College of Occupational Therapists of Ontario
Regulator of occupational therapists in Ontario

Learnings from the Quality Assurance Competency Assessments

Risk Ready: Protecting Clients & Your Practice

Risk refers to the **possibility of harm, injury, or loss** that can arise from an action, decision, environment, or situation. In occupational therapy, risk can relate to **potential harm** to clients, therapists, or organizations.

Learnings from 200+ assessments identified six main types of risk in practice.

Have you considered all these risks in your practice?

Types of risk and examples

Physical Risks
Falls and other mobility-related injury, overexertion with recommended exercises, positioning and skin integrity.

Equipment Risks
Improper fit of assistive devices, unsafe use of transfer and mobility equipment, improper sanitation of equipment or assessments tools.

Environmental Risks
Unsafe or inaccessible home setups, lack of safe supervision, triggering or overstimulating environments, home environmental hazards.

Cognitive Risks
Cognitive fatigue, confusion and disorientation, impaired judgment and risk awareness.

Emotional Risks
Re-traumatization, harm to self or others, heightened anxiety.

Remote (Virtual) Risks
Safety assessing clients, technology access and usability issues, confidentiality and privacy.

Occupational therapists recognize that risk isn't only **physical**—**emotional**, **cognitive**, **environmental** and **remote** risks are equally important in delivering safe, client-centered care.

Want help? Contact the Quality Assurance team at **qaprogram@coto.org**

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