



Houghton Regis  
Helpers  
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## RISK ASSESSMENT FOR ACTIVITIES DURING COVID-19

Date of Risk Assessment: 6 June 2020 **REVISED 12 January 2021**

Carried out by: Jenny Gallucci

Covid-19, also known as Coronavirus, can affect your lungs and airways and symptoms can be mild, moderate, severe or fatal. The main symptoms of Coronavirus are (NHS UK):

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- **the new Coronavirus variant suggests severe headaches may accompany other symptoms**

People over 65 and those of all ages with underlying medical conditions are more at risk.

During National Lockdown since 5 January 2021 Houghton Regis Helpers has suspended outdoor activities, including gardening and minor outdoor DIY jobs such as fitting key safes and fence repairs.

Volunteers are permitted to continue with regular activities if it involves caring for and supporting vulnerable individuals. Home visits are suspended unless absolutely essential for the safety of the household.

Government guidance for England states that individuals must stay at home if at all possible. Going out for essential shopping and for exercise once a day is permitted, within your local area. Individuals can meet up with no more than one other person outside their own household or support bubble for exercise and must maintain social distancing.

**Volunteers will read and agree to follow these risk assessment guidelines before accepting activities for clients and the Risk Assessment will be reviewed as and when Government advice changes.**

Hazard	Severity of Harm	Who may be Harmed	Risk Factor	Control Measures	Further action required?
Spread of Covid-19 Coronavirus	Mild, moderate, severe or fatal	<ul style="list-style-type: none"> <li>• Volunteers</li> <li>• Resident / client</li> <li>• Anyone else in household where work is being carried out especially vulnerable groups: Elderly, Pregnant, those with existing underlying health conditions</li> </ul>	HIGH	<p><b>Checking for Symptoms</b> – checks will be made prior to volunteers carrying out activities that</p> <p>[a] the volunteer is not experiencing symptoms of Coronavirus</p> <p>[b] the client or anyone in the household is experiencing symptoms or is self-isolating due to a positive Coronavirus test</p> <p><b>Social Distancing</b> – volunteer/s and clients and anyone else at the property will maintain social distancing at all times – a minimum of 2 metres apart. If the activity requires two volunteers to work in close proximity the job will not be carried out unless the two volunteers are members of the same household.</p>	<p>If on arrival at a job the client or anyone in the household is feeling unwell the volunteer/s will immediately leave the property.</p> <p>All clients will be made aware, and be asked to agree to, the risk assessment measures prior to the activity taking place. If the client or anyone in the household breaches the risk assessment the volunteer/s will immediately leave the property.</p> <p>No more than two volunteers will attend an activity either outdoors or indoors.</p>

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