.</p> <p>From 1 August, the government will pause shielding unless the transmission of COVID-19 in the community starts to rise significantly. guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19</p> <p>This means:</p> <ul style="list-style-type: none"> the government will no longer be advising to shield and you can go to work, as long as the workplace is COVID-secure – but carry on working from home if you can <p>This guidance will be updated with these changes on 1 August.</p> <p>2 Managers to ensure the communication of all home workers/and those shielding is in place with regular contact</p> <p>3 Individual risk assessment will be undertaken for each of these groups, and kept under review</p> <p>Government guidance that now covers Vulnerable is staying-</p>	MED			

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		<p>alert-and-safe-social-distancing after 4 July updated on the 9 July 2020, and now the Clinically vulnerable people are now within this guidance. For ease of reference;</p> <p>Clinically vulnerable people are those who are:</p> <ul style="list-style-type: none"> • aged 70 or older (regardless of medical conditions) • under 70 with an underlying health condition listed below (that is, anyone instructed to get a flu jab each year on medical grounds): • chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis • chronic heart disease, such as heart failure • chronic kidney disease • chronic liver disease, such as hepatitis • chronic neurological conditions, such as Parkinson’s disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy • diabetes • a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets) • being seriously overweight (a body mass index (BMI) of 40 or above) • pregnant women <p>From 1 August advice for clinically extremely vulnerable people will move in line with advice to those who are clinically vulnerable. In practice, this means staying at home as much as possible, and if people do go out, taking particular care to</p>				
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		<p>minimise contact with others outside their household (unless you are in a support bubble) and robustly practising good, frequent hand washing.</p> <p>The relaxation of the shielding guidance will mean people who are clinically extremely vulnerable will be advised they can go to work or to the shops, as long as they are able to maintain social distancing as much as possible and their workplace is COVID-19 Secure.</p> <p>Support for those shielding will continue to the end of July so that people can plan for these changes.</p> <p>Juniper are actively monitoring the staff within these groups, and also the changes from the Government</p>				
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>Someone becomes ill within the workplace</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 The individual will be sent home and advised to follow the Test and Trace guidance in this risk assessment and NHS guidance online. If the person is a visitor, their organisation will also be contacted.</p> <p>2 The workplace will be decontaminated following Public Health England Guidance: COVID-19, cleaning in non-healthcare settings</p> <p>3 This information has been passed onto employees</p>	MED			
<p>Coronavirus (COVID-19) (CV19) temporary change to work environment</p> <p>Staff working at home</p>	<p>Employees, agency, visitors</p> <p>Staff working at home that are not set up for homeworking,</p>	<p>1 Staff to follow the working from home RSS Ltd guidance</p> <p>2 Manager to complete working at home risk assessment</p> <p>3 Manager and staff to ensure communication is in place for any concerns with DSE, wellbeing</p> <p>4 Homeworking staff to complete DSE self-assessment form</p> <p>5 Individual user tries to mimic the set-up of the working arrangement</p>	MED			

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	DSE, posture, MSD, stress, anxiety	6 Communication between individuals / teams and Managers is clear 7 Staff giving clear guidance on wellbeing and contact details for support				
Coronavirus (COVID-19) (CV19) Contractors Someone entering the workplace/offices with CV19	Employees, agency, visitors An employee / visitor enters the workplace with CV19 and passes it onto others Causing severe infection/disease	1 Only necessary contractors to be allowed on site, and approved/authorised 2 Agency staff and contractors to be inducted to the normal health and safety induction processes, including the current COVID-19 risk assessments and social distancing requirement, and promotion of hand cleaning and hygiene 3 Pre-communicated to ensure a health check question-set is asked regarding any symptoms of COVID-19, and information given to them before they get to site on the social distancing and COVID-19 management standards in place 4 Normal risk assessment, method statements review, considering if the works will compromise social distancing for others, such as increasing of numbers of people by contractors working in staff areas breaking the social distancing requirements 5 Normal management and monitoring of contractor works, wellbeing on site 6 Consideration of changing times of contractor works, out of hours, during less busy times 7 Working together with any shared sites, employers, landlords sharing risk assessment, COVID-19 social distancing management, and sharing information concerning visitors that may affect their own risk management and social distancing standards	MED			
Coronavirus (COVID-19) (CV19)	Employees, agency, visitors	1 Continue to wear/use any PPE that is normally used as part of your workplace activities 2 COVID-19 infection risk is managed by working at home				

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<p>Personal Protective Equipment (PPE)</p> <p>Someone entering the workplace with CV19</p>	<p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>wherever possible; staying at least 2 metres away from each other in the workplace wherever possible, increased hygiene measures, fixed teams and removal of hot desk environment and not through the use of PPE</p> <p>3 We do not encourage the precautionary use of extra PPE to protect against COVID-19 outside clinical settings</p> <p>4 Managers need to review their current COVID-19 risk assessment and if PPE is identified as a control measure to ensure an adequate supply is available and monitored; staff should know the correct use of this including disposal methods</p>	<p>MED</p>			
<p>Coronavirus (COVID-19) (CV19)</p> <p>Face Coverings</p> <p>Someone entering the workplace with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee /agency staff commuting and using public transport</p>	<p>1 Evidence suggests that wearing a face mask doesn't protect you but may protect others in the event you are infected, to note this is not PPE, it is not a legal workplace requirement</p> <p>2 The risk is managed by minimising workers in work, contact time together, social distancing, increased hygiene and cleaning regime, and not reliant on face coverings</p> <p>3 All staff are informed that face coverings are not required within the working environment, although the government advice is for public transport use, where the close contact of others is likely</p> <p>If staff choose to wear one the following guidance is applicable and should be followed;</p> <ul style="list-style-type: none"> • Washing hands thoroughly with soap and water for 20 seconds or use of hand sanitiser before putting a face covering on and after removing it • Avoid touching your face or face covering as you can contaminate them with germs from your hands • Change face covering if becomes damp or if you have touched this 	<p>MED</p>			

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		<ul style="list-style-type: none"> Continue to wash hands regularly Change and wash face covering daily If not washable dispose of carefully in usual waste Practise social distancing wherever possible You can make your own face covering following guidance on GOV.UK. 				
<p>Coronavirus (COVID-19) (CV19)</p> <p>Working in Groups</p> <p>Someone entering the workplace/lifts with CV19</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Causing severe infection/disease</p>	<p>1 As far as possible manager should split teams that cannot work from home into small groups working together following the social distancing set up</p> <p>2 Managers to identify materials, commonly shared items to assess the need to share, and how these items can be safely used to reduce direct contact and cleaning of items, consider zoned areas, pick up areas that are supported by cleaning material and hand sanitiser</p> <p>3 Although the social distancing is at least 2 metres wherever possible it is the time spent together that should also be minimised as far as possible, following the principles of prevention rule, eliminate / reduce / isolate / control</p>	MED			
<p>Coronavirus (COVID-19) (CV19)</p> <p>Work related travel</p> <p>Being in close proximity of people infected with CV19 and/or increased time spent in this environment</p>	<p>Employees, agency, visitors</p> <p>An employee / agency catches the virus travelling</p> <p>Causing severe infection/disease</p>	<p>1 Staff to work at home if they can, if they can't do the work from home, they come into work following the risk controls within this assessment</p> <p>2 Minimise non-essential travel, considering and preferring to have remote options</p> <p>3 Minimise number of staff travelling together in any one vehicle, using fixed partners, increasing ventilation and avoiding sitting face to face</p> <p>4 Cleaning regime programme and in between shifts for vehicles</p> <p>5 Avoid public transport wherever possible</p>	MED			

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		<p>6 Stagger working times to avoid busier times</p> <p>7 Follow government advice for face coverings</p>				
<p>Coronavirus (COVID-19) (CV19)</p> <p>Change management /communication/training</p> <p>Lack of awareness of risk</p> <p>Stress and anxiety</p>	<p>Employees, agency, visitors</p> <p>An employee / visitor enters the workplace with CV19 and passes it onto others</p> <p>Sickness related to stress due to lack of communication</p>	<p>1 Providing clear consistent and regular communication to improve understanding for all staff throughout the pandemic</p> <p>2 Providing early information instruction before any changes to working practices</p> <p>3 Managers risk assess if any changes to current risk assessments and update/include staff</p> <p>4 Guidance to staff on changes to work environment and procedures in advance of any physical changes</p> <p>5 Increased staff communication to raise awareness of potential risks; directing staff to Government, NHS, PHE and local guidelines and resources:</p> <ul style="list-style-type: none"> ▪ NHS guidance, how to wash your hands video (20 second rule) ▪ NHS advice on CV19; risks, symptoms, how CV19 is spread, how to avoid catching or spreading germs ▪ Juniper face book pages and newsletter ▪ Information posters displayed at key points and throughout premises ▪ Visual messages, use of pictures, in addition to written information ▪ Hygiene requirements (handwashing etc.) and practise of social distancing (2 metres) wherever possible <p>6 Additional consideration is given to those employees who may be deemed to be at increased risk in the planning of work activities</p> <p>7 Advice on risks, symptoms and control measures implemented relevant to the specific service / team</p> <p>8 Employees to adhere to the 2m rule at work sites wherever possible</p>	MED			

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

		<p>9 Follow signage of egress and access to premises</p> <p>11 Having clear guidance on trace and track measures and clear guidance to managers and staff on actions required and support available</p> <p>12 All of the information displayed in appropriate languages throughout the workplace where needed to ensure the information is understood</p> <p>13 Supervisors, managers, areas managers to audit, inspect and complete immediate corrective action where needed, local managers to ensure visible monitoring is in place to manage and monitor, and any corrective actions are addressed including client sites/management concerns</p>				
<p>Coronavirus (COVID-19) (CV19)</p> <p>Stress and anxiety concerning returning to work</p> <p>Chance of catching COVID-19 by travelling or returning to work</p>	<p>Employees, agency, visitors</p> <p>An employee / agency catches COVID-19 or concern of catching virus causing stress and anxiety affecting the body causing illness and sick ness</p> <p>Sickness related to stress</p>	<p>1 Managers to reassure staff that if they can work from home then they continue to work from home, and any future changes will continue to be on a risk-based approach</p> <p>2 Managers to identify staff with stress or anxiety and complete a follow up stress risk assessment using the RSS Ltd guidance and template</p> <p>3 For staff who have to come into work whether this is an essential worker or they cannot work from home need to be communicated with by manager sharing risk assessments and control measures for covid-19 controls</p> <p>4 Ongoing clear communication between individuals / teams and Managers is clear</p> <p>5 Individual or team stress risk assessments to be completed following RSS guidance if significant risks being identified and evidence of work related stress</p>	MED			
Coronavirus	Employees,	1 Change management and information sharing is vital				

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

(COVID-19) (CV19)	agency	2 Support for staff wellbeing as some staff may be particularly anxious about returning to work.	LOW			
Staff wellbeing	Causing severe infection/disease	3 Juniper wellbeing support for mental health and wellbeing for staff with Covid-19 related concerns				
Coronavirus (COVID-19) (CV19)						
Someone entering the school/workplace/offices with CV19						

SERVICE ACTIVITY – KITCHENS / CATERING

What are the hazards?	Who & how might someone be harmed?	What are you currently doing to control risks?	Risk Rating L / M / H	What else do you need to do (if applicable)?	Action by who / when?	Date Completed
Suspected case of Coronavirus (COVID-19) (CV19) Transmission of COVID-19, and lack of social distancing in Kitchens And full return of school in	Employees Visitors Contracted CV19 by any means Working in close proximity with colleagues	1 Floor markings installed to ensure 2m separation where there is queuing (servery, till points etc.) this should be reviewed with the school/client *Note: Juniper Kitchens are following the guidance for food businesses on coronavirus (COVID-19) , to ensure we comply with the most current Government guidance 2 Behaviour reminders for staff to keep to the social distancing and working as a team wherever possible 3 Posters to be displayed to promote the awareness of social distancing	MED			

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

<p>September 2020</p>	<p>Breathing in droplets, touching contaminated surfaces</p> <p>Causing severe infection/disease</p>	<p>4 Area managers to review kitchen layouts, numbers of staff, size of kitchen and agree changes to be implemented, in liaison with the school/client, all in relation to achieving social distancing within kitchen work areas, in relation to changes of full return of school in September, this may include staggered work times, no face to face working if less than 2m distance, avoiding shoulder to shoulder working</p> <p>5 Staff working zones to be marked out, that includes servery, cooking, dining hall areas, with staff having areas/zones to be working in wherever possible</p> <p>6 Area manager, and local managers to complete checks on the social distancing requirement and remind staff when needed</p> <p>7 Staff to be focused on the achievement of maintaining the 2m rule throughout their day wherever possible</p> <p>8 Increased hand washing periodically during the day, in addition to the normal hygiene kitchen requirements</p> <p>9 Installation of physical screens if kitchen areas are too small to maintain the 2m rule, this includes servery areas where large numbers of pupils will present themselves at the servery, this should be reviewed with managers and school premises/managers, installation of physical screens should not replace a hazard with another hazard</p> <p>10 A review of the kitchen risk assessment if any changes to the working environment, any concerns contact RSS Ltd and manager to review and update where necessary</p> <p>11 The creation of flow work operation will be considered if the kitchens are small and constrained, this will be individual staff working in a small area and limited to only one person in that area, who would complete the work task for that area then pass on to other kitchen staff keeping 2m distance</p>				
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JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

		<p>12 A kitchen planner to be used at the start of the day/week to carefully review the set up and working to ensure 2m distancing is achievable, reflection on areas of concerns and corrections required to be completed</p> <p>13 Supervisor to manage and monitor the staff in order to keep to the 2m rule</p> <p>14 Contractor works to be completed when the kitchen has low or no staff within the required areas of work</p> <p>15 No visitors to the kitchen and management of delivery drivers so far is reasonably practicable to keep to the 2m distance</p> <p>16 An assessment of the restricted areas within the kitchen, to include W/C, rest rooms, offices, fridge rooms, as these rooms are normally small areas in comparison to the kitchen area, and therefore planning is required to ensure staff do not come close together whilst entering and using these area</p>				
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>Infection control</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 Increased cleaning, sanitising/disinfecting objects and surfacing, with the focus on the frequent touch areas</p> <p>2 Normal PPE to be continued to be used, re kitchen risk assessments/cosHH risk assessments</p> <p>3 A system in place for the awareness of potential contamination on delivery items, packaging. Removal and disposal of outer packaging where possible and handwashing directly afterwards</p> <p>4 Equipment cleaned after use, and/or before use</p> <p>5 Disposable gloves to be worn whilst working on the tills</p> <p>6 Chip and Pin/Contactless payment is preferred to reduce touching of money where possible, if not, enhanced hand cleaning, and disposable gloves to be disposed of safely</p> <p>7 Increased handwashing, as soon as staff arrive, frequently during the day, and after task work, and for at least 20</p>	MED			

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

		<p>seconds, supervisors to monitor, and promote these hygiene control measures as much as possible</p> <p>8 Behaviour change and reminders for the staff, for each other, not to touch your face, nose, eyes, mouth, and wash hands if you do</p> <p>9 Handwashing with hot water and soap is available</p> <p>10 Avoiding direct working or direct contact with other staff and others (pupils, school staff, delivery drivers etc.)</p> <p>11 Behaviour change, Behaviour watch, to promote the infection control requirements of 'Catch it, Bin it, Kill it' – respiratory hygiene must be promoted at all times, coughing and/or sneezing into a tissue and disposing of it immediately or coughing and sneezing into the crook of the elbow followed by hand washing</p> <p>12 PPE masks are not required within the kitchen, and due to the nature of heat, steam, touching of face/masks increases poor hygiene standards, but the social distancing managed by task/work design, human behaviour, a review of the numbers required within the zoned area of control (kitchens)</p> <p>13 Kitchen staff working in small groups each day and not mixed with other sites/staff where possible</p>				
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>School/client lack of communication</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 Ensure social distancing plan and risk assessment is shared with schools/clients, and they share theirs</p> <p>2 If any physical markings, assessments, installations re social distancing to be reviewed with the school/client</p> <p>3 Communication with school/client re covid-19 sickness procedures in place to ensure that the both parties informed of any covid-19 related staff/agency sickness, without delay, including BC plan if the whole kitchen crew have to self-isolate, and test and trace procedures in place</p> <p>4 Concerns with pupils/staff not social distancing to be raised</p>	LOW			

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

		up via the school contact, management, and internal Juniper managers 5 Reviewing the changes for September, management of numbers, cleaning regime between servery				
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SERVICE ACTIVITY – CLEANING

What are the hazards?	Who & how might someone be harmed?	What are you currently doing to control risks?	Risk Rating L / M / H	What else do you need to do (if applicable)?	Action by who / when?	Date Completed
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>Transmission of COVID-19, and lack of social distancing in schools/client premises</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Working in close proximity with colleagues</p> <p>Breathing in droplets, touching contaminated surfaces</p> <p>Causing severe infection/disease</p>	<p>1 Floor markings installed to ensure 2m separation around the school/client buildings wherever possible, staff to be aware</p> <p>2 Cleaners normally work remotely, and are able to continue with this, checking on areas/rooms re: numbers of occupants, before going in</p> <p>3 Area managers to review areas of workplace re: social distancing, and follow up with client/staff with any concerns</p> <p>4 Staff working in zones, areas of the school to separate the cleaning works</p> <p>5 Staff to be focused on the achievement of maintaining the 2m rule throughout their shift wherever possible</p> <p>6 Increased hand washing periodically during the day, in addition to the normal hygiene requirements</p> <p>7 A review of the cleaning risk assessment if any changes to the working environment, any concerns contact RSS Ltd and manager to review and update where necessary</p> <p>8 The creation of flow work operation will be considered if the school areas/rooms are small and constrained, this will be individual staff working in a small area and limited to only one person in that area</p>	LOW			

JUNIPER COVID SECURE-RETURN TO WORK COVID-19 PANDEMIC RISK ASSESSMENT

		9 An assessment of the restricted areas within the stock rooms/rest rooms, as these rooms are normally small areas, and therefore planning is required to ensure staff do not come close together whilst entering and using these area				
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>Infection control</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 Increased cleaning, sanitising/disinfecting objects and surfacing, with the focus on the frequent touch areas</p> <p>2 Normal PPE to be continued to be used, re Cleaning risk assessments/cosHH risk assessments</p> <p>3 A system in place for the awareness of potential contamination on delivery items, packaging. Removal and disposal of outer packaging where possible and handwashing directly afterwards</p> <p>4 Equipment cleaned after use, and/or before use</p> <p>5 Increased handwashing, as soon as staff arrive, frequently during the shift, and for at least 20 seconds, promote these hygiene control measures as much as possible</p> <p>6 Behaviour change and reminders for the staff, for each other, not to touch your face, nose, eyes, mouth, and wash hands if you do</p> <p>7 Handwashing with hot water and soap is available</p> <p>8 Avoiding direct working or direct contact with other staff and others (pupils, school staff)</p> <p>9 Behaviour change, Behaviour watch, to promote the infection control requirements of 'Catch it, Bin it, Kill it' – respiratory hygiene must be promoted at all times, coughing and/or sneezing into a tissue and disposing of it immediately or coughing and sneezing into the crook of the elbow followed by hand washing</p> <p>10 Cleaning staff working in small groups each day and not mixed with other sites/staff where possible</p> <p>11 No sharing of items between staff</p>	MED			

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<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>School/client lack of communication</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 Ensure social distancing plan and risk assessment is shared with schools/clients, and they share theirs with you</p> <p>2 If any physical markings, assessments, installations re social distancing concerns to be reviewed with the school/client</p> <p>3 Communication with school/client re covid-19 sickness procedures in place to ensure that the both parties informed of any covid-19 related staff/agency sickness, without delay, including BC plan if the whole kitchen crew have to self-isolate, and track – trace procedures in place</p> <p>4 Concerns with pupils/staff not social distancing to be raised up via the school contact, management, and internal Juniper managers</p>	<p>MED</p>			
<p>Suspected case of Coronavirus (COVID-19) (CV19)</p> <p>Cleaning/Deep cleaning/Covid-19 confirmed areas</p>	<p>Employees</p> <p>Visitors</p> <p>Contracted CV19 by any means</p> <p>Causing severe infection/disease</p>	<p>1 Checking to see if the area can be kept closed and secure for 72 hours before going in, as the amount of virus living on surfaces will have reduced significantly by 72 hours</p> <p>2 Using normal household/commercial Jangro disinfectant for cleaning an area with,after someone with suspected coronavirus (COVID-19) has left will reduce the risk of passing the infection on to other people</p> <ul style="list-style-type: none"> • Wear disposable gloves and aprons for cleaning • These should be double bagged, then stored securely for 72 hours then thrown away in the regular rubbish after cleaning is finished • Using a disposable cloth, first clean hard surfaces with warm soapy water. Then disinfect these surfaces with the cleaning products • Pay particular attention to frequently touched areas and surfaces, such as bathrooms, grab-rails in corridors and stairwells and door handles • Spray generously onto surfaces and allow contact to 	<p>LOW</p>			

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		<p>remain for at least 5 minutes, spray and walk away, try and work in a ventilated area</p> <ul style="list-style-type: none"> • Staff to use protection for the eyes by using goggles, and a P1 mask for the mouth and nose as well as gloves and an apron • Wash hands regularly with soap and water for 20 seconds, and after removing gloves, aprons and other protection used while cleaning • Staff trained on this process, internal tool box training • Staff uniform/PPE footwear – non slip • For a deep clean / disinfection (e.g. following a suspected/confirmed case) use a combined detergent disinfectant solution at a dilution of 1000 parts per million (ppm) available chlorine (av.cl.) or a neutral purpose detergent followed by disinfection (1000 ppm av.cl.). PHE advice the COVID-19: cleaning of non-healthcare settings guidance 				
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Test and Trace – Planning Response to any Infection

What are the hazards?	Who & how might someone be harmed?	What are you currently doing to control risks?	Risk Rating L / M / H	What else do you need to do (if applicable)?	Action by who / when?	Date Completed
<p><i>(Test and Trace)</i></p> <p>Coronavirus</p>	<p>Employees, agency, Pupils, visitors</p> <p>Causing severe</p>	<p>1 Juniper and staff must ensure they understand the NHS. Juniper ensure that staff members understand that they will need to be ready and willing to:</p> <ul style="list-style-type: none"> • book a test if they are displaying symptoms. Staff 				

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<p>(COVID-19) (CV19)</p> <p>Someone entering the school/workplace/offices with CV19</p>	<p>infection/disease</p>	<p>and must not come into work if they have symptoms, and must be sent home to self-isolate if they develop them in work.</p> <ul style="list-style-type: none"> • provide details of anyone they have been in close contact with if they were to test positive for coronavirus (COVID-19) or if asked by NHS Test and Trace • self-isolate if they have been in close contact with someone who develops coronavirus (COVID-19) symptoms or someone who tests positive for coronavirus (COVID-19) <p>2 Anyone who displays symptoms of coronavirus (COVID-19) can and should get a test. Tests can be booked online through the NHS testing and tracing for coronavirus website, or ordered by telephone via NHS 119 for those without access to the internet. Essential workers, which includes anyone involved in education or childcare, have priority access to testing.</p> <p>3 If someone tests negative, if they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of their household can stop self-isolating.</p> <p>4 If someone tests positive, they should follow the ‘stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection’ and must continue to self-isolate for at least 7 days from the onset of their symptoms and then return to work only if they do not have symptoms</p>				
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		<p>other than cough or loss of sense of smell/taste. This is because a cough or anosmia can last for several weeks once the infection has gone. The 7-day period starts from the day when they first became ill. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 14 days.</p>				
<p>(Confirmed cases)</p> <p>Coronavirus (COVID-19) (CV19)</p> <p>Someone entering the school/workplace/offices with CV19</p>	<p>Employees, agency, Pupils, visitors</p> <p>Causing severe infection/disease</p>	<p>1 Juniper must take swift action when they become aware that someone who has attended has tested positive for coronavirus (COVID-19).</p> <p>2 Based on the advice from the health protection team, Local Authority Public Health Juniper must send home those people who have been in close contact with the person who has tested positive, advising them to self-isolate for 14 days since they were last in close contact with that person when they were infectious. Close contact means:</p> <ul style="list-style-type: none"> • direct close contacts - face to face contact with an infected individual for any length of time, within 1 metre, including being coughed on, a face to face conversation, or unprotected physical contact (skin-to-skin) • proximity contacts - extended close contact (within 1 to 2 metres for more than 15 minutes) with an infected individual • travelling in a small vehicle, like a car, with an infected person <p>3 Household members of those contacts who are sent home do not need to self-isolate themselves unless the child, young person or staff member who is self-isolating subsequently</p>				

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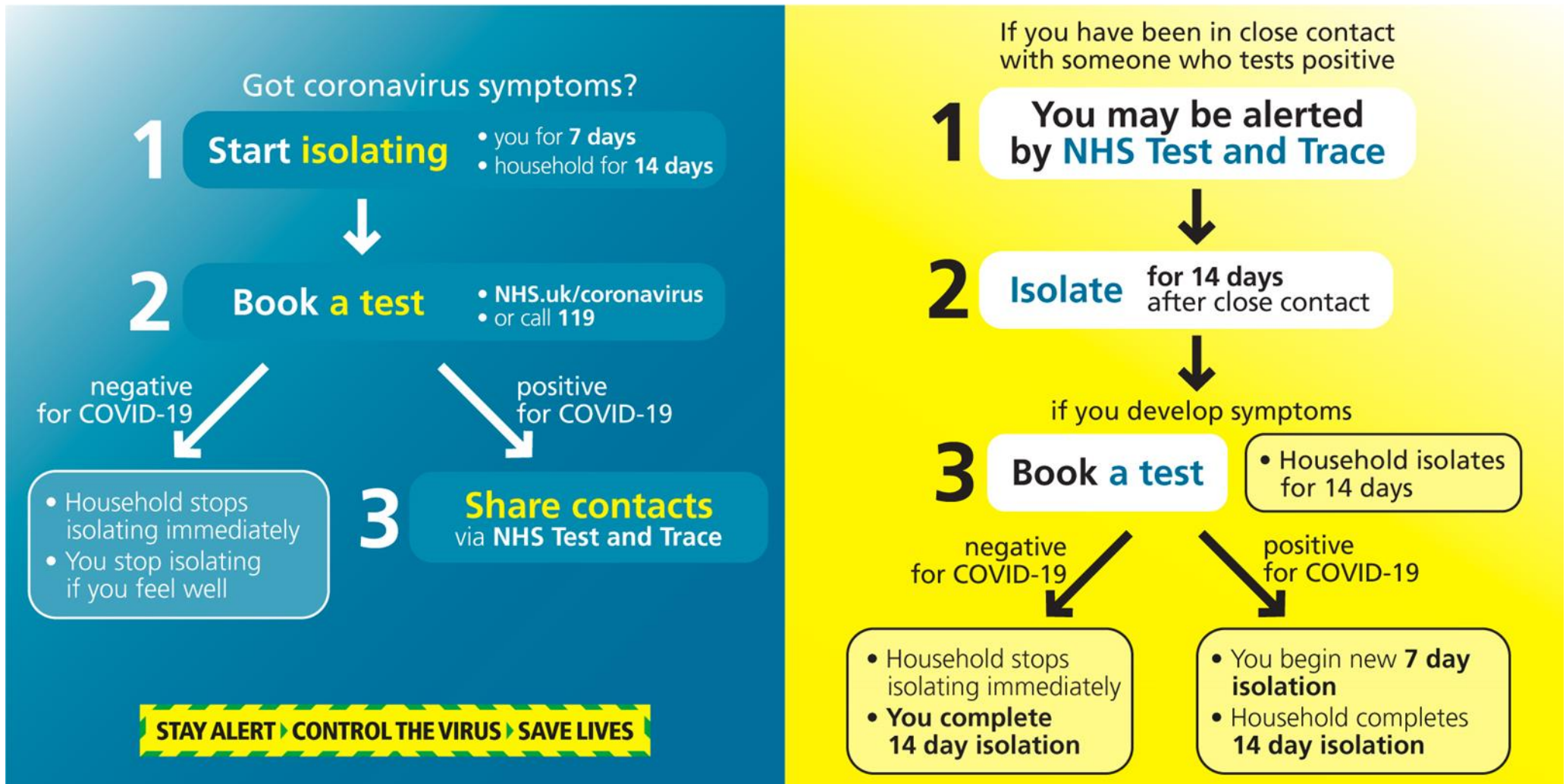
		<p>develops symptoms. If someone in a group that has been asked to self-isolate develops symptoms themselves within their 14-day isolation period they should follow ‘stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection’. They should get a test, and:</p> <ul style="list-style-type: none"> • if the test delivers a negative result, they must remain in isolation for the remainder of the 14-day isolation period. This is because they could still develop the coronavirus (COVID-19) within the remaining days. • if the test result is positive, they should inform their setting immediately, and must isolate for at least 7 days from the onset of their symptoms (which could mean the self-isolation ends before or after the original 14-day isolation period). Their household should self-isolate for at least 14 days from when the symptomatic person first had symptoms, following ‘stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection’ <p>Further guidance is available on testing and tracing for coronavirus (COVID-19).</p>				
<p>(Outbreak)</p> <p>Coronavirus (COVID-19) (CV19)</p>	<p>Employees, agency, Pupils, visitors</p> <p>Causing severe infection/disease</p>	<p>1 If Juniper or the sites staff are working at have two or more confirmed cases within 14 days, or an overall rise in sickness absence where coronavirus (COVID-19) is suspected, they may have an outbreak, and must continue to work with their local health protection team/Public Health who will be able to advise if additional action is required.</p>				

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Someone entering the school/workplace/offices with CV19		In some cases, health protection teams may recommend that a larger number self-isolate at home as a precautionary measure, Juniper will follow the professional guidance 2 Juniper has Business Continuity plan and Emergency Preparedness Plan for Covid-19				
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Overall Residual Risk for Activity (L / M / H):	MEDIUM
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Level of Risk	Suggested Action
LOW	Control measures are adequate but continue to monitor and review; ensure that they remain satisfactory and appropriate
MEDIUM	Control measures need to be introduced within a specified time period; continue to monitor and review
HIGH	Unless control measures can be immediately introduced to reduce the risk so far as is reasonable practicable, the task or activity should be suspended



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Test and Trace Q&A

I don't feel well, I'm not sure if it's covid-19

If you think you may have covid-19 symptoms, you should promptly get advice from the [NHS 111 online coronavirus service \(check your symptoms here\)](#)

Having checked my symptoms, I think I might have covid-19, what do I do?

You should immediately self-isolate and arrange to get yourself tested at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/> or call 119 if you have no internet access.

What do I do while I'm waiting for my test/results?

While you wait to be tested and to get your results you should remain isolated. Anyone else in your household should self-isolate for 14 days from when you started having symptoms (as studies have shown people can have covid-19 for up to two weeks without symptoms). You should tell people you've been in close contact with in the past 48 hours that you might have coronavirus.

The test results are negative for covid-19

If the test comes back negative, you and other members of your household no longer need to self-isolate.

The test results are positive for covid-19

If you test positive for the virus you must continue to self-isolate for **at least 7 days** from when your symptoms started.

Members of your household must complete 14 days of self-isolation from when you first showed symptoms. See more information here on how long you need to self-isolate:

<https://www.nhs.uk/conditions/coronavirus-covid-19/what-to-do-if-you-or-someone-you-live-with-has-coronavirus-symptoms/how-long-to-self-isolate/>

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What happens next?

Within 24 hours of testing positive for covid-19 you will receive a text or email alert from NHS Test and Trace. Tracing everyone who may have been in direct contact with someone with covid-19 is an essential part of stopping the spread of the virus. The text or email will contain instructions on how to share details of the people you have been in close, recent contact with. This includes your family or other people you live with, as well as people you have been in direct contact with, or within 2 metres of, for more than 15 minutes. You will also need to advise them of places you have recently visited.

The information you provide will be handed over via a secure website.

If you don't have internet access you will be called by one of the 25,000 contact tracers. The service will be using a single phone number which is: 0300 013 5000. The contact tracing team will use the information you provide to alert those most at risk of having the virus that they need to self-isolate. No one contacted as a result of you testing positive for coronavirus will be told your identity.

I feel fine, but NHS Test and Trace have told me I've been in contact with someone with covid-19

Testing and tracing is key to combatting the spread of covid-19. If you're told that you've been in contact with a person who has coronavirus you will need to self-isolate (stay at home) for 14 days from the day you were last in contact with the person.

Do not leave your home for any reason – if you need food or medicine, order it online or by phone, or ask friends and family to drop it off at your home.

Do other people in my household also have to self-isolate?

People you live with do not need to self-isolate if you do not have symptoms.

However, if you live with someone at higher risk from coronavirus, try to arrange for them to stay with friends or family for 14 days while you are self-isolating. If that is not possible, you can find [advice on how to avoid spreading coronavirus to people you live with at NHS online](#)

If you subsequently feel you may be developing covid-19 symptoms, you should promptly get advice from the [NHS 111 online coronavirus service \(check your symptoms here\)](#)

Will I only need to self-isolate once?

Not necessarily. Given the risks of exposure to different people with covid-19, you could be asked to isolate on more than one occasion.