



CRA BULLETIN

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Signed: _____ Dated: _____

ANNUAL STAFF HEALTH CHECKS

To comply with the requirements of the Health & Safety Employment Act 1992, all trades people require annual assessments in their work environment, by a work related Health Nurse. A certificate will issued and should be filed in your Health & Safety Manual.

In order to locate a Health Nurse in your area, look under 'Occupational & Industrial Health & Safety' in the Yellow Pages.

Below is some information from The New Zealand Occupational Health Nurses Association, on this requirement.

The annual monitoring in a workshop situation looks at the health risk exposures that your staff are exposed to in their jobs on a day to day basis that may affect their immediate or ongoing health.

The main exposures are:

- **Noise** – In addition to the annual hearing test, we suggest a noise survey on a 5 yearly basis to monitor employee's noise exposure is conducted. This gives the Health Nurse an indication of what class of PPE (personal protective equipment) then needs to be worn to protect the staff when working.
- **Vision** - used to indicate visual fitness to drive Company vehicles and also checks the visual acuity of those who do close or fine work, blood pressure is also done at this time as a high blood pressure can affect a vision test.
- **Lung function** - monitors exposure to lung irritants e.g. dusts, fumes, mists, gasses and vapours which are a big exposure in the automotive repair industry.
- **Loco motor** - (joints, muscles and bones) checks - ensures the manual handling component of the job is not causing any problems for staff. If there is some form of restriction or any pain, employees may be having difficulty performing the tasks that they are required to on a daily basis.
- **Skin** - There are a lot of skin irritants in a workshop e.g. welding, petrol, and degreasers. Over time people can become sensitised to these and this can become quite a problem. This is monitored to ensure that no ongoing dermatological problems occur.

- **Solvent Questionnaire** - this is done where staff are exposed to solvents, resins and glues. It gives an indication if staff are being affected by these substances and if so, does the process or the environment need looking at to minimise the exposure.

There are other things that may be picked up or noted at the time of the medical as well. These are things like stress (staff will often open up to a 'Nurse' on a one to one basis whereas they wouldn't normally to their co workers or management).

Training and education e.g. the care and use of PPE (personal protective equipment) and other aspects of getting the 'safety message' across are also positive aspects to this annual assessment.