



## SUMMARY OF CURRENT SERVICES

### Health Assessment Services

- Baseline Health assessments taking 40 to 45 minutes and including the following:
  - Completion of questionnaire with OH Advisor
  - Lung function test
  - Skin health surveillance and advice
  - Hearing test (if required)
  - Height and weight measurement
  - Assessment of musculoskeletal function
  - Hand arm vibration assessment (if appropriate)
  - Blood pressure
  - Eyesight including colour vision and field of vision
  - Urine test (optional) e.g. to detect blood, glucose, protein
  - Advice and recommendations about health and lifestyle in relation to work
  - Repeat/routine Health assessments taking 30 minutes, as appropriate according to job role and risk assessment, including hearing test where necessary at agreed intervals
- Hearing tests
- Hand arm vibration assessment
- DSE (Display Screen Equipment) Assessment
- Face Fit Testing
- Workplace assessments e.g. Manual Handling and Ergonomics
- Health Questionnaires
- Development of Occupational Health policy

### Management Referrals

Usually utilised when an individual's health is impacting on their attendance, safety, performance or conduct at work. Usually face to face, also conducted by telephone or Skype. Case management may continue until the case is resolved and closed.

Referral to specialists such as:

- Counsellors / Psychotherapists / Talking therapists
- Physiotherapists
- Chiropractors

## Health and Wellbeing Checks and Promotion

Health check/wellbeing days can include:

- Blood pressure check and advice
- Body composition analysis using Tanita body analyser
- Check and advice about
  - Smoking
  - Alcohol consumption
  - Drug use (banned substances)
- Spirometer check
- Urinalysis or blood glucose check
- Cholesterol check (can incorporate glucose and lipid)
- Vision check
- Toolbox talks/workshops
- Fitness check
- Advice about diet and exercise

The above can be provided in whole or in part and can be part of a booked service day or booked as a dedicated health and wellbeing day

## Drug & Alcohol testing

- Testing services
  - Rapid kits
  - Laboratory analysis
- Supply of test kits
- Drug & Alcohol policy development

## Training

- Occupational Health Awareness
- Manual Handling
- First Aid
- Stress Management

## Vaccinations

- Hepatitis B
- Flu vaccinations
- Vaccination policy development

## Employee benefits (working with partners)

- Employee Assistance Programme (EAP)

