

# Guidelines for treatment rooms





**At Vicuras, we place great emphasis on ensuring that our treatments take place in inviting and comfortable surroundings for both the employee and the practitioner.**

The way we design our treatment rooms is always with the well-being of both the employee and the practitioner in mind. We always adhere to “Arbejdstilsynets” guidelines and recommendations of the “Arbejds miljøloven”.

The physical environment is a crucial part of the massage and treatment experience. Additionally, the treatment room is our practitioners’ workplace, which is why we always ensure that it meets a certain standard to ensure a healthy working environment for our practitioners.

To assist you in selecting the treatment room at your location, we have prepared a set of guidelines and recommendations for setting up the treatment room environment. In this way, we create the best conditions for a pleasant experience before, during, and after the treatments for both the employee and the practitioner.

If you have any questions regarding our guidelines and recommendations, please feel free to contact us. We and our practitioners look forward to welcoming you to the treatment room.

## Guidelines and recommendations for treatment room access conditions according to “Arbejdstilsynet”

Conditions	Work Environment law	Vicuras' guidelines
<u>Access conditions</u>	There must be adequate access to the workplace and adequate means of escape from it	For permanent rooms, there should be provision for storage of linen and other materials so that everything is close at hand and does not occupy space elsewhere in the facility.  For non-permanent treatment rooms, the couch, linen, and materials should be stored as close to the treatment room as possible.
Privacy	No requirements from "Arbejdstilsynet"	The comfort level of the employee is important, and therefore the room should be able to be screened off. This means no open glass partitions facing busy corridors or roads.
Pickup/delivery of linen	No requirements from "Arbejdstilsynet"	The pickup and delivery of linen should be as close to the treatment room as possible, so our therapists don't have to exert themselves carrying heavy materials for too long.
<u>Acoustic conditions</u>	The room should be subdued, but not to the extent that it is difficult to understand speech. If the acoustics in the room are unsatisfactory, sound insulation should be installed with sound-absorbing materials on the ceiling and walls.	A massage should be relaxing, so to ensure the best experience, the treatment room should be soundproofed and located in a quiet area without disturbance from noise.
<u>Lightning conditions</u>	There should be sufficient general lighting in a workspace for safe movement to occur.	If it is possible to have natural light in the room without compromising privacy, then this is preferable. Otherwise, good general lighting should be provided so the room is not too dark.

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Furniture	No requirements from "Arbejdstilsynet"	In a permanent space, we recommend that a cabinet or shelf is provided for the storage of materials such as linen, oil, etc. Vicuras furnishes with various items such as mirror, folding screen, chair, decorative table, etc.
<u>Cleaning</u>	<p>Ensure that:</p> <ul style="list-style-type: none"> <li>- The workplace is kept properly maintained, clean, and tidy, so the conditions are always safe and healthy.</li> <li>- Traffic routes and the floor are free from objects and materials that may pose a hazard.</li> <li>- Tools and equipment can be used safely.</li> <li>- There are adequate facilities for cleaning up.</li> <li>- Windows and lighting fixtures are maintained and cleaned.</li> <li>- Ventilation systems, filters, paint booths, lighting fixtures, etc., are regularly maintained.</li> </ul>	It is the company's responsibility to ensure the general cleaning of the treatment room, and we recommend that the treatment room, at a minimum, is included in the daily cleaning routine of the company, and that vacuuming and possibly floor washing are carried out at least once a week.
<u>Room size</u>	<p>The workspace should be of sufficient size to allow work to be carried out safely. The room height should be at least 2.5 meters and not less than 2.1 meters.</p> <p>The minimum requirement is 12 cubic meters of airspace, but more may be necessary.</p>	<p>It is important that there is ample space around the couch so that the therapist can easily maneuver around the entire couch during the treatment of the employee.</p> <p>The dimensions of the couch are primarily: Width: max 76 cm and length with headrest: 213 cm + a working width of at least 60 cm around the couch.</p> <p>Total working dimensions are minimum: W: 200 x L: 335.</p>

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<p><u>Temperature</u></p>	<p>There should be an appropriate temperature for the work being carried out. A temperature of 20-22 degrees Celsius is suitable. The temperature must not drop below 18 degrees Celsius.</p>	<p>The treatment room should be able to be heated and cooled like the rest of the company, and the temperature should be adjustable according to the season. Vicuras provides sheets and blankets, but if the employee feels too cold or too hot, it can have a significant negative impact on the overall treatment experience.</p> <p>An office fan can also be helpful if the room cannot naturally cool on hot days.</p>
<p><u>Toilet facilities and lunch break</u></p>	<p>There should be a maximum of about a 10-minute walk to the nearest toilet and handwashing facilities.</p> <p>There should be an option for the employee to sit in another room and eat their lunch.</p>	<p>We recommend that a toilet be available within a reasonable distance so that the therapist has easy and quick access to handwashing and toilet facilities, as there is only about 3 minutes between treatments. Our therapists typically have a 30-minute lunch break, during which they should have the opportunity to sit in another room or in the company canteen to eat their lunch</p>
<p><u>Outlook</u></p>	<p>There should be a view of the surroundings from the workspace, for example, through windows or glass doors. However, there is an exception for workspaces that were legally established before January 1, 1993.</p> <p>Having a view of the surroundings means that it should be possible to sense the weather, for example, through glass partitions from another room with a view to the outdoors.</p>	<p>Therapists should be able to have a view of the outdoors and sense the world outside the treatment room. If the treatment room does not have a view of the outdoors, it should be possible through another room.</p>

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<u>Window/ventilation</u>	<p>It is important to have the opportunity to ventilate between treatments throughout the day.</p> <p>However, be mindful of drafts. In rooms where natural ventilation through a window is not possible, there should be mechanical ventilation to ensure adequate air exchange and addition of fresh air.</p>	<p>We recommend that there is at least one window in the treatment room, allowing for ventilation between treatments to ensure a proper working and treatment environment.</p>

Kilde: Reference is made to the Danish Working Environment Authority's [Arbejdstilsynets AT-vejledninger](#)



# Examples of treatment rooms

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