



## OUR SERVICES

Our team of experienced and qualified healthcare professionals provide a wide range of services to help you proactively monitor your employee's health, allowing you to ensure your staff are well, productive and 'in work'. Whether for a physical condition or related to mental health and wellbeing, RB Health and Safety Solutions can give professional support and advice whenever needed, for ongoing health issues or even to prevent future health issues from developing.

RB Health and Safety Solutions specialise in the theatre and entertainment industry, enabling us to provide bespoke and expert advice.

### Our services include but are not limited to:

- Full Health Assessments, these can be carried out on-site or virtually
- Spirometry
- Vision Screening
- Audiometry
- Noise Monitoring
- Blood Tests including heart health, diabetes health, kidney and liver function, tumour markers, bone health, hormonal levels, infection, and inflammation.
- Long Covid Assessment
- DSE Assessment
- New and Expectant Mother Risk Assessment
- Consultations with healthcare professionals
- Referrals to Psychotherapists, General Practitioners, Mental Health Specialists



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# HEALTH ASSESSMENT

Our health assessments are designed to give people a better understanding of their health, wellbeing and risks. They include checks and discussions on the day, for both physical and mental health.

## HEALTH ASSESSMENT PACKAGES INCLUDE:

- Medical/ Surgical History
- Family History
- Allergies
- Medication History
- Social History
- Systems Review
- Presenting Complaint

### BRONZE

30 minutes with a Healthcare Professional

- Health Assessment.
- Additional services to follow up at cost.

### SILVER

1 Hour with a Healthcare Professional

- Health Assessment.
- On-site services from health assessment findings. These include blood pressure, glucose, BMI, urinalysis.

### GOLD

1.5 Hours with a Healthcare Professional

- Health Assessment.
- Result consultation.
- On-site recommended tests.

*These include blood tests and a result consultation following the blood results. This can be done on-site or virtually.*

# AUDIOMETRY

## WHY DO YOU NEED EMPLOYEE AUDIOMETRY?

Employers have a duty to provide health surveillance (hearing checks) for all employees who are likely to be regularly exposed to high levels of noise within their job role.

Audiometry testing, measures a person's hearing ability, identifying at risk employees and detecting damage to hearing from exposure to high levels of noise known as Noise-Induced Hearing Loss (NIHL). Early detection will enable employers to implement robust control measures and fulfil their legal requirements.

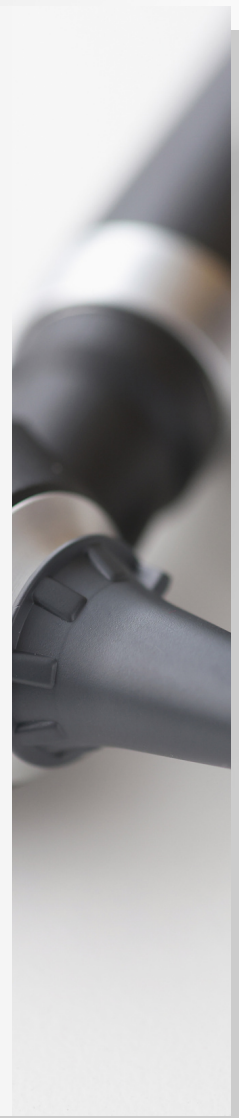
## WHAT TO EXPECT?

At the start of the assessment, the individual will be asked a series of questions about their hearing history, current symptoms and hearing protection usage.

The Audiometrist will carry out an ear examination with an otoscope and disposable speculum to check that the amount of wax is not excessive, the skin lining is healthy, there are no foreign bodies in the ear canal and that the eardrum appears normal. The individual being examined is made aware of the condition of the ear and advised if needs to be examined thoroughly by their GP or if the ears are blocked with wax.

With the use of an audiometer, a test is performed to set a baseline, this will allow our Health Care Professionals to gauge the individual's hearing ability. A comparative test should then be undertaken 12 months later, then 2 yearly thereafter, unless cause for concern or as recommended by an occupational Health provider.

- Results will be explained to individuals in-session with any issues discussed or sent onto management.
- An Audiogram is provided at the end of the test, displaying the individual's results and HSE Categorisation. If this is a comparative test and a noticeable change has occurred or a category of rapid hearing loss has been highlighted, then our healthcare professional will advise on the next steps to be taken.
- Examples of follow up letters regarding HSE Categorisation or referrals (if necessary) can be provided.
- A summarised management report will be provided.





# VISION SCREENING

## WHY DO YOU NEED VISION SCREENING?

The purpose of Vision Screening is to ensure people have the necessary visual ability and to identify individuals with defective vision, ensuring they are fit to work and able to carry out duties safely in the workplace. Where test results indicate vision defects, the individual should be informed and referred onto an Optometrist for a full sight test.

## WHAT TO EXPECT?

At the start of the assessment, the individual will be asked about their eyes, eyesight and if worn, type of vision aid worn (spectacles or contact lenses) and history of eye disease, injury, surgery or medication.

The Vision screening will be carried out using the Visiolite Master GT which is designed for fast, accurate vision assessment. User defined test programmes can be created for a wide range of industries, each of which have occupational visual standards which enable individuals to be able to operate safely and effectively.

Vision Screener tests include;

- Visual Acuity (landolt rings, letters)
- Fusion (lateral and vertical phoria)
- Horizontal and vertical peripheral field
- Contrast Sensitivity
- Astigmatism
- Depth Perception
- Colour vision
- Glare sensitivity and resistance
- Amsler grid
- Visual field
- Near, Distant, Intermediate Vision

Test routines can be customised to the individuals or client.

A PDF generated for each individual Vision Screening test will be provided.

A follow up recall date will be arranged in line with the company policy or advice on referral given.

# SPIROMETRY

## WHAT IS SPIROMETRY

Spirometry is a method of assessing and detecting damage to lung function by measuring the volume of air that an individual can expel after maximal inspiration. It is a reliable method of assessing breathing patterns that identify conditions such as asthma, pulmonary fibrosis, cystic fibrosis and Chronic obstructive pulmonary disease (COPD). Within the workplace, this can be carried out as part of pre-employment screening as well as ongoing screening to assess fitness for work.

The Control of Substances Hazardous to Health Regulations 2002, requires employers to prevent or reduce risks to health and safety from exposure to hazardous and biological substances at work.

There are many hazards in the workplace that can cause Occupational asthma such as breathing in wood dusts, paint fumes, flour enzymes, latex and chemicals and with frequent use, could affect their respiratory system. If new asthma symptoms develop at work, or childhood asthma comes back, this could indicate occupational asthma. It is therefore vital that staff have the correct PPE and monitored closely if regularly exposed to these.

## WHAT TO EXPECT?

Before performing spirometry, the individual being tested will have been given instructions on activities that should be avoided prior to lung function testing.

On the day a full medical history must be obtained and personal details recorded including; Name, Age, Height, Weight, Gender, Ethnic origin, History of asthma or chest problems, Blood pressure taken and recorded, current and past substance exposure.

A portable handheld spirometer is used, which is connected to a PC to which results can be saved. It fulfils all occupational health screening requirements for respiratory care within the workplace and provides the essential Vital Capacity (VC) and Forced Vital Capacity (FVC) tests together with all associated spirometry parameters.

The individual will then be advised on posture and the significance of the test, then given an explanation of how to carry out the test with a demonstration if necessary. Once three acceptable sets of results have been achieved, the results will be saved, interpreted and discussed with the individual. A PDF copy of the results will be provided for the individual to take to their GP if required.

# FOLLOW UP REFERRAL SERVICES

RB Health and Safety Solutions have a team of in house specialists and work closely with several clinics, allowing us to provide the best expert advice and follow up care.

## OUR PROCESS CAN COVER REFERRALS TO:

### **General Practitioners**

Your GP can be sent a copy of our reports to confirm our findings. It is their responsibility to treat all common medical conditions and perform routine examinations.

### **Physiotherapy**

Physiotherapists are qualified to treat disease, injury or deformity by assisting to restore movement and function through education and advice, tailored exercise plans and manual therapy. Manual therapy can include massage, joint manipulation, trigger point therapy and acupuncture.

### **Mental Health Specialist**

Mental health covers cognitive, behavioural, and emotional well-being.

Psychologists, Psychotherapists and Counsellors fall under the mental health services. Working closely together, these specialists can provide therapy, clinical psychological assessments, and tailored coping strategies.