



## WORKPLACE HEALTH CHECKS

### A HEALTHY TEAM IS A HAPPY TEAM!

Ensuring your team are safe and comfortable in their work is one important part of operating a workplace – ensuring they are healthy and happy is another. Life Care Consultants' Workplace Health Checks are a comprehensive health assessment for everyone.

We come to your place of work and conduct a series of health tests designed to detect early signs and symptoms of any number of health issues. We discuss the results with you and make recommendations for improving individuals staff member's health and wellbeing.

#### HEALTH CHECKS AVAILABLE:

- **Hearing:** we test to the Approved Code of Practice for Noise Management.
- **Lung function:** we use an electronic spirometer to measure lung function with instant results and discuss these with participants during the assessment.
- **Vision screening:** tests include near and far acuity (short and long sightedness), stereopsis (depth perception), colour vision, night vision and peripheral vision.
- **BMI (Body Mass Index):** this test is useful to identify risk factors for heart disease and other health related problems.
- **Fatigue Assessment:** determines if an individual experiences moderate to high fatigue and/or excessive sleepiness. Those identified as high risk will be referred onto our specialist for recommendations to manage and reduce fatigue plus help improve worksite safety.
- **Blood Pressure Test.**
- **Cholesterol and blood glucose levels.**

#### BENEFITS:

- Provide individual one-to-one health checks.
- Ongoing supervisions and mentoring available.
- Our wide range of qualified operational staff allows us to meet individual requirements.
- Detect early signs and symptoms of health issues.
- Quality reporting.
- Individualised plans to improve health and wellbeing.



**REDUCE THE RISK AND BOOK WORKPLACE  
HEALTH CHECKS FOR YOUR TEAM TODAY!**