

Questions to ask your massage therapist about COVIDsafe practice

There are many things your massage therapist can do to mitigate against the risk of COVID transmission in the clinic environment.

Ask your massage therapist:

Have you completed a comprehensive risk assessment that addresses airborne transmission of COVID-19?

Under work health and safety legislation in Australia, massage therapists are required to implement infection control policies and procedures that minimise the risk of transmission of infectious diseases. AMT has provided substantial resources to members to complete a comprehensive COVID-19 risk assessment, acknowledging airborne transmission as the primary source of COVID transmission.

Will you be wearing a N95/P2 respirator mask during treatment? Do I need to wear a respirator mask as well?

An N95/P2 mask protects both you and your massage therapist from COVID transmission. If you are both wearing an N95/P2 mask, the risk of transmission reduces substantially.

Do you have a HEPA air purifier running in the clinic?

HEPA purifiers remove virus particles from the air. Your therapist should be able to tell you how many air exchanges per hour their purifier provides. AMT recommends 12 air exchanges per hour.

Do you monitor CO₂ levels during the treatment?

CO₂ levels are a good proxy for how much fresh air there is in a room. Outside air is around 415 parts per million (ppm) CO₂. If CO₂ levels reach above 800ppm inside the clinic, it's a sign that there is not enough fresh air circulating in the room. Many massage therapists schedule ventilation breaks between clients to ensure there is adequate fresh air in their clinic.