



Health & Safety Policy

At Mobile Massage Therapy by Izabela, I am fully committed to adhering to the Health and Safety at Work Act 1974, ensuring that I operate safely and responsibly at all times.

I will endeavor to create an environment that is safe and comfortable for both the therapist and the customer by:

- Visually conducting thorough safety checks and confirming that customers are happy to be treated, thus minimising health risks.
- Ensuring the massage pressure is comfortable for customers at all times.
- Delivering detailed information and instruction on assessing and managing potential hazards and risks.
- Ensuring that all equipment is in safe working condition, clean, and undergoes necessary checks.
- Managing effectively the health and safety risks arising from my work activities.

My comprehensive risk assessment system addresses a range of risks and potential hazards, including:

- Fire risks and trip hazards.
- Overexertion of the customer or therapist.
- Potential fainting of clients due to lowered blood pressure from massage.
- Injury risks from jewellery or other personal items.
- The condition and cleanliness of massage equipment.

For every booking with me, I will provide basic information to help ensure the safety of mine and customers on the day.

Additionally, I am committed to:

- Ensuring that I am as the therapist competent and adequately trained, and fully insured to provide treatments.



- Encouraging open communication and feedback from customers regarding health and safety concerns.
- Continually improving my health and safety measures based on the latest research and feedback.
- Ensuring environmental sustainability and mindfulness in my practice.

Izabela Wanoth (IW)

Owner of Mobile Massage Therapy by Izabela

