


Guidelines for the Safe Practice of Esoteric Connective Tissue Therapy



ESOTERIC CONNECTIVE
TISSUE THERAPY.

PREAMBLE

Esoteric Connective Tissue Therapy (ECTT) is a modality taught by Universal Medicine, and the Esoteric Practitioners Association Pty Ltd (EPA) is the internal incorporated recognising body for practitioners of the Universal Medicine Therapies.

The EPA guidelines for all EPA-recognised modalities have been written in accordance with current United Kingdom and European Laws, Regulations and Codes of Practice (see Appendix B) in operation at the time of publication, and provide comprehensive guidance for the safety of Esoteric Connective Tissue Therapy practitioners and their clients. These laws have been made to protect people from unscrupulous, uncaring or careless practitioners, and to protect staff and clients from employers or practitioners who place profit before the safety of others. As students of the innermost, EPA recognised practitioners have a demonstrated commitment to living and practising with energetic integrity which, as a matter of course, includes practising their esoteric craft with the utmost level of respect and care for the client, their hygiene, safety, and overall wellbeing. Compliance with all applicable laws and regulations is a very important part of this.

The esoteric healing arts, of which Esoteric Connective Tissue Therapy is a part, have a stated respect and appreciation for conventional medicine and the great benefit and assistance it has brought and continues to bring humanity. Practitioners of the esoteric healing arts work closely with practitioners of conventional medicine and see that it is in the combination of the two, that a holistic approach can be offered to the client or patient. Esoteric practitioners do not diagnose and nor do they or any esoteric modality offer a cure. What esoteric practitioners do offer, through the reflection of the way they live, is an opportunity for the client or patient to look underneath the symptoms to the way that they have been living and how this may have contributed to the symptoms they are experiencing. EPA recognised practitioners are able to offer the client the possibility of a different, gentler way of living, through the way that the practitioner themselves lives, which is clearly and comprehensively described in the EPA Code of Ethics and Conduct.

EPA recognised practitioners are committed to living with the utmost energetic integrity, and have a deep understanding, which stems naturally from the way they live and practise, of the importance of complying with all Federal, State and local laws, regulations, guidelines and other requirements. These requirements make up a part of what the practitioner undertakes to comply with, in applying for and receiving recognition from the EPA.

The requirement to comply with all applicable laws and regulations is spelt out in the EPA Code of Ethics and Conduct, which all practitioners sign on to as a pre-condition to their practitioner membership.

All EPA recognised practitioners are responsible for ascertaining and complying, in full, with all relevant laws, regulations and guidelines that are in operation in their area of practice. The EPA provides guidance and a minimum standard of practice, based on legislation and regulatory requirements currently in force in Australia, Europe and the United Kingdom. However, as the EPA has members in many locations, it is the responsibility of the individual practitioner to ensure that they are complying strictly with all standards in operation in the area(s) in which they practise.

There may be requirements that are additional to those contained in these guidelines. It is a condition of each practitioner's membership with the EPA that they comply with all such standards, laws and regulations.

By combining a demonstrated and continuing commitment to living with energetic integrity and in accordance with the EPA Code of Ethics and Conduct, with the utmost respect for the laws and regulations of the locality in which they practise, EPA recognised practitioners offer clients a true complement (not an alternative) to conventional medicine and, in so doing, create a bridge between life as it is lived by the majority today and the vitality, joy and harmony that are possible to be lived on an everyday basis.

CONTENTS

1. INTRODUCTION

2. REGISTRATION OF PREMISES

3. PREMISES, SUPPLIES AND EQUIPMENT

4. HYGIENE AND INFECTION CONTROL PROTOCOL

- 4.1. Practitioner hygiene
- 4.2. Safe handling of accessories used in Esoteric Connective Tissue Therapy
- 4.3. Disinfection of equipment, towels and linen

5. CLIENT CARE AND PRACTITIONER PROFESSIONALISM

6. CONTRA-INDICATIONS TO ESOTERIC CONNECTIVE TISSUE THERAPY

- 6.1. Short Term Contra-indications
- 6.2. Absolute Contra-indications

7. PRACTITIONER SAFETY AND SELF CARE

8. FIRST AID

9. RECORD KEEPING

10. GDPR

11. WASTE DISPOSAL

12. REQUIREMENTS FOR MOBILE OPERATORS

13. ADVERTISING

14. USEFUL TIPS

15. ATTACHMENTS

Appendix A: Definition of Terms

Appendix B: Links to UK & EU Legislation and other Resources

1. INTRODUCTION

These guidelines are in keeping with the qualities of energetic integrity and energetic responsibility that are the foundation of the Esoteric Practitioners Association. They are based on the principles and precepts laid down in *the EPA Code of Ethics and Conduct*.

The guidelines have been prepared in accordance with current UK and EU laws and guidance in operation at the time of publication and provide comprehensive guidance for the safety of Esoteric Connective Tissue Therapy practitioners and their clients. It is the responsibility of all EPA members to ascertain and ensure full compliance with the laws and regulations applicable to them.

In Esoteric Connective Tissue Therapy, the practitioner places their hands gently in specific positions on the client's body. Arms, legs and the head may be lifted very gently according to the technique that is needed by the client. No force is ever applied, and there is never any manipulation or strain placed on any of the joints or indeed on any part of the body. A very delicate rhythm is introduced to the client's body through a gentle, anticlockwise movement of the practitioner's hands. In-truth, it is the client themselves that provides the rhythm – the practitioner merely reflects the rhythm of the client to the client, and joins that rhythm with their own very light touch. There is absolutely no imposition, or any manipulation in Esoteric Connective Tissue Therapy. The therapy is a deep honouring of the very deep state of harmony which is naturally within all people, in which there is a flow and ease in the connective tissue system that runs throughout the body. The flow and ease in the connective tissue system, which is the river system of soft tissue joining muscles to tendons and tendons to joints, can then translate to a sense of flow and ease in the rest of the body. Clients can experience a deep letting go, not from anything done 'to' them by the practitioner, for the practitioner does not act in that capacity. It is the client's own inner harmonious rhythm that is felt and experienced in Esoteric Connective Tissue Therapy – allowing the body to return to the rhythm it naturally comes back to when left to just be.

The client is always fully clothed in Esoteric Connective Tissue Therapy. No clothing is removed.

2. REGISTRATION OF PREMISES

- 2.1. Registration of premises where Sacred Esoteric Healing is provided is not required in the United Kingdom but maybe required in some European Countries. Therefore it is recommended that you check with your regional authority to see if there are any local requirements to register your premises.
- 2.2. Each local council will have its own set of principles and guidelines. Please ensure that you make yourself familiar with and adhere to their requirements, as doing so is a condition of your membership with the EPA.

3. PREMISES, SUPPLIES AND EQUIPMENT

As practitioners, we have a duty of care to ensure the safety and protection of our clients, their accompanying friends or caregivers and ourselves. In conjunction with these guidelines, practitioners are required to read and comply with the EPA Safety Guidelines. It is recommended that all practitioners are aware of *The Health and Safety at Work Act 1974*, the *European Employment and Social Policy* and the *Health & Social Care Act 2008 - Infection Control* (see Appendix B). These codes provide a nationally consistent framework to secure the health

and safety of all workers and workplaces. Potential hazards and risks in the clinic setting are to be identified and eliminated, or reduced to the fullest extent possible.

The following points are relevant and specific to the practice of Esoteric Connective Tissue Therapy, and must be complied with by all EPA recognised Esoteric Connective Tissue Therapy practitioners: Ensure that the premises from which you work are clean and hygienic, and that all pieces of equipment (heaters, storage shelves, stools, treatment tables, towel-warming units, and any other equipment) are kept dry and in good working order. Ensure that all electrical equipment such as heaters and towel warming ovens meet prescribed electrical standards.

- 3.1. Alcohol based hand rub is to be available in the treatment room, and should be used before and after each treatment. It should have a minimum alcohol content of 70% v/v (see *Health & Social Care Act 2008 - Infection Control, or Infection Prevention and Control and COVID-19 Appendix B*).
- 3.2. Detergent wipes and alcohol wipes for the disinfection of surfaces are to be on hand.
- 3.3. A hand basin with a single outlet is required. It need not be in the treatment room, but should be close at hand. A hands-free tap is preferred. A water temperature of 40 degrees Celsius is required for hand washing.
- 3.4. Liquid soap should be available for hand washing. Antimicrobial soap is not required.
- 3.5. Liquid soap containers should be used until empty, then thoroughly washed and dried before re-filling. This reduces the risk of contamination of the soap.
- 3.6. Disposable, single-use hand towels or an automatic hand dryer are required. Shared hand towels are not to be used.
- 3.7. A waste disposal bin with a pedal operated lid must be available in the treatment room. It should be lined with plastic and emptied at least daily, or more often as needed.
- 3.8. The treatment table should have a smooth, impervious surface for easy cleaning.
- 3.9. Make sure you are aware of safe weight limits that apply to your table.
- 3.10. Do not allow any animals in the treatment room, other than guide dogs for hearing or sight impaired clients.

4. HYGIENE AND INFECTION CONTROL PROTOCOLS

4.1. Practitioner Hygiene

- 4.1.1. The NHS in the UK has created comprehensive guidelines for hand cleaning. (See *NHS Standard infection control precautions and the NHS Guidance - How to Wash Your Hands Appendix B*). The critical times when hand hygiene should be performed are clearly described. It is recommended that all practitioners and student practitioners take time to study the information on the website and ensure they comply to the guidelines.

- 4.1.2. The use of alcohol based hand rub is recommended for hands that are not visibly soiled. Detailed information on when and how to use alcohol based hand rub is available on the Hand Hygiene in Healthcare Settings, Centres for Disease Control and Prevention website (see Appendix B).
- 4.1.3. Hands are to be washed even when gloves are worn. Gloves are permeable, so transmission of micro-organisms from client to practitioner or practitioner to client is still possible.
- 4.1.4. Fingernails are to be kept short and clean.
- 4.1.5. Remove hand and wrist jewellery, such as rings and bracelets, prior to hand washing. Proper hand cleaning cannot be assured when wearing jewellery.
- 4.1.6. If you have an open skin wound on your hand, cover it with a waterproof dressing, even if you are wearing gloves.
- 4.1.7. Hand care is also covered on the NHS Standard infection control precautions (see Appendix B). Our skin is a crucial barrier to infection, so care of our hands has an important part to play both in our protection and in the protection of our clients. Take care of the skin on your hands. Keep your hands well moisturised, avoid excessive washing with soap and water and do not put gloves on if your skin is wet.

4.2. Safe handling of accessories used in Esoteric Connective Tissue Therapy

- 4.2.1. Warm eye pillows are used during healing to support the client. The warmth provides a deep sense of relaxation, which can allow the client to let go of tension and assist them to gain profound benefits from their session. Eye pillows are to be handled with clean hands to reduce the risk of cross contamination.
- 4.2.2. The eye pillow placed over the eyes is to be wrapped in a tissue. Do not place an eye pillow on the client's eyes when they have an eye infection, such as conjunctivitis, cysts, weeping from the eye, or any other infectious condition.
- 4.2.3. It is recommended that eye pillows are warmed in a towel warming oven with a thermostat to regulated the temperature. It should have a UV light, operated by a separate switch. UV light will reduce the build up of micro-organisms on the pillows, however they cannot be completely eliminated. The pillows cannot be regarded sterile. Do not over load the oven with eye pillows as this renders the UV light ineffective. Do not open the door and place your hand in the oven when the UV light is in operation.
- 4.2.4. When warm eye-pillows are used during healing sessions, place them on top of the client's clothes, or a towel or blanket draped over the client, never directly on the skin. Ensure that the eye-pillows are at a comfortable temperature to protect the client from burns. If the eye-pillow is too warm to hold on your own wrist, as is common practice with checking the temperature of baby bottles, then it is too warm to place on the client. Wait until the eye pillow cools to a suitable temperature before placement on the client.

4.3. Disinfection of equipment and linen used in Esoteric Connective Tissue Therapy

- 4.3.1. Towels and linen must be changed for each client. Used towelling and linen should be placed in a laundry bin that is separate to domestic linen. They should be washed at 60-70 degrees Celsius and dried in a clothes dryer. All linen should be stored in a clean and dry environment.

- 4.3.2. Disposable, single-use table covers are recommended. They are to be removed and discarded after every client.
- 4.3.3. Face pillows, used to support the client's head when they are facing down, must be covered. Disposable, single-use covers are preferred. They are to be discarded at the conclusion of the treatment session. Fabric covers may be used, but must be laundered after every usage according to the directions given in point 4.4.1. above.
- 4.3.4. When the session is complete and the client has left the room, the following surfaces are to be cleaned and disinfected: the massage table face hole (this area is potentially exposed to saliva, tears or mucous secretions), any containers and dispensers that were touched with unwashed hands, and the surface on which any equipment used in the session was kept. Surfaces should be cleaned with a detergent wipe, dried, then wiped with an alcohol wipe.

5. CLIENT CARE AND PRACTITIONER PROFESSIONALISM

- 5.1. Esoteric Connective Tissue Therapy involves placement of the hands on the clothed body of the client. Head, arms and legs are also very gently lifted from the massage table. A gentle, anticlockwise circular movement is applied by the practitioner, however, as stated earlier in this manual, there is no imposition or any 'doing' to the client in this technique. Rather, the extremely light, gentle rhythm applied initially by the practitioner assists the client to let go, and the rhythm that emerges or arises is in fact the client's own natural rhythm, not that of the practitioner. The practitioner's presence is of assistance to the client, but the rhythm and flow experienced by the client is natural to them, and in no way given, applied or imposed. Esoteric Connective Tissue Therapy is one of the least imposing or 'active' therapies available today – it is extremely light-touch, and deeply respectful and honouring of the natural state of harmony within the client.
- 5.2. Positions for placement of the hands, and the techniques for deeply respectfully and lightly lifting and supporting the head and limbs is thoroughly outlined in the training manuals, and the importance of handling limbs and the head with the utmost delicacy is emphasised – this is a natural expression of the quality of Esoteric Connective Tissue Therapy.
 - 5.2.1. Clients are honoured and respected at all times. Strict avoidance of the breast area in women and the genital area of both men and women is to be observed. Hand positions to maintain integrity and respect for the client at all times are clearly described in the training manual for Sacred Esoteric Healing Level 1, and taught in detail at the training course. There is no occasion on which the practitioner should touch the breast or genital area of the client, and strict accordance with the EPA Code of Ethics and Conduct is to be observed and followed throughout all sessions. Level 1 Esoteric Connective Tissue Therapy techniques are applied to the feet and ankle area, wrist and elbow area and head. Some heart work may accompany Esoteric Connective Tissue Therapy as a natural extension of the techniques being practised, and Sacred Esoteric Healing techniques may also at times be used, depending on the needs of the client. However, at all times, the strictest of professionalism and integrity is required, as is the case with all Universal Medicine Therapies, and as required under the EPA Code of Ethics and Conduct. Contravention of these requirements is taken very seriously by the EPA, and is grounds for revocation of practitioner accreditation, dismissal from the EPA, or both.
 - 5.2.2. Be aware that clients become deeply relaxed during Esoteric Connective Tissue Therapy and may need your support to roll over safely, if changing sides during treatment. Give them time and

space to roll over as needed, and show them through your presence that you are there to assist, without in any way engaging them, as they often will have gone into a very deep state of relaxation.

- 5.2.3. Be prepared to assist the client when they are ready to get up at the conclusion of the session. Some people may need assistance to get off the table. Give them plenty of time to get off the table and prepare to leave the treatment room.

6. CONTRA-INDICATIONS TO ESOTERIC CONNECTIVE TISSUE THERAPY

Esoteric Connective Tissue Therapy should not be performed on clients with certain medical conditions. These conditions are known as contra-indications.

Some of these conditions are short term in nature and Esoteric Connective Tissue Therapy can be performed when complete healing has taken place. Other conditions are chronic and long term in nature and Esoteric Connective Tissue Therapy may not be appropriate for clients with these conditions at any time. Make sure you are aware of these conditions, the potential risks they pose, and ask your client about them when taking their medical history.

6.1. Short term contra-indications

- 6.1.1. Take care not to place your hands in Esoteric Connective Tissue Therapy directly onto any wound on the client's body.
- 6.1.2. Do not use any technique that is applied directly or indirectly to an acutely injured joint. Some examples include but are not limited to: not applying any technique that involves lifting and holding a recently sprained or fractured ankle, not lifting and applying any technique to the arms following a recent injury to any part of the arm such as a shoulder dislocation, and not applying any technique following recent surgery to a joint or limb. Once healing has taken place, as confirmed by a medical doctor, Esoteric Connective Tissue Therapy may be safely applied.

6.2. Absolute contra-indications

- 6.2.1. Do not provide Esoteric Connective Tissue Therapy for clients with untreated medical conditions, such as high blood pressure or diabetes. These clients require medical attention first and foremost. Once medical attention has been sought and treatment commenced, Esoteric Connective Tissue Therapy may be provided. The role of Esoteric Connective Tissue Therapy (and all esoteric healing modalities) is to support, and be complementary to conventional medicine. Esoteric Connective Tissue Therapy (as is the case for all esoteric healing modalities) does not offer a cure and it is never a replacement for medical treatment or advice. The intent of Esoteric Connective Tissue Therapy, as with all Universal Medicine Therapies and EPA accredited modalities, is to support the client and work alongside conventional medicine. All esoteric work has a deep respect for conventional medicine and its place in healing, and is never in replacement of or an alternate to conventional medicine.
- 6.2.2. Do not treat clients with a diagnosed or suspected mental illness. All practitioners are required to be aware of and adhere to the EPA Mental Health Policy and Procedures Manual and to consult a member of the EPA Mental Health Advisory team about any new or existing client with such a condition. In the event of an incident involving a client with a diagnosed or suspected mental

illness follow the Mental Health Policy and Procedures Manual including completing the Mental Health Critical Incident Report form should this be required.

6.2.3. Pregnant clients should not be given Esoteric Connective Tissue Therapy.

7. PRACTITIONER SAFETY AND SELF CARE

- 7.1. It is recommended that practitioners wear closed in shoes with good foot and arch support.
- 7.2. Ensure that your body is comfortably positioned at all times when treating. Esoteric Connective Tissue Therapy supports clients in feeling the hard and disregarding way most people use their bodies, to be given the opportunity to let go of tension and stress, and to feel that a gentler way is possible. Practitioners offer this as a possibility to their clients through the tender and gentle way in which they give the treatment, which is a reflection of the way they live themselves. In other words, it is the quality of the life lived by the practitioner (in and outside of the treatment room), and the practitioner's level of self care, that determines the quality of the session offered to the client. Further details are given in the *EPA Code of Ethics and Conduct*.

8. FIRST AID

- 8.1. Have a first aid kit on hand, in or near your treatment room. It can include an eye-bath, individually wrapped sterile dressings, scissors, normal saline, adhesive tape, sterile wound dressings, emergency phone numbers and addresses. Esoteric Connective Tissue Therapy has a very low risk of causing injury to our clients but accidents, such as tripping, are possible in the treatment room. To avoid incidents, ensure that the floor of the room is clear of power cords, that the edges of mats do not represent a trip hazard, that walkways are clear at all times, and that there is a clear path of access to and from the treatment table.
- 8.2. Ensure that you and your staff are trained in first aid procedures and update this training annually. (see Appendix B *Work Health and Safety Regulations*).

9. RECORD KEEPING

- 9.1. Client records are to be kept, as described in the *EPA Code of Ethics and Conduct* Appendix 4, the *EPA Client Consent Form* and the *EPA Client Consultation Record*.
- 9.2. Ensure that you obtain the client's consent for the treatment on their first visit, prior to the treatment commencing. If the client has previously signed a consent form with another practitioner at the same clinic ensure that the consent includes Esoteric Connective Tissue Therapy and covers all subsequent treatments at the clinic (as is the case with the EPA Initial Client Consent Form). Consent is further described in the *EPA Client Consent Form Introduction*.
- 9.3. Ensure that you use the Client Consent form mentioned above to take a thorough medical history for each client. The written history must include questions about the presence of blood-borne infections that pose a risk of transmission. These conditions include HIV, and Hepatitis B and C.

- 9.4. Medical history should also include a question on known allergies. Esoteric Connective Tissue Therapy is unlikely to provoke an allergic reaction, but it is wise nevertheless to be aware of allergies to cleaning products, pollens, incense etc.
- 9.5. Update each client's medical history at least annually. Make a note of the dates on which updates have been made.
- 9.6. Keep thorough and comprehensive notes for each treatment session with your clients. This includes the date, the nature of the treatment given and relevant discussions with the client. If you do not have your own recording system, it is recommended that you use the *EPA Client Consultation Record*.
- 9.7. Keep a record book for incidents and accidents relevant to occupational health and safety. All incidents must be recorded on the *EPA Incident Report* and reported to the EPA office. You should contact your insurer at the first opportunity if there is any likelihood of a complaint being made or any possibility of legal action being taken against you.

10. GENERAL DATA PROTECTION REGULATIONS

- 10.1. It is a statutory requirement to ensure you handle your client's data responsibly and implement a Data Protection Policy as laid out in the EPA General Data Protection Regulations Policy and Procedures Template
- 10.2. UK based Practitioners obtain a Data Protection Fee with the ICO ([Information Commissioner's office](#)) if you are storing client personal information and European Practitioners consult the [European Commission](#) for further information.

11. WASTE DISPOSAL

- 11.1. The waste generated by Esoteric Connective Tissue Therapy is not exposed to body fluids, so can be disposed of in general waste, but all waste should be disposed of in a sealed bin in the treatment room, which should be emptied at least daily.

12. REQUIREMENTS FOR MOBILE OPERATORS

- 12.1. All of the safety and infection control requirements set out in these Guidelines apply equally to practitioners working from home or a clinic, as well as to those providing services outside of regular treatment premises.
- 12.2. Permission from the local council may be required before providing Esoteric Connective Tissue Therapy in areas outside normal treatment premises such as a private clinic. Please make enquiries with the local council in the areas where you intend to provide healing treatment.

13. ADVERTISING

- 13.1. Advertising Standards in the UK are self-regulated. The Advertising Standards Authority (ASA) states it is the UK's independent advertising regulator that enforces the [Codes of Advertising Practice](#). Whilst holding no legal power, the ASA maintains a public blacklist of practitioners who do not comply, such cases include online public claims about the benefits a treatment without scientific evidence based research. For repeated offences or refusal to comply, the ASA can refer the case to the National Trading Standards, who are able to pursue criminal prosecution if warranted. Non-compliance risks public blacklisting and potential prosecution.
- 13.2. For a fee, UK based Practitioners, Clinics and Professional Associations can apply to the GRCCT ([General Regulatory Council for Complementary Therapies](#)) to have their website and online advertising assessed. The GRCCT Unique Certification Mark means your advertising meets stringent industry and legal requirements of the profession. Certification is valid for a period of one year and is subject to random audit.
- 13.3. European members can refer to the [European Advertising Standards Alliance](#) for Self Regulatory Advertising and the [International Chamber of Commerce](#) for more information.

14. USEFUL TIPS

- Contact your Local Authority – for the most up-to date local regulatory requirements.
- Ensure you are up to date with the current news and developments in your industry and area of practice.
- Contact the EPA – to connect with a member who has experience setting up in your region.
- Visit [UK Health & Safety Tool Kit](#) for more information on Health & Safety in the Workplace.
- Visit [EU Minimum Health & Safety Requirements](#) for European Health & Safety standards.

15. ATTACHMENTS

APPENDIX A: Definition of terms

APPENDIX B: Links to UK & EU Legislation and Other Resources

APPENDIX A: Definition of Terms

Alcohol based hand rub. An alcohol based liquid, foam or gel used to reduce the number of viable microorganisms on the hands of the practitioner.

Alcohol wipes. A disposable wipe that holds alcohol, used to clean non-soiled surfaces between client sessions.

Body fluids. Any substance secreted by the body. It includes blood, tears, respiratory secretions, gastric secretions, vomit, urine and faeces.

Cleaning. The removal of soil and a reduction in the number of micro-organisms from a surface. It is achieved by washing with detergent.

Contamination. The act or process of an instrument or surface being exposed to potentially harmful agents, rendering that instrument or surface unclean. For example, when a towel, pillow cover or face piece has bodily fluid on it, such as tears or mucous, it is regarded as contaminated.

Contaminated waste. Waste that has been in contact with any body fluid.

Contraindication. A factor, symptom or condition that makes a particular treatment inadvisable.

Cross-contamination. The act or process by which potentially harmful agents are transferred from a contaminated object to a clean or sterile surface or object.

Detergent. A substance that enhances the cleaning action of water or another liquid.

Detergent wipes. Disposable detergent-containing wipes for the cleaning of lightly soiled, shared patient equipment.

Disinfectant. An agent intended to destroy or remove pathogenic organisms. It does not usually destroy bacterial spores.

Disinfection. The inactivation of non-spore forming micro-organisms using thermal (i.e. heat) or chemical means.

Micro-organism. A single celled organism, including bacteria, viruses and fungi. They live on all surfaces and are capable of invading and growing within other organisms.

Pathogen. Any micro-organism capable of causing illness or disease.

Practitioner. The person who carries out healing for a client, not necessarily for gain or reward.

Zone of contamination. A designated area for the placement of items used in patient treatment.

APPENDIX B: Links to UK & EU Legislation and other Resources

UK Links

Working Safely during Coronavirus (COVID-19) - <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

Sector Strategies - Beauty HSE - <https://www.hse.gov.uk/aboutus/strategiesandplans/sector-strategies/beauty.htm>

NHS Guidance - How to Wash Your Hands - <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Health & Social Care Act 2008 - Infection Control - www.gov.uk/government/uploads/system/uploads/attachment_data/file/449049/Code_of_practice_280715_acc.pdf

NHS Standard infection control precautions: National hand hygiene and personal protective equipment policy - https://improvement.nhs.uk/documents/4957/National_policy_on_hand_hygiene_and_PPE_2.pdf

The Health and Safety at Work Act 1974 - <https://www.hse.gov.uk/legislation/hswa.htm> and <https://www.hse.gov.uk/simple-health-safety/index.htm>

This Act sets out the general duties, which employers have towards employees and members of the public, and which employees have to themselves and to each other and this forms the basis for British Health and Safety Law.

The Management of Health and Safety at Work Regulations 1999 (the Management Regulations) sets out what employers are required to do to manage health and safety of their employees under the Health and Safety at Work Act - <https://www.hse.gov.uk/workers/index.htm>

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR)

While the risk of serious injury and/or infection during the treatment on your premises is very rare, should an incident occur that requires hospitalisation of the person involved or there are evident signs of a serious disease, the Practitioner has a duty to report the incident to RIDDOR - <https://www.hse.gov.uk/riddor/>

Electricity at Work Regulations 1989 - <https://www.hse.gov.uk/toolbox/electrical.htm> and <http://www.hse.gov.uk/pUbns/priced/hsr25.pdf>

Management of Healthcare Waste - <http://www.legislation.gov.uk/uksi/1992/588/contents/made> and <https://www.hse.gov.uk/healthservices/healthcare-waste.htm>

Provision and Use of Work Equipment 1998 - <http://www.hse.gov.uk/pubns/indg291.pdf>

Equality Act 2010 - <https://www.gov.uk/guidance/equality-act-2010-guidance>

EU Links

Working Safely during Coronavirus (COVID-19) - <https://www.ecdc.europa.eu/en/publications-data/infection-prevention-and-control-and-preparedness-covid-19-healthcare-settings>

European Agency for Safety and Health at Work - https://osha.europa.eu/en/legislation/guidelines/osh_framework_directive

Employment and Social Policy - https://eur-lex.europa.eu/summary/chapter/employment_and_social_policy.html?root_default=SUM_1_CODED%3D17,SUM_2_CODED%3D1713&locale=en

Infection Prevention and Control and COVID-19 - <https://www.ecdc.europa.eu/en/publications-data/infection-prevention-and-control-and-preparedness-covid-19-healthcare-settings>

Europa.eu Business - https://europa.eu/youreurope/business/dealing-with-customers/data-protection/data-protection-gdpr/index_en.htm

European Traditional Chinese Medicine Association - <https://www.etcma.org/home/education-information/>

International Links

World Health Organisation Covid-19 Advice for Public - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

World Health Organisation Cleaning and disinfection of environmental surfaces in the context of Covid-19 - <https://www.who.int/publications/i/item/cleaning-and-disinfection-of-environmental-surfaces-inthe-context-of-covid-19>

Centres for Disease Control and Prevention, Hand Hygiene - <https://www.cdc.gov/handhygiene/providers/guideline.html>