

Personal Health Risk Assessment Sheet

(based on All Wales Covid-19 Risk Assessment)

Instructions:

1. To ensure confidentiality each employee will be assigned an individual Employee Number
2. This sheet should be given to each employee, explaining that their score starts at zero (0)
3. For each factor ranging from Age to Family History, select the applicable score. For any listed Risk Factor that does not apply the score is zero.
4. Tally all of the scores together to get the Total Score.
5. Once the assessment is completed the employee will submit their total score only (no specific medical details) **and** the Individual Employee Number

Note : It is recommended that a sensitisation session is conducted with the employee prior to initiating this process.

Risk Factor	Score
Age	
50-59	1
60-69	2
70-79	4
Sex <u>and</u> Ethnicity	
Male	1
Black, Indian, Mixed Race	1
Comorbidities	
Cardiovascular Disease	1
Diabetes	1
Chronic Lung Disease (Including Asthma)	1
Chronic Kidney Disease	1
Sickle Cell Trait	1
Body Mass index (BMI)	
BMI over 30	1
Family History	
Immediate family (parent, child or sibling) had severe illness (Intensive Care Unit Treatment) or died from as a result of Covid complications	1

Note: If none of the factors apply the total score is zero (0)