
Learner Workbook

UIP4 – Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage

This workbook can help you to prepare for assessment for the following unit:

UIP4 - Learning Outcomes

Learners will:

1. Understand the causes, transmission and effects of COVID-19
2. Understand social responsibility for the complementary therapy and sport massage sectors in relation to COVID-19
3. Understand the controls necessary to prevent the spread of COVID-19
4. Understand the importance of Personal Protective Equipment (PPE), hand hygiene and personal hygiene in the prevention of COVID-19
5. Understand potential hazards and risks and the workplace procedures necessary to prevent the spread of COVID-19 in the complementary therapy/sports massage environment
6. Understand decontamination and waste management processes relevant to complementary therapies and sports massage

AC mapped

Learner name: _____

Introduction

Please provide detailed answers to all the questions in this workbook.

Sources of information and guidance for the potential answers include:

- The unit specification
- The PowerPoint presentation
- Other relevant and credible information sources, e.g. government and public health websites of the country therein, textbooks, professional journals and associations

LO1 – Understand the causes, transmission and effects of COVID-19

1. Describe the following. (AC 1.1)

Description	
Conditions required for the spread of infection	
Possible sources of infection	
Cross-infection	
Routes of transmission	
Routes of infection - general	
Routes of infection – COVID-19	

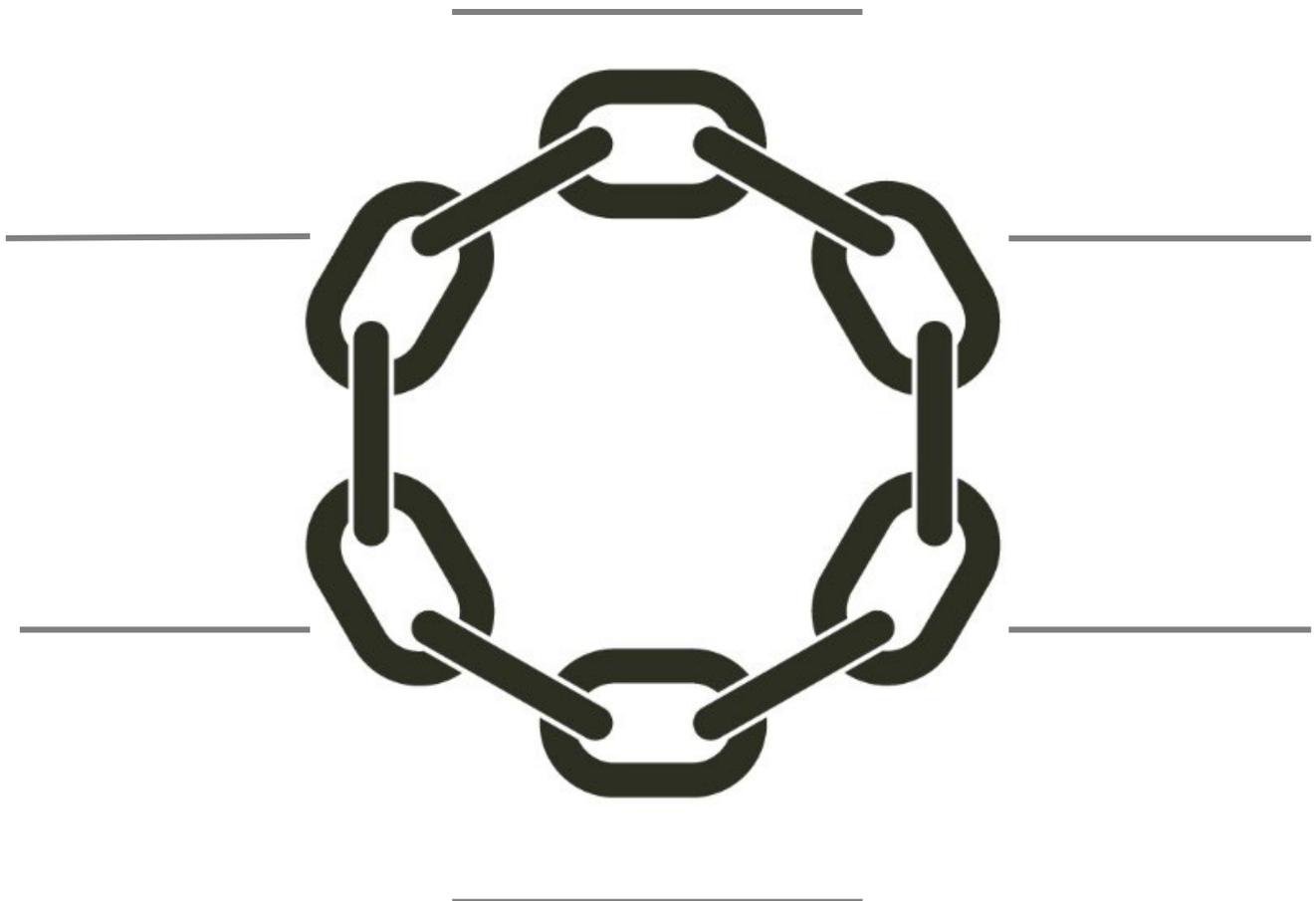
2. What is the 'Chain of Infection'? (AC1.2)

Description	
Chain of Infection	

3. What is a pathogen? (AC1.2)

Description	
Pathogen	

4. Label the diagram to identify the stages in the chain of infection. (AC 1.2)



5. Describe what COVID-19 is. (AC 1.3)

COVID-19	
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6. What are the main symptoms of COVID-19? (AC1.3)



7. List some of the less common symptoms of COVID-19. (AC 1.3)



8. Explain how COVID-19 is spread. (AC 1.3)

9. Who can spread COVID-19? (AC 1.3)

10. Who can catch COVID-19? (AC 1.3)

11. Who is classed as being at higher risk from COVID-19? (AC 1.3)

12. How can infection from COVID-19 occur? (AC 1.3)

13. How long can COVID-19 survive on the following surfaces: (AC 1.3)

Surface	Hours
Plastic/Stainless Steel	
Copper	
Cardboard	

LO2 – Understand social responsibility for the complementary therapy and sport massage sectors in relation to COVID-19

14. What is social responsibility? (AC2.1)

15. Describe the key principals of social responsibility in relation to COVID-19? (AC2.1)

16. What are the benefits of social responsibility in relation to COVID-19? (AC 2.1)

17. How can the complementary/sports massage therapist demonstrate social responsibility in their own role? (AC 2.2)

18. How can the health and wellbeing of staff be maintained in relation to COVID-19? (AC 2.3)

19. How can the health and wellbeing of clients be maintained in relation to COVID-19?
(AC 2.3)

LO3 – Understand the controls necessary to prevent the spread of COVID-19

20. List the standard infection control precautions necessary to break the chain of infection.
(AC 3.1)

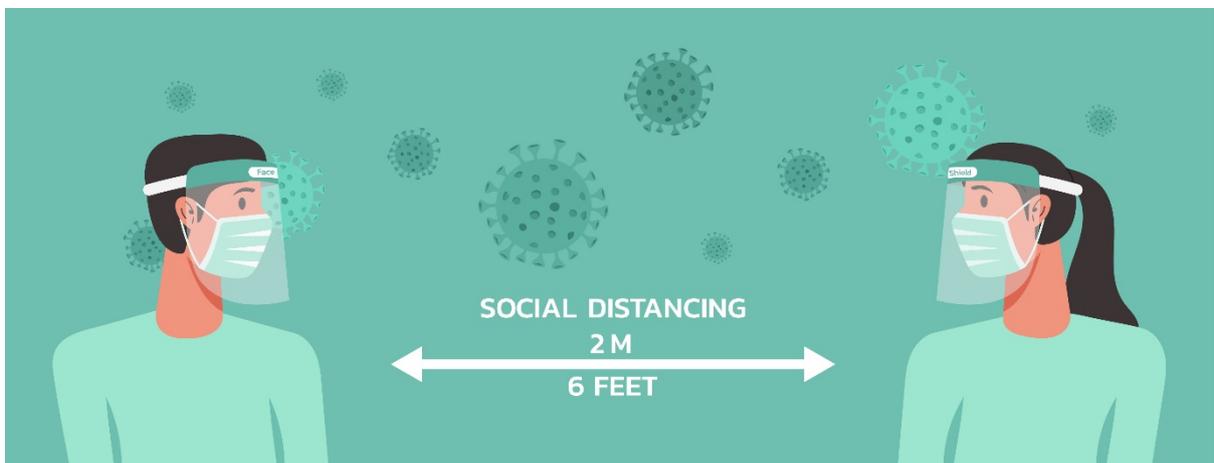
21. What additional precautions help to break the chain of infection in relation to COVID-19? (AC 3.1)

22. List the workplace standard infection control procedures that should be used in the complementary therapies/sports massage environment. (AC 3.2)

23. Explain the process of risk assessment. (AC 3.3)

24. Why is risk assessment important in the complementary therapies/sport massage environment in relation to COVID-19?
(AC 3.3)

25. Explain what is meant by 'social distancing' and why it is important. (AC 3.4)



26. Why are respiratory hygiene and cough etiquette important? (AC 3.5)

27. Design a poster on respiratory hygiene/cough etiquette for the complementary therapies/sport massage clinic/practice. (AC 3.5)



LO4 – Understand the importance of Personal Protective Equipment (PPE), Hand Hygiene and Personal Hygiene in the prevention of COVID-19

28. Define Personal Protective Equipment (PPE)? (AC 4.1)

29. What is the role of PPE in the prevention and control of COVID-19? (AC 4.1)

30. Describe employer responsibilities in relation to the provision and use of PPE (AC 4.1)

31. What are the two types of PPE appropriate for use in the complementary therapies/sports massage environment? (AC 4.1)

32. Outline the PPE suitable for the complementary/sports massage therapist and clients in relation to COVID-19. (AC 4.1)

Complementary/Sports Massage Therapist	Clients

33. Describe the risks associated with the incorrect use of PPE. (AC 4.1)

34. What key factors should be considered when selecting PPE? (AC 4.2)

35. List the sequence for putting on PPE. (AC4.2)

36. Describe the sequence for removing PPE. (AC4.2)

PPE removal sequence	
Complementary /sports massage therapist	
Client	

37. Why is hand hygiene important in the prevention and control of COVID-19? (AC4.3)

38. What are the advantages and disadvantages of hand hygiene methods? (AC4.3)

	Advantages	Disadvantages
Hand washing		
Hand sanitising		

39. How long should hand hygiene methods be performed in order to be effective? (AC 4.3)

Hand washing	Hand sanitising

40. List the occasions when the complementary/sport massage therapist should perform hand hygiene (AC4.3)

41. Explain the role of personal hygiene in infection prevention and control. (AC4.4)

42. How should the complementary/sports massage therapist demonstrate good personal hygiene and why? (AC 4.4.)

43. What personal hygiene recommendations should be made to the client? (AC4.4.)

LO5 – Understand potential hazards and risks and the workplace procedures necessary to prevent the spread of COVID-19 in the complementary therapies and sports massage environment

44. Describe the following. (AC 5.1)

Hazard	Risk

45. List the types of hazards which may occur in the complementary therapies/sports massage environment COVID-19 and the possible risk management. (AC 5.1)

Hazard	Risk management

46. What information would be required in a COVID-19 safe checklist? (AC 5.2)

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47. Outline safe and hygienic working practices. (AC5.2)

Pre-treatment	
Client arrival	
During treatment	
Post-treatment	
Decontamination following treatment	

44. In the table below describe the possible adaptations for the treatments listed (AC5.2)

General precautions		
Treatment (Restrictions according to the country therein)	Possible treatment adaptations (Adhere to restrictions of the country therein)	Hazard(s)
Consultation		
Complementary therapies		
Massage therapies, for example holistic massage, lymphatic drainage, stone therapy massage, on-site massage, Indian head massage, etc.		
Aromatherapy		
Reflexology		
Reiki		
Thermal Auricular Therapy		
Crystal therapy		

Sport Massage		
Subjective/objective client assessment(s)		
Sports massage: Non-pathological tissue		
Sports massage: Pathological tissue		

LO6 – Understand decontamination and waste management processes relevant to complementary therapies and sports massage

48. Define the following. (AC 6.1)

Contamination	Decontamination

49. Why is environmental decontamination important and when should it be carried out? (AC6.1)

50. What are the three stages of environmental decontamination? (AC 6.1)

1.	
2.	
3.	

51. List the types of chemicals, equipment and processes necessary for the management of hygiene and infection prevention and control in the complementary therapies/sports massage environment (as applicable). (AC 6.1)

	Chemicals	Equipment	Processes
Products/stock			
Tools			
Equipment			
Reception area			
Client waiting area			
Treatment rooms/work areas			
Rest rooms/toilet facilities			
Staff rooms(s)			
Clinic/practice office(s)			
Training room(s)			
Entrance/exit/stairs/corridors			
High-touch surfaces/areas			

52. How should contaminated/dirty and decontaminated/clean tools and equipment be managed? (AC6.1)

Contaminated/dirty	Decontaminated/clean

53. When working with cleaning chemicals, why is it important to work with the regulations of the country therein, and to follow manufacturers' instructions and Safety Data Sheets? (AC6.1)

54. How must used linen be handled, transported and processed to prevent contamination of self, clothing and the working environment? (AC 6.2)

55. Why is correct waste management important? (AC 6.3)

56. What are the risks associated with incorrect waste management? (AC6.3)

57. What different types of waste are produced in the complementary therapies/sports massage environment and how should they be disposed of? (AC6.3)