

## **PPE ADVICE**

Using PPE is now an intrinsic element of our work.

The UK government guidelines – visor and/or goggles, mask and gloves - are a minimum standard for “close contact” work, and if used, will be consistent with most insurance companies’ requirements.

Your client is also required to wear a mask at all times. However, it is understood that some clients are unable to wear face coverings for specific medical reasons. If this is the case, it must be fully documented in the risk assessment and client notes - and any mitigations actioned.

In Scotland, minimum requirements are that therapists and clients legally must each wear a face covering.

GCMT’s recommendation is to wear full PPE at all times, not just for vulnerable clients. Gloves, apron, visor/goggles and a fluid resistant mask (Type IIR). This ensures as much safety as possible for you and for your clients, and to reassure clients who may be uncertain for their safety. Essentially this is “best practice” and in line with Government Guidelines.

### **MASKS, VISORS and GOGGLES**

These are the UK Government Guidelines as of 16th October 2020:

*“Clear visors cover the face (and typically provides a barrier between the wearer and the client from respiratory droplets caused by sneezing, coughing or speaking). Visors must fit the user and be worn properly. They should cover the forehead, extend below the chin, and wrap around the side of the face. Both disposable and re-usable visors are available. A re-usable visor must be cleaned and disinfected between each client using normal cleaning products.*

*Goggles may be used as an alternative to a clear visor, when worn with a Type II face mask. Goggles provide eye protection to the wearer. To be worn in place of a clear visor, goggles must be close fitting with no obvious openings or vents that would otherwise allow droplets to enter the eyes. Reusable eye protection should be cleaned according to the manufacturer’s instructions.*

*Ensure you are hydrated – have drunk plenty of water - before putting a mask on.”*

We recommend cutting the straps of all masks before disposal, in the event of a refuse container spill and they become a danger to wildlife.

### **GLOVES**

*“In accordance with the UK Government guidelines, gloves must be worn for all close contact work where there is skin to skin contact. Gloveless work should only be performed if any of the following apply; there is a medical need, a risk assessment and clinical reasoning show that this is the case or there is no skin to skin contact. Personal preference is not a reason to refrain from wearing gloves”*

If you are giving Myofascial Release it is acknowledged that gloves are not always possible to wear.

If giving non-contact healing work then again gloves are not necessary – but will be at the start and end of sessions if you need to touch the client or are also giving massage.

Nitrile gloves will not compromise a massage. They are designed so you can feel everything through them. The client will have almost no awareness – or none - that you are wearing gloves. You just need enough oil to stop friction and wear gloves the right size.

Repeated hand washing is vital - especially **right up to the elbows** - in particular when giving forearm/hands-free massage. Make sure you scrub under your nails.

### **APRONS**

With aprons and clothing there are several variations you can try.

- We strongly advise wearing a fresh disposable apron every time.
- Fresh clothing instead is acceptable – but must be changed for every client.
- You must be able to take the top off without pulling it over your head and touching your face, arms & hair in the process. So, it must be either button-up or zip-up, as long as it is short sleeved.
- Cotton and wipeable aprons are not regarded as appropriate PPE according to Public Health England and Public Health Wales.

### **Original Suggested PPE Suppliers**

- The Massage Warehouse: [www.massagewarehouse.co.uk/collections/hygiene](http://www.massagewarehouse.co.uk/collections/hygiene)
- Medisave, Dorset: [www.medisave.co.uk](http://www.medisave.co.uk)
- Physique: 02392 471346 [www.physique.co.uk](http://www.physique.co.uk)
- Vivomed: 028 4461 7666 - [www.vivomed.com](http://www.vivomed.com)
- Trimbio: 01403 597597 - [www.trimbio.co.uk](http://www.trimbio.co.uk)
- Tower Health: 0800 953 1666 - [www.tower-health.co.uk](http://www.tower-health.co.uk)
- Canonbury: 01280 706661 - [www.canonbury.com](http://www.canonbury.com)
- Phoenix Healthcare: 0115 965 6634 - [www.phoenix-healthcare.co.uk](http://www.phoenix-healthcare.co.uk)
- AI Rehab Ltd: 07771 996334 - [www.airehab.com](http://www.airehab.com)

### **FURTHER PPE RECOMMENDATIONS FROM PRACTITIONERS**

#### **Biodegradable items**

- [www.steroplast.co.uk](http://www.steroplast.co.uk)

#### **Eco masks and cleaning products:**

- [www.delphiseco.com](http://www.delphiseco.com)

#### **Recyclable masks:**

- [www.maskbros.co.uk/collections/popular/products/ecobreathe-med](http://www.maskbros.co.uk/collections/popular/products/ecobreathe-med)

**Recycled glove scheme:**

- <https://zerowasteboxes.terracycle.co.uk/products/gloves-zero-waste-box>

**Washable surgical masks:**

- <https://diacmedical.com/product/nano-iir-surgical-masks-reusable-washable/>

**Biodegradable gloves:**

- [www.justgloves.co.uk/Nitrile-Gloves/Top-Glove-Biogreen-Biodegradable-Nitrile-Gloves](http://www.justgloves.co.uk/Nitrile-Gloves/Top-Glove-Biogreen-Biodegradable-Nitrile-Gloves)
- [www.justgloves.co.uk/Nitrile-Gloves/Showa-6110PF-Biodegradable-Disposable-Nitrile-Gloves](http://www.justgloves.co.uk/Nitrile-Gloves/Showa-6110PF-Biodegradable-Disposable-Nitrile-Gloves)
- [www.salonsdirect.com/pro-eco-green-nitrile-glove-biodegradable-small-x-50-pairs](http://www.salonsdirect.com/pro-eco-green-nitrile-glove-biodegradable-small-x-50-pairs)
- [www.hygienedepot.co.uk/product/pro-green-biodegradable-nitrile-gloves](http://www.hygienedepot.co.uk/product/pro-green-biodegradable-nitrile-gloves)

**Washable/Biodegradable face cradle covers:** Holistic Massage Supplies – 07749 224262

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