



## What tests are carried out during a JIB Occupational Health Assessment?

### Vibration health check

You'll be asked a series of questions about your hands and your use of tools to assess any effects of using vibration tools at work.

### Blood pressure

This is a standard blood pressure check where you will only be asked to pull up your sleeve to allow the test to be taken.

### Urinalysis

You will be asked for a urine sample which is only tested for signs of protein or glucose, to look for signs of diabetes or infection.

### Skin health check

The OHA practitioner will ask what substances you work with and look at your hands to ensure that any hazardous material you may come into contact with is not damaging your skin, in line with COSHH regulations.

### Colour vision test (Ishihara test)

This is a standard colour vision test where you will be asked to identify numbers or letters within coloured images.

### Vision - Keystone test

This eye test is carried out to DVLA standards and includes tests for near/far, peripheral, depth perception, night vision, colour and display screen equipment.

### Respiratory health check

You'll be asked to blow into a machine to set a baseline for your lung function and consider whether they might be affected by substances you may be exposed to at work under COSHH regulations.

### Audiometry health check

You'll be asked to wear headphones to listen to and identify a series of beeps to set a baseline level for your hearing and assess whether your hearing might be affected by any loud noises that you are exposed to in your area of work.

### Mental health/workplace stress assessment

This comprises a series of tick box questions and answers that will ultimately help employers promote positive mental health practices across the workplace.

### Musculoskeletal questionnaire/assessment

This is a questionnaire to ask about your back health and history, to see if any measures might need to be taken to keep yourself healthy and protected in this area.