

IPHM ACCREDITATION

Health & Safety Policy

Effective Date: 01/09/2026**Business Name: Fae Therapies**

1. Purpose & Policy Statement

Fae Therapies is fully committed to ensuring the health, safety, and welfare of my holistic treatment clients, 1-1 Reiki students, and any visitors to my practice. As an independent practitioner, I recognize my responsibility to provide a clean, safe, and nurturing environment.

The purpose of this policy is to outline how I maintain the highest standards of safety, prevent accidents, and ensure that all treatments (including Reiki, Indian Head Massage, and Crystal & Energy Healing) are conducted in a safe and supportive manner.

2. Legal Compliance

This policy is designed to support compliance with relevant UK Health & Safety legislation, including but not limited to:

- The Health and Safety at Work Act 1974
- The Management of Health and Safety at Work Regulations 1999
- Workplace (Health, Safety and Welfare) Regulations 1992
- Provision and Use of Work Equipment Regulations (PUWER)

3. Responsibilities

3.1. Management: As the sole owner and practitioner of Fae Therapies, I hold ultimate responsibility for health and safety within my practice. I am responsible for managing, implementing, and monitoring all safety measures, ensuring that my treatment space remains compliant, hazards are minimised, and all safety policies are strictly followed.

3.2. Staff / Tutors / Assessors: As an independent solo practitioner, I do not employ any external staff, tutors, or assessors. I personally fulfil all roles within Fae Therapies. I am solely responsible for ensuring that all 1-1 Reiki training sessions and assessments are conducted in strict accordance with the health, safety, and hygiene standards outlined in this policy.

3.3. Learners / Clients / Visitors: to maintain a safe and harmonious environment, all clients, 1-1 Reiki students and visitors are expected to cooperate with my health and safety measures, this includes:

- **Following Safety Instructions:** Adhering to any safety or hygiene requests made during treatments or 1-1 training sessions.
- **Reporting Concerns:** Informing me immediately of any potential hazards, accidents, or personal physical discomfort during their time in my practice.
- **Health Declarations:** Providing accurate health and lifestyle updates on their consultation forms, including any conditions, medications, or allergies, to ensure safe treatment selection.

4. Risk Assessment & Hazard Control

I carry out regular risk assessments of my treatment and training environment to identify potential hazards and implement immediate control measures. My hazard controls include:

- **Slips, Trips, and Falls:** Ensuring all walkways and the treatment area are kept completely clear of clutter, trailing wires, or loose rugs. The space is appropriately lit at all times.
- **Equipment Safety:** Routinely checking that my massage couch, training chairs, and crystal tools are sturdy, safe, and fully operational before every session.
- **Fire Safety:** Keeping fire exits completely unobstructed. If candles or incense are used to enhance the sacred atmosphere of the space, they are never left unattended and are kept safely away from flammable materials.
- **Electrical Safety:** Visually inspecting all electrical items (such as treatment lights or music players) to ensure cables are not frayed or damaged.

5. First Aid & Accident Reporting

As an independent practitioner, I maintain a fully stocked and easily accessible First Aid Kit within my treatment space. I ensure that all items are kept within their expiry dates. I am responsible for managing minor injuries or providing immediate comfort until professional medical assistance arrives if a serious emergency occurs.

Accident Reporting: I keep a dedicated Accident Book to record the details of any injury, incident, or near-miss that happens on the premises. For every entry, I document:

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- The name of the person involved.
 - The date, time, and exact location of the incident.
 - A clear description of the injury or event.
 - The immediate action or first aid taken.
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Note: In alignment with UK law (RIDDOR guidelines), any major workplace injuries will be reported to the Health and Safety Executive immediately

6. Emergency Procedures

In the event of a fire or emergency requiring immediate evacuation:

- I will calmly instruct the client or 1-1 Reiki student to leave the premises immediately via the nearest designated fire exit.
- I will ensure that nobody stops to collect personal belongings.
- Once safely outside at the designated assembly point, I will immediately call the emergency services (999).
- I will not re-enter the building until a fire officer or safety coordinator declares it safe to do so.

Critical Medical Emergencies:

- If a client, student or visitor suffers a severe medical emergency (such as sudden chest pains, severe breathing difficulties or, loss of consciousness)
- I will immediately dial 999 for an emergency ambulance
- I will keep the individual as calm, comfortable and safe as possible while following and direct instructions given by the emergency services operator until medical professionals arrive.

7. Workplace Hygiene & Infection Control

To maintain a safe, clean, and welcoming environment for all Clients and 1-1 Reiki students, I uphold strict hygiene and infection control practices:

- **Treatment Surface Protection:** I use fresh, disposable couch roll for every single client and student. This is discarded immediately after the session, and the treatment couch is thoroughly sanitized before the next person arrives.
- **Hand Hygiene:** I wash my hands thoroughly with antibacterial soap immediately before and after performing any holistic treatments or 1-1 training sessions. Hand sanitizer is also readily available in the room.
- **Linen & Towel Care:** Any fabric towels, blankets, or linens used to keep clients comfortable are washed at a minimum of 60°C after a single use.
- **Tool Sanitization:** Any physical tools used during healing sessions, including crystals or head massage tools, are thoroughly cleansed and sanitized between sessions.
- **Waste Disposal:** All general waste, used couch rolls, and disposable items are bagged and disposed of safely and hygienically every day.

8. Training & Competence

As an independent practitioner I am fully committed to maintaining the highest professional standards of competence. I ensure that:

- **Verified Qualifications:** I only practice and teach modalities in which I hold fully accredited and professional qualifications.
- **Continuous professional development (CPD):** I regularly update my knowledge, skills and industry safety standards to keep my practice fresh and compliant.
- **Insurance alignment:** My qualifications are fully approved and recognised by my insurance provider (Salon Gold) ensuring complete professional coverage for all therapies offered.

9. Monitoring & Review

I actively monitor my treatment and training space before and after each session to ensure all safety, hygiene and hazard controls are being maintained perfectly. I formally review and update this Health and Safety policy at least once a year to reflect any changes in my practice, services or UK safety legislation.

10. Contact Information

Responsible Person / H&S Lead	Carla Small Data Controller and Founder
Contact Email	carla@faetherapies.co.uk