

RISK ASSESSMENT

Risk Assessment for:	Use of Aromatherapy Essential Oils in Massage sessions and in Routines	Prepared by:	M&H TRAINERS – S.L & V.D
		Assessed by SLT:	
Location:	ROSEWOOD FREE SCHOOL & AVENUES SITE	Date of Assessment	September 2024
		Review Date:	September 2026

Hazard	Who might be harmed?	Hazards Identified which may cause harm – consequence	Existing Level of Risk	Control Measure and Precautions Taken	Additional Control Measures or Further Action Required	Remaining level of Risk
Use of essential oils	Employees, Learners	Staff use pure essential oils on skin instead of pre blended massage oil causing various skin reactions, irritation or damage to their own or learners skin	High-20	<p>Staff will attend Aromatherapy training as part of basic training. <u>Staff will NOT handle any types of oils until this training is completed. Staff are clearly trained in the differences between the Essential oils and blended oil which can be used on skin.</u></p> <p>Oils are clearly labelled for purpose e.g. 1 tin for blends with green label tin, 1 with red label for essential oils (Smell of the day)</p> <p>If undiluted oils are mistakenly applied to skin staff are to wash learners skin and their own skin with warm soapy water and inform nurse.</p>	Staff have access to procedures manual as written by school Aroma therapist	Low-5

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Hazard	Who might be harmed?	Hazards Identified which may cause harm – consequence	Existing Level of Risk	Control Measure and Precautions Taken	Additional Control Measures or Further Action Required	Remaining level of Risk
Use of blended oils in massage	As above	<p>Unsuitable blended essential and/or carrier oils are used during a session with learners and staff causing various skin reactions, irritation or damage to learner and /or staff</p> <p>Incorrectly blended oils causing various skin reactions, irritation or damage to learners and staff</p>	Med-10	<p>All oils that are used in school are prepared and blended only by the school aroma therapist. Staff must not buy or use any essential oils themselves.</p> <p>Aroma therapist blends oils to industry recommended standards- 2% for over 5's, 1% for under 5's</p> <p>Staff aware of all conditions where oils should not be used. e.g. skin conditions athletes foot, after recent operations or fractures, over bruises or swelling, varicose veins or if learner has a raised temperature as per induction training</p> <p>Staff aware of Health and Safety issues that affect use of oils e.g. Pregnancy and migraines. Own staff individual Risk Assessment will be amended if needed.</p> <p>Only essential oils and carrier oils which have no known contra indications or additional hazards associated with them are used in school (as decided by school Aroma therapist)</p>	<p>Follow training and procedures manual at all times</p> <p>Nursery aged children- staff must NOT borrow oils from other classes. The early years team should <u>only</u> share blended oils if necessary from within the early years department</p>	Low-5
Using essential oils in routines and on Aromafan/	Learners and employees	Essentials oils may get on to learners or staff skin or in their eyes causing irritation and/or damage or be swallowed by learners causing poisoning	High-20	Staff trained on use of oils before using or handling them.	If learners/staff member touch the wipe containing the	Low-5

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Diffuser		<p>Learners could attempt to reach and grab the offered oil from bottle causing skin irritation and/or damage or be swallowed by learners causing poisoning</p> <p>Staff using Aromafan/Diffusers incorrectly, adding too much oil causing a build up of smell and particles which if inhaled could cause headaches, eye irritation and/or breathing issues/irritation to airways</p> <p>Learners could access fan and touch disc/spill contents causing skin irritation/damage, eye irritation, choking/ poisoning if drunk</p>		<p>A few drops of essential oil are added to a wipe in a plastic pot and offered to learners in that way and <u>never from the bottle</u>. Quantity of oil is insufficient to be a risk of poisoning and minimal irritation to skin when hands washed immediately after if the wipe is touched.</p> <p>The smell should be offered by staff that know the Learners well and any movements they are likely to make, and how closely they can safely bring the wipe to the Learner to ensure they do not touch the wipe or attempt to grasp it putting eyes mouth and skin at risk.</p> <p>Instructions are provided and must be followed at all times. Use of fan/diffuser and amount of oil used included in induction training.</p> <p>Fans and diffusers must be in accessible to all Learners at all times. Fan/diffuser should be switched off at end off at the end of good morning session and any remaining water emptied.</p>	<p>essential oil particles immediately wash hands with warm soapy water. If oil comes into contact with Learners eyes then immediately call a paediatric first aider. If Learner gets wipe in mouth then immediately call a paediatric first aider</p> <p>If staff member ingests or gets oils in their eyes seek advice from m a first aider</p> <p>All oils used in school have no contra indications for the afore mentioned hazards when inhaled.</p>	
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Learners gain access to oils during their exploration of environment	Learners	Learners may get oil in their eyes, or on their skin may also swallow oils causing irritation and/or damage to skin/eyes or poisoning	High-20	<p>Blended oils must be stored in a locked cupboard when not in use. They must never be left out.</p> <p>Essential oils are stored by the school aromatherapist and locked in a metal lock box, high up in the laundry room area.</p> <p>Learners are supervised throughout the use of blended oils during massage sessions then pots are washed and blends are locked away.</p>		Low-5
Essential oils are spilt	Learners and staff	The smell and oils particles that are released in to the air as a result of any spillage could cause irritation to eyes and airways Slip or trip on oil spill on hard floor causing various impact injuries to staff and/or ambulant Learners	Med-15	<p>Only 1 class currently uses pure essential oils in class from bottles that may be spilt Staff to follow spillage clean up system of work as provided by the Aroma therapist. Oils are stored in a tin in a low floor level cupboard to minimise risk of a dropped bottle breaking</p> <p>Stock of oils for use by trained staff to refresh smell of day pots are stored in laundry room and overseen by school aromatherapist. Staff to follow spillage clean up system of work as provided by the Aroma therapist if any spill occurs in laundry room area.</p>	Learners to leave classroom if aroma is too strong to avoid headache /breathing/eye problems	Low -5
Use of blended essential oils and grapeseed carrier oils with learners/ staff	Learners and staff	Learners and staff may experience an allergic reaction to essential oils and/or carrier oils	High -20	<p>Parents will have informed school nurse of any known allergies. Inform nurses if Learner presents with any signs of allergic reaction who will then take appropriate action.</p>	All oils used in school have no reported serious allergic reactions – minor skin	Low-5

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who have a known allergy or unexpected reaction				Staff will not use oil/blends if they have a known allergy to any of the ingredients and this will be added to their Risk Assessment. No nut based essential oils or carrier oils in school as controlled by Aromatherapist	reactions only in rare cases. All known allergies are recored on care plan –Refer to this	
Using essential oils when pregnant	Pregnant staff member	Oils may effect hormone levels during the pregnancy leading to complications eg miscarriage (this is not fully proven within the industry- insufficient case studies and data)	High -20	Pregnancy risk assessment states clearly that those who are pregnant will not use essential oils at all in massage sessions		Low-1
High likelihood of risk – Likely to occur immediately or in the near future Medium likelihood of risk – will occur in time if no preventative action is taken Low likelihood of risk – Remote or unlikely to occur						

Date Reviewed	Comments
Initial assessment	
	Annual update
06/10/2020	Annual update plus addition of Covid 19 Hazard.
22/06/2021	Annual update
June 2022	Annual update
September 2023	Annual update