

## Work Site Injury Prevention and Rehabilitation



Corporate Health Care works with employers to ensure that workers stay healthy and productive. We offer a variety of services designed to minimize the likelihood of injury that will keep employees from their jobs.

### Job Site Assessment

Our professional job site assessment team produces an expert analysis of essential job functions for each individual in your workplace. This includes producing a comprehensive description of the physical requirements for each position. The process involves visiting your work site to observe work being done and examining specific job functions. We collect data to provide you with a thorough analysis of each worker's tasks, including physical activities involved and desired work outcomes. We will provide recommendations for injury prevention.

### Ergonomic Analysis

Our ergonomic consultants find practical solutions to the physical demands of your work site, focusing on scientific ergonomic analysis and problem-solving. Our team specializes in maximizing productivity and minimizing the likelihood of injury or worker fatigue.

### Job Description Development

Our job description specialists visit your work site to perform hands-on evaluations in order to help you develop physical job descriptions for your various positions, especially those that may be labor-intensive. This analysis may involve filming workers as they go about their day and photographing their performance of specific tasks, including particular body positions/equipment used, as well as taking measurements (height, weight) of products and tools. The goal is to make recommendations that will alleviate cumulative trauma and prevent injuries.

### Workplace Education

Our professionals offer a variety of workshops, seminars and educational programs for managers and workers on topics that range from ergonomics to stretch-and-flex exercises to a back strengthening program. We can offer programs from our archives or customize offerings to meet the unique needs of your workplace.

### Work Conditioning Program

Our work conditioning program is a two- to six-week program designed to simulate the physical functions of a particular job with the goal of helping an injured employee return to work. Related services include:

- **Functional Capacity Evaluations (FCE)**
- **Fit-for-Duty (FFD) Exams**
- **Work Simulation Assessments (WSA)**

### Rehabilitation Programs

A unique benefit enjoyed by our clients is our ability to offer seamless integration, including electronic medical record access, to the medical staff and specialists at Danbury and New Milford Hospitals. As an affiliate of Western Connecticut Healthcare, we're able to directly access lab results, radiological reports and prescriptions from physicians, specialists and ancillary services to provide optimal care to your employees.

### Integrated Physical and Occupational Therapy

Our PT professionals perform acute physical therapy for the care of initial and previous injuries. Our occupational therapy staff provides clinical expertise to address specific functional deficits, using exercises, activities and functional modifications. In both cases, the goal is always to return employees to normal job responsibilities as quickly as possible.

### Workers' Compensation Case Management

We provide the full continuum of workers' compensation services, including injury care, case management of work- and non-work-related cases, oversight of employees on restricted duty and follow-up injury examinations.



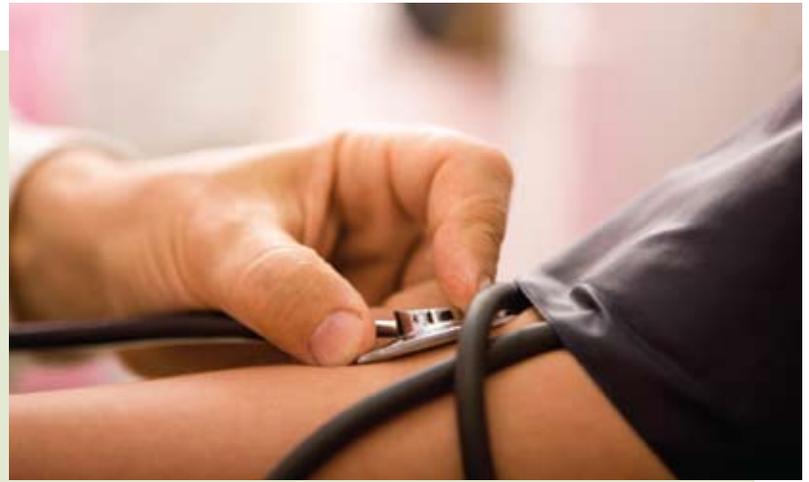
### About Corporate Health Care

Corporate Health Care, a division of Western Connecticut Healthcare, is the premier occupational healthcare provider in our region. We work directly with Danbury and New Milford Hospitals, offering our client partners immediate access and a seamless interface with the outstanding medical care of these renowned hospitals. Established in 1985, Corporate Health Care provides comprehensive, multidisciplinary medical services for more than 1,800 client partners, large and small.

**[DanburyHospital.org/CorporateOccupationalHealthcare](http://DanburyHospital.org/CorporateOccupationalHealthcare)**

Corporate Health Care  
79 Sand Pit Road  
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## Wellness and Travel



Preventive medicine is the best medicine. Corporate Health Care (CHC) delivers a broad selection of wellness offerings, including educational programs, OSHA oversight and regulation, job safety assessments and more.

### Wellness Initiatives

In addition to ongoing vaccinations and immunization programs for employees, we offer an extensive array of programs to help employees get or stay healthy, as well as programs for lifestyle change or to help manage chronic diseases. Offerings include:

- **Diabetes Prevention and Health Maintenance Programs**
- **Nutrition and Weight Loss Programs**
- **Smoking Cessation**
- **Stress Management**

### Health screenings include:

- **Cancer**
- **Diabetes**
- **Drug and Alcohol**
- **Heart Disease**
- **Obesity**

### Travel Medicine

Open five days a week by appointment, our specialized travel health service provides travel vaccinations (for personal or business travel) for employees and family members (over age 10). We also offer counseling and seminars on safe, healthy travel, customized to meet your unique needs.

### Respiratory Certification

In addition to OSHA evaluation to determine whether your workers are medically fit to wear respirator or respiratory-protective equipment, we offer the full range of related medical screenings and quantitative fit testing, including:

- **Spirometry** to measure pulmonary function
- **EKG** to monitor the electrical activity of the heart as a measure of cardiac health
- **Fit Test** for adherence to OSHA guidelines regarding respirator fit

### Surveillance of Hazardous Material Exposure

- **Hazmat**
- **Heavy Metals**
- **Noise Exposure**

Our medical professionals perform baseline and annual medical surveillance examinations to ensure that employees are not being harmed by exposure to toxic materials.

### Hearing Test/Conservation Program

We offer hearing testing conducted by professionals certified by the Council for Accreditation in Occupational Hearing Conservation (CAOHC) and can provide OSHA-required training for those of your employees who are enrolled in a hearing conservation program.

### Vaccinations and Lab

We offer the full complement of employee health vaccinations, titers and immunizations, including hepatitis A, hepatitis B and influenza. In addition we provide PPD and QuantiFERON testing for screening of tuberculosis.

### Physical Examinations

We provide a variety of targeted physical examinations to evaluate employee health, including:

- **Post Offer (Pre-Placement) Examinations** for potential new hire candidates, including a full medical history and (if needed) a work simulation assessment.
- **DOT/MVD Examinations**, to ensure compliance with state and federal Department of Transportation (DOT) rules and regulations, including a complete physical, vital signs, color blindness and sleep apnea screening, along with (if necessary) a 5-panel split urine drug screen.
- **Periodic and Annual Examinations**, including safety-sensitive and OSHA-required medical surveillance exams. CHC follows the National Fire Protection Association (NFPA) guidelines for fire fighters.



## DANBURY HOSPITAL

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## Physical Ability Evaluations



Our workplace professional teams perform physical ability evaluations to determine whether an individual is capable of performing his or her core job functions. We are able to provide an objective medical perspective, delivered by a health care professional working together with a physical therapist to review a candidate's medical and physical capability history in relation to a particular job description.

Using the physical job description, the Corporate Health Care (CHC) team also can provide:

### Functional Capacity Evaluation

The functional capacity evaluation determines an individual's optimum, safe performance level using specific work-related job tasks based on the actual job demands—most especially helpful for employees with complicated injuries and illnesses. The functional capacity evaluation can help discern an individual's:

- **Functional abilities**
- **Potential disabilities**
- **Return-to-work decisions**
- **Qualification of work abilities for medical/legal reasons**

### Fit-for-Duty Assessment

Fit-for-duty exams help measure whether an employee has the physical capacity to perform his or her job functions safely and without physical harm once he or she is approved by a primary care physician to return to work, regardless of whether the illness or injury was work related. At CHC, we take an integrative approach to developing this assessment, which includes input from our medical staff and physical/occupational staff.

### Work Simulation Services

A work simulation assessment is designed to help determine whether a job candidate is physically capable of performing all necessary job-related duties. This can be a useful tool in establishing whether or not a candidate is sufficiently fit or strong to work safely and to maximum potential. Work simulations are also performed using input from both our medical and therapy staffs.

### Work Conditioning

Work conditioning programs occur over a period that can range from two to six weeks, during which time an employee can work to measure and/or improve his or her ability to perform job functions. The program is designed to simulate work activities while also educating the employee about health and safety on the job. Work conditioning is used for the treatment of an individual for an active injury or returning back to work following an injury or illness.



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## Drug and Alcohol Screening



Drug and alcohol screenings offer vital protection of employee and public safety.

To that end, Corporate Health Care's team of certified, experienced drug and alcohol screening professionals is available to perform urine, hair and breath alcohol screenings at our clinic location and/or on-site at your place of employment.

Drug and Alcohol Screenings may be advisable or are necessary for:

- **Post-offer new hires**, to ensure that the individual meets the criteria for your company's drug policy.
- **Post-accident**. The Department of Transportation (DOT) requires that any employee involved in a motor vehicle accident must have a post-accident drug screen and, when requested, a breath alcohol test.
- **Reasonable suspicion**. Drug and/or alcohol screening may be conducted if there is a reason (based on fact and reasonable deduction) to believe an employee may be using alcohol or illegal drugs.
- **Random**. Random drug testing without prior notification is widely used to screen employees for drug and/or alcohol use. Random drug testing is mandatory for Commercial Motor Vehicle drivers who are classified under DOT, as well as for certain other non-DOT personnel who perform safety-sensitive jobs (check state Department of Labor regulations).
- **Observed drug testing**. Observed drug screenings are completed in compliance with the DOT rule 49 CFR Part 4Q.
- **Follow-up**. Follow-up drug testing is performed at the request of SAPs and in compliance with DOT rules and regulations.

### Random Drug and Alcohol Screening Management Program

Corporate Health Care (CHC) offers full random drug and alcohol screen pool management programs for:

- **DOT requirements**. CHC staff is equipped to meet both state and federal requirements and guidelines for proper documentation of drug and alcohol screening exams.
- **Non-DOT requirements**. State protocols are followed to ensure compliance for each of our employers, with follow-up drug and alcohol screenings available post-accident, following a positive test result, and/or at the direction of the EAP or counselor.

### Available Types of Drug and Alcohol Screenings

- **Urine Drug Screen (UDS)**
- **Hair Drug Screen**
- **Saliva Drug/Alcohol Screen**
- **Breath Alcohol Testing**

**Common Urine Drug Screenings (other panels are available and can be customized)**

	DOT Urine Screenings	Non-DOT Urine Screenings			
<b>5-Panel Split</b>	<ul style="list-style-type: none"> <li>● <b>Amphetamines</b> <ul style="list-style-type: none"> <li>– Amphetamine</li> <li>– Methamphetamine</li> <li>– MDMA</li> <li>– MDA</li> <li>– MDEA</li> </ul> </li> <li>● <b>Cocaine Metabolite</b></li> <li>● <b>Opiates</b></li> <li>● <b>6 MAM (active metabolite of heroin)</b></li> <li>● <b>Phencyclidine (PCP)</b></li> <li>● <b>Marijuana Metabolite</b></li> </ul>	<b>5-Panel</b>	<ul style="list-style-type: none"> <li>● <b>Amphetamines</b> <ul style="list-style-type: none"> <li>– Amphetamine</li> <li>– Methamphetamine</li> </ul> </li> <li>● <b>Cocaine</b></li> <li>● <b>Opiates</b> <ul style="list-style-type: none"> <li>– Codeine</li> <li>– Morphine</li> </ul> </li> <li>● <b>Phencyclidine (PCP)</b></li> <li>● <b>Marijuana Metabolite</b></li> </ul>	<b>10-Panel</b>	<ul style="list-style-type: none"> <li>● <b>Amphetamines</b></li> <li>● <b>Barbiturates</b></li> <li>● <b>Benzodiazepines</b></li> <li>● <b>Cocaine Metabolites</b></li> <li>● <b>Opiates</b> <ul style="list-style-type: none"> <li>– Codeine</li> <li>– Morphine</li> <li>– Hydrocodone</li> <li>– Hydromorphone</li> <li>– Oxycodone</li> </ul> </li> <li>● <b>Phencyclidine (PCP)</b></li> <li>● <b>Marijuana Metabolite</b></li> <li>● <b>Methadone</b></li> <li>● <b>Methaqualone</b></li> <li>● <b>Propoxyphene</b></li> </ul>
		<b>8-Panel</b>	<ul style="list-style-type: none"> <li>● <b>Amphetamines</b></li> <li>● <b>Barbiturates</b></li> <li>● <b>Benzodiazepines</b></li> <li>● <b>Cocaine Metabolite</b></li> <li>● <b>Opiates</b></li> <li>● <b>Phencyclidine (PCP)</b></li> <li>● <b>Marijuana Metabolite</b></li> <li>● <b>Methadone</b></li> </ul>		



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