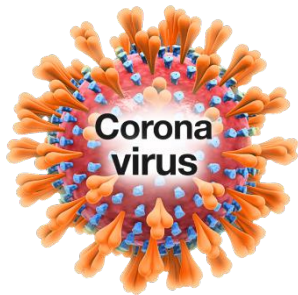


# Coronavirus Risk Assessment Form



## RISK ASSESSMENT FORM

Name:

Age:

Job title:

### COVID RISK FACTORS \*






Ethnicity	Asian or Asian British	4	
	Black	5	
	Mixed	3	
	Other non-white	3	
	White	0	
BMI body mass index  <a href="https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/">(Calculator: https://www.nhs. uk/live-well/healthy- weight/ bmi-calculator/)</a>	Under 30	0	
	30 - 34.9	3	
	35 – 39.9	5	
	40 or above	9	
Respiratory disease (affects your lungs)	Mild asthma – no oral steroids in the last year	1	
	Severe asthma – needed oral steroids in the last year	3	
	Chronic respiratory disease (not asthma)	6	
Type 1 Diabetes	Well controlled	7	
	Poorly controlled	12	

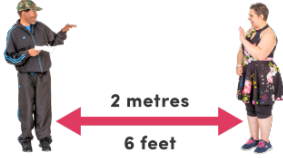


Type 2 Diabetes (and other forms)	Well controlled	4	
	Poorly controlled	8	
Heart disease	Heart failure	8	
	Other heart disease	3	
High blood pressure (based on your age)	20 - 40	11	
	41 - 60	8	
	61 - 74	3	
	75 and over	0	
Neurological diseases (affects your brain)	Cerebrovascular disease (for example stroke or dementia)	8	
	Other chronic neurological disease *	9	
Chronic kidney disease	Mild or moderate	4	
	Severe or end stage	13	
Haematological cancer	Diagnosed less than a year ago	10	
	Diagnosed 1-5 years ago	9	
	Diagnosed more than 5 years ago	5	
Cancer	Diagnosed less than a year ago	5	
	Diagnosed 1-5 years ago	2	
	Diagnosed more than 5 years ago	0	
Other conditions	Liver disease	6	


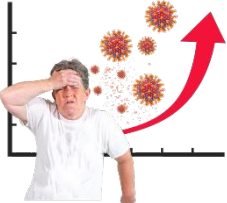
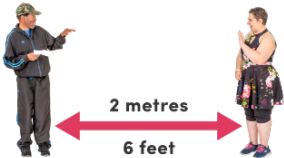
	Organ transplant	<b>Speak to your transplant team</b>	
	Spleen dysfunction / splenectomy	3	
	Rheumatoid / lupus / psoriasis	2	
	Other immunosuppressive condition *	6	
	<p>Add all the numbers in the white column together.</p> <p>Write it in the yellow box.</p>		
	<p>If you are female – take 5 away from the number in the yellow box.</p> <p>If you are male the number stays the same.</p> <p>This is your Covid age factor.</p>		

\* More detailed information on conditions can be found here: <https://alama.org.uk/covid-19-medical-risk-assessment/>

# RISK LEVELS

Covid age	Risk Level	Things to think about before going back to work.
85 or over	<b>VERY HIGH</b>	You must be very careful when you leave your home and make careful choices about what you do.
		Work from home if you can.
		If you go to work your employer must make your workplace safe.
		Stay 2 metres away from people at all times.
		Wash your hands often.
		Your manager should refer your Occupational Health for an assessment if you need one (if available). If not, you might want to speak to your doctor or medical specialist

70-85	<b>HIGH RISK</b>	You can work.
		<p>Stay 2 metres away from people at all times.</p> <p>If you can't do this you must</p> <ul style="list-style-type: none"> <li>• make changes to the work you do</li> <li>• or wear personal protective equipment.</li> </ul>
		<p>If you do clinical work, care work or work closely with other people you must wear a face covering, use screen or wear PPE.</p>
		<p>If you're a key worker, you may be asked to accept a higher risk where there's a good reason.</p> <p>After discussion you may agree to accept this risk.</p>

<b>50-70</b>	<b>MODERATE RISK</b>	<p>You are less likely to be very ill if you get coronavirus.</p> <p>You can work.</p>
		<p>If you do clinical work, care work or work closely with others you should wearing a face covering, use screens or wear PPE.</p>
		<p>There may be a higher risk of infection if it is hard to reduce any risks because of the type of work you do.</p> <p>This includes work where physical control or restraint is required.</p>
<b>49 or less</b>	<b>LOW RISK</b>	<p>You are not likely to be very ill if you get coronavirus.</p>
		<p>It is still very important to follow all the guidance to prevent you getting coronavirus.</p>

## PREGNANCY



You or your baby are not at a higher risk from coronavirus unless you have a health condition.



Keep any risk as low as you can by staying 2 metres apart from other people

Wash your hands often.



You should have some choice about being at work or change the work you do.

Get more information from the Royal College of Obstetricians and Gynaecologists:

<https://www.rcog.org.uk/coronavirus-pregnancy>



Try not to work with patients or clients or work closely with other people.



Risk group agreed:	Very High	<input type="checkbox"/>
	High	<input type="checkbox"/>
	Moderate	<input type="checkbox"/>
	Low	<input type="checkbox"/>



What we will do and how we will keep me safe:

Name of manager:



Signature:



Name of staff member:



Signature:

