

# COVID-19 Risk Assessment

If you are not feeling well (in any way whatsoever) you should step down from volunteering for this role. There are many others who are well and available to help.

Please follow Coronavirus (COVID-19) hand washing and infection control measures at all times, including every time you enter or leave a premises or encounter others.

- Wash hands frequently
- Use hand-sanitiser frequently where handwashing facilities are not available
- Cough or sneeze into a tissue or your elbow
- Dispose of tissues in a waste bin
- Maintain social distancing of two metres
- Avoid touching your eyes, nose and mouth

Check the HSE Coronavirus (COVID-19) website for the latest updates on how we can all play our part.

[www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)

## HOME DELIVERY SUPPORT

### Activity

Collection and delivery of shopping and medical prescriptions to individuals in self-isolation.

### Hazard

Exposure to COVID-19, colds and other viruses and infections

### Risk rating (pre control measures)

High

### Risk rating (post control measures)

Medium

### Control Measures

- Where possible confirm the list of items needed over the phone so that you can minimise contact with the individual in self-isolation.
- Where you need to pick up a list from the individual contact them by phone before arriving so they know to expect you.
- Follow hand cleaning and social distancing guideline procedures as outlined at each shop or pharmacy.
- When delivering items to an individual in isolation leave the shopping items at the front door, ring or knock on door and step back a minimum of two metres.
- Do not enter the person's home even if invited, explain that this is for their own and your safety.
- Use any protective equipment/measures as instructed.

### Hazard

Muscular/joint injury / repetitive strain.  
Injury due to slips, trips or falls.  
Exposure to weather & outdoor environment.

### Risk rating (pre control measures)

Medium

### Risk rating (post control measures)

Low

### Control Measures

- Wear comfortable clothing and shoes.
- Before doing any heavy lifting consider if you are fit enough to do so. If not please ask for help or consider if this is the right role for you.
- Follow manual handling guidelines for correct lifting, bending and kneeling methods:
  - Bending your knees when picking up or putting down a load
  - Keeping your back straight
  - Using both hands
  - Not overstretching
  - Keeping the load close to your body
- Be aware of your environment and stay alert for any tripping hazards e.g. uneven pavements, wet or slippery floors etc.

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## LEAFLET DISTRIBUTION

### Activity

Collection & delivery or posting of leaflets.

### Hazard

Exposure to COVID-19, colds and other viruses and infections

### Risk rating (pre control measures)

High

### Risk rating (post control measures)

Medium

### Control Measures

- Follow hand-cleaning and social distancing guideline procedures before and after picking up leaflets and at each location where leaflets are posted or distributed.
- Use any protective equipment/measures as instructed.

### Hazard

Muscular/joint injury / repetitive strain.  
Injury due to slips, trips or falls.  
Exposure to weather & outdoor environment.

### Risk rating (pre control measures)

Medium

### Risk rating (post control measures)

Low

### Control Measures

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## CARE PACK ASSEMBLY

### Activity

Moving and unpacking boxes/Assembling packs/Loading assembled packs

### Hazard

Exposure to COVID-19, colds and other viruses and infections

### Risk rating (pre control measures)

High

### Risk rating (post control measures)

Medium

### Control Measures

- Follow hand cleaning and social distancing guideline procedures before entering and after leaving each location where food packs are being assembled. Follow these procedures at all times while in the food assembly location.
- Use any protective equipment/measures as instructed.

### Hazard

Muscular/joint injury / repetitive strain. Injury due to slips, trips or falls.

### Risk rating (pre control measures)

Medium

### Risk rating (post control measures)

Low

### Control Measures

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## MEALS ON WHEELS

### Activity

Collection & delivery of meals

### Hazard

Exposure to COVID-19, colds and other viruses and infections

### Risk rating (pre control measures)

High

### Risk rating (post control measures)

Medium

### Control Measures

- Follow hand cleaning and social distancing guideline procedures as outlined before and after picking up meals and delivering meals.
- When delivering meals to an individual in isolation leave the delivery at the front door, ring or knock on door and step back a minimum of two metres.
- Do not enter the person's home even if invited, explain that this is for their own and your safety.
- Use any protective equipment/measures as instructed.

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