



## Occupational Health Management for the print industry

Promoting and maintaining good health in your workplace not only ensures you comply with legislation but well-rounded, active Occupational Health policies and practices can set you apart from your competition, helping to recruit and retain the best staff, reduce sickness levels and boost profitability.

To help printers comply with legislative requirements and to promote best practice, BPIF Business has introduced a range of Occupational Health services, delivered by a team of Occupational Health specialists in your premises or in fully equipped mobile screening units, ideal for smaller or multi-site companies.

Our services and assessments are flexible and any combination can be customised to meet your particular needs. We offer a wide range of one-off individual assessments, training all the way through to Occupational Health Management Schemes delivered over a one or two year period to help give your company the edge.

### OCCUPATIONAL HEALTH MANAGEMENT SCHEMES

We will design a solution specifically for you after a full discussion of your needs. We have highlighted two of our Occupational Health Management packages that provide managed solutions to meet legislative, HR and business needs

#### Package One

This includes the use of portable medical screening and surveillance equipment. It is especially suitable for companies who wish to budget for a comprehensive Occupational Health Service for all employees, at a fixed cost. Occupational Health advisors carry out a customised combination of the services below during a one or two day visit each month.

• <b>New Starter Medicals</b>	• <b>Access to our Occupational Health Advice line</b>
• <b>Audiometric Assessments</b>	• <b>Shop floor visits</b>
• <b>Noise Monitoring</b>	• <b>VDU assessments</b>
• <b>Lung Function test</b>	• <b>Counselling</b>
• <b>Various Health Screening Medicals</b>	• <b>Training Courses - one day courses only</b>
• <b>Annual Lifestyle (Industrial) Medical Assessment</b>	• <b>Advice on any health related issues</b>
• <b>Health education</b>	• <b>Sickness/absence monitoring advice</b>

#### Package Two

This is for the provision of an experienced Occupational Health Nurse only. The nurse will be available for two days/week to carry out a medical tests, screening and other functions using your own, on-site facilities and equipment.

<b>Medical Surveillance</b> <ul style="list-style-type: none"> <li>• New Starter Medicals</li> <li>• Various job related Health Screening Medicals</li> <li>• Annual Lifestyle [industrial] Medical Assessments</li> <li>• Lung function tests</li> <li>• Audiometric screening</li> <li>• Health surveillance for breathing apparatus</li> <li>• Night workers</li> <li>• Maintaining confidential medical records</li> </ul>	<b>Occupational Health</b> <ul style="list-style-type: none"> <li>• Maintenance of health records and reports</li> <li>• Return to work assessments</li> <li>• Food handler assessments</li> <li>• Health induction for new starters</li> <li>• Vaccinations</li> <li>• Occupational provision for field safety representatives</li> <li>• Liaison with management and other OH professionals</li> <li>• Counselling</li> </ul>
<b>First Aid Provision</b> <ul style="list-style-type: none"> <li>• Medical emergency [First-Aid] management while on site</li> <li>• Dealing with minor medical conditions while on site</li> <li>• Co-ordinating and planning all First-Aid at Work provision</li> <li>• Maintaining First-Aid records, equipment &amp; training needs</li> </ul>	<b>Training</b> <ul style="list-style-type: none"> <li>• Occupational Health Issues i.e. hearing protection</li> <li>• Health Awareness Training in the workplace</li> <li>• Basic Hygiene Awareness</li> <li>• Identifying future Occupational Health training needs</li> </ul>
<b>Work Related Upper Limb Disorder</b> <ul style="list-style-type: none"> <li>• Detection treatment and rehabilitation</li> </ul>	<b>VDUs</b> <ul style="list-style-type: none"> <li>• Assessments, Eye tests, Medical screening</li> </ul>
<b>Long Term Sickness</b> <ul style="list-style-type: none"> <li>• Advice on sickness and fitness to return to work</li> <li>• Ill health retirement [advice/counselling] interviews</li> <li>• Visiting sick employees at home</li> </ul>	<b>Health Education</b> <ul style="list-style-type: none"> <li>• Lifestyle health advice</li> <li>• Monthly topic on current health issues or concerns</li> <li>• One-to-one health education</li> </ul>

Both packages would include supervision, audits and an annual report of progress made during the year together with statistical information. All medical records would be maintained on your premises or at our secure facility.



## FULL MEDICALS

Full Medicals are provided and cover the items listed below. They can be carried out from a mobile unit or at your own premises. A minimum of 10 persons is required.

Hearing test	Cholesterol
Lung Function	Eye test
Blood Pressure	Lifestyle check and health promotion
BMI – Height/Weight	Skin Check

## ASSESSMENTS

<p><b>New Starter Medicals</b> (workplace based)  <b>Paper (questionnaire) screen:</b> All questionnaires reviewed by an OH Professional, and a fitness certificate issued  <b>Pre-employment medical:</b> including detailed questionnaire, height-weight ratio, eye test, blood pressure, pulse, urine test  <b>Pre-employment medical as above but to include</b> an hearing test and a lung function test</p>	<p><b>Static Noise Monitoring</b> (workplace based)                  To carry out a static noise monitoring exercise of up to 25 readings using the Type 2 CEL 328 Integrating Octave Band Sound Level Meter, to include sound level readings and peak readings, Lep'ds at a variety of frequency levels. Fully inclusive of an analysis and a report.</p>
<p><b>Skin Assessment using computerised skin hydration monitor &amp; questionnaire</b></p>	<p><b>Personal Noise Monitoring</b> (workplace based)                  To carry out personal noise measurements of 2 operatives for a full 8-hour shift, to include analysis and a report outlining individual Lep'd</p>
<p><b>Audiometric test</b></p>	<p><b>VDU/eye assessments</b></p>
<p><b>Comprehensive sight test</b></p>	<p><b>VDU Risk Assessments</b></p>
<p><b>Lifestyle Check &amp; Health Promotion</b></p>	<p><b>Lung Function test</b></p>
<p><b>Chester Exercise test</b></p>	<p><b>Blood Analysis</b></p>
<p><b>Cholesterol test</b></p>	<p><b>Urine Analysis</b></p>
<p><b>Drug &amp; Alcohol random testing (instant)</b></p>	<p><b>Drug &amp; Alcohol test (full chain of custody)</b></p>
<p><b>Night Work Medicals (excluding hearing)</b></p>	<p><b>E.C.G.</b></p>
<p><b>Fork Lift Truck (FLT) Medicals</b></p>	<p><b>Confined Space Medicals</b></p>
<p><b>Work Related Upper Limb Disorder Assessments</b></p>	<p><b>Hand Arm Vibration Syndrome (HAVS) Assessment</b></p>
<p><b>Long-term Sickness/Absence</b></p>	<p><b>Counselling</b></p>
<p><b>Return to Work Medical</b></p>	<p><b>Risk Assessments: Manual Handling, COSHH etc.</b></p>
<p><b>Audio and Lung</b></p>	<p><b>Audiometric, Lung and Skin</b></p>

## TRAINING COURSES

*Courses are held on your premises*

<p><b>First Aid at Work Course – Four days</b>                  To train and qualify personnel in occupational first aid to the standards laid down in the Health &amp; Safety (First Aid) Regulations 1981.</p>	<p><b>Auto External Defibrillation – One day</b>                  To train and qualify personnel in the knowledge and skills of advisory (automated) external defibrillation</p>
<p><b>First Aid at Work Re-qualification – Two days</b>                  To update and re-qualify personnel in occupational first aid to the standards laid down in the Health &amp; Safety (First Aid) Regulations 1981</p>	<p><b>Safety Awareness Training – One day</b>                  For Managers and Supervisors to recognise and carry out risk assessments in the workplace</p>
<p><b>Appointed Person – One day</b>                  To train personnel in the basic knowledge to take charge at the scene of an accident at work and provide emergency first aid in the absence of a fully qualified first aider as recommended by the Health &amp; Safety (First Aid) Regulations 1981</p>	<p><b>Incident (First Aid) Training – One day</b>                  Designed to test your First Aid procedures and to give your First aider practical experience in dealing with (simulated) casualties. These scenarios will replicate the type of injury or trauma often found in the workplace</p>
<p><b>Manual Handling – One day</b>                  To train personnel in the theory and practice of general manual handling in the workplace</p>	<p><b>Display Screen Equipment</b>                  To train personnel to recognise the health risks associated with DSE and organise their workplace more effectively</p>

For further information please contact **Gil Reid-Robbins**  
 on 020 7915 8345 or [gil.reid-robbins@bpif.org.uk](mailto:gil.reid-robbins@bpif.org.uk)