

<b>Name:</b>		<b>Age</b> (only use if 18 years or older)	
<b>Position:</b>			
<b>Work location:</b>			

Following completion of Part 1 Covid-19 Occupational Risk – Self Assessment – please complete and email this form to your line manager who will arrange a discussion with you about your concerns

<b>What is your 'Covid-age'?</b>	
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<b>Vulnerability group:</b>	Very high	
	High	
	Moderate	
	Low	

**Other Considerations**

<p>Do you have a mental health issue that you wish to be taken into consideration (e.g. anxiety, depression, schizophrenia)?</p> <p>Would you find it beneficial to attend a workplace?</p> <p>Is your preference to work from home?</p>	<p><b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/></p>	<p>Support is available at the Mental health and wellbeing information page on the Council's website (<a href="https://www.southlanarkshire.gov.uk/downloads/download/1040/">https://www.southlanarkshire.gov.uk/downloads/download/1040/</a>)</p> <p>Consider if there are additional measures to social distancing and hygiene measures that would reassure you to return to work safely</p> <p>Can you work from home or can your role be adapted to work from home?</p>
<p>Do you have an existing workplace adjustment in place or a Personal Emergency Evacuation Plan (PEEP)?</p>	<p><b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/></p>	<p>What is the impact of this in terms of returning to work?</p> <p>Can the adjustments be provided in the workplace?</p> <p>Are additional adjustments required?</p>
<p>Do you have any disability or other health condition not already covered which may impact your ability to return to work</p>	<p><b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/></p>	<p>What is the impact of this in terms of returning to work?</p> <p>Can the adjustments be provided in the workplace?</p> <p>Are additional adjustments required?</p>

**Additional Notes:** You should note here any other concerns you have that you would like to discuss with your manager.

Your COVID-age	Your vulnerability	Considerations for manager and employee to discuss when getting ready to return to work
<b>Very high</b> COVID-age above 85	You're at very high risk from COVID-19.  You must take additional, sensible precautions when leaving your home to minimise your risk of contracting COVID-19 as much as possible.	<ul style="list-style-type: none"> <li>• Ideally you should work from home where possible.</li> <li>• If there is no alternative to attending the workplace, a very detailed personal infection risk assessment should be undertaken and controls should be implemented. These controls may need to be in excess of the controls used in the workplace for lower COVID-19 vulnerability groups to reflect the level of personal vulnerability.</li> <li>• Maintain strict physical distancing. Ensure you can maintain good personal hygiene with low likelihood of coming into contact with objects and surfaces that may transmit COVID-19.</li> <li>• Occupational Health Assessment may be required.</li> </ul>
<b>High</b> COVID-age between 70 to 85	You're at high risk from COVID-19.	<ul style="list-style-type: none"> <li>• You are OK to attend work. You should maintain strict physical distancing. If you cannot physically distance, you should keep the risk in your workplace as low as you can by making changes to the type of work you do, where possible, or by wearing personal protective equipment (PPE).</li> <li>• Clinical work, care work and working closely with others (such as sharing a vehicle, using public transport) may be possible, but you should protect yourself by using screens or wearing PPE.</li> <li>• If you're a key worker, you may be asked to accept a higher risk and agree to do so where there's a good reason.</li> </ul>
<b>Moderate</b> COVID-age between 50 to 70	You're much less likely to develop severe disease if COVID-19 infection occurs.	<ul style="list-style-type: none"> <li>• You can attend work</li> <li>• Clinical work, care work and working closely with others (such as sharing a vehicle, using public transport) may be possible, but you may want to protect yourself by using screens or wearing PPE.</li> <li>• A slightly higher risk of infection may be accepted in the workplace, if it's hard to reduce any risks to you because of the type of work you do. This is because there is much less likelihood of you becoming very ill after getting COVID-19.</li> <li>• This includes clinical work with higher hazard and risk levels, or roles where physical control or restraint is required.</li> </ul>
<b>Low</b> COVID-age below 50	You're at very low risk from COVID-19	<ul style="list-style-type: none"> <li>• Increased risk of infection may be accepted - the likelihood of you becoming very ill from COVID-19 is low.</li> </ul>

<b>Pregnancy</b>	There's no current evidence that you or your baby are at any increased risk from COVID-19, unless you have an underlying health condition.	<ul style="list-style-type: none"> <li>You should keep any risk as low as you can by physically distancing from others and regularly washing your hands. You should also have some choice about whether to attend work, or whether you can change the type of work you do at work to keep risks low. You can find out more from the Royal College of Obstetricians and Gynaecologists (<a href="https://www.rcog.org.uk/coronavirus-pregnancy/">https://www.rcog.org.uk/coronavirus-pregnancy/</a>)</li> <li>You're advised to try and avoid roles where a degree of risk cannot be avoided, such as care work and working closely with others.</li> </ul>
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**Following discussion, you should outline here the agreed course of action, including any control measures needed:**

<b>Name of manager:</b>		Signature of manager:	
<b>Date of assessment:</b>		Signature of staff member:	

Following manager/employee discussion, the manager should send a copy of the form to [personnel@southlanarkshire.gov.uk](mailto:personnel@southlanarkshire.gov.uk) with one of the following subject headings:

- Covid-19 Self-Assessment - for further action
- Covid-19 Self-Assessment - to be filed

If you need this information in a different language or format, phone 0303 123 1015 or email [equalities@southlanarkshire.gov.uk](mailto:equalities@southlanarkshire.gov.uk)