# risk assessment

**ASSESSMENT CARRIED OUT BY: Helen Prosper (HRP)**

| **What are the hazards?** | **Who might be harmed and how?** | **What are you already doing to control the risks?** | **What further action do you need to take to control the risks?** | **Who needs to carry out the action?** | **When is the action needed by?** | **Done** |
| --- | --- | --- | --- | --- | --- | --- |
| **Reaction to massage cream** | Volunteer and service user | Ensure volunteers only use the recommended, supplied high quality non-allergenic product we supply.  Ensure they check with service user about allergies etc and get consent to use the cream. | A yearly review and reminder | HRP | 30/01/26 |  |
| **Spread of infection** | Volunteer and service user | Ensure the volunteers understand the risk of infection.  Ensure the volunteers clean hands with a hand sanitizer between each client and use clean clothes.  Ensure that volunteers only using our researched cream from a pump bottle so that cream doesn’t get contaminated. | A yearly review and reminder | HRP | 30/01/26 |  |
| **Possible contra indications to carrying out a hand massage** | Service user | It is thoroughly covered in the training. Make sure that volunteers ask all the relevant pre massage questions. | Review and refresh this with volunteers once a year | HRP | 30/01/26 |  |
| **Bad backs** | volunteer | Teaching the volunteers the right posture and sitting position when offering a hand massage | Review and refresh this with volunteers once a year | HRP | 30/01/26 |  |

*This Risk Assessment was created using a template published by the Health and Safety Executive. Template published 10/19.*

More information on managing risk: [www.hse.gov.uk/simple-health-safety/risk/](http://www.hse.gov.uk/simple-health-safety/risk/)