



Please call 403 394 9075 for services.

HealthyWorker is a Division of HD Occupational Health Services Corporation  
HealthyWorker - Bay 4, 542 39<sup>th</sup> Street North, Lethbridge, Alberta, T1H 6Y2  
Phone: 403 394 9075    Secure Fax: 403 394 9055    Clinic: [clinic@healthyworker.ca](mailto:clinic@healthyworker.ca)

### **ON-SITE MOBILE, IN CLINIC TESTING SERVICES, AND OTHER SERVICES**

- Drug Testing and Collections – Urine / Oral Fluid / Hair – Also Basic Urinalysis
- After Hours / Post Incident / Post Accident - Clinic and Mobile Services: Call 403 715 8311
- Alcohol Testing: Breath / Saliva    -    DNA Testing
- Spirometry / Pulmonary Function Testing
- Audiometric - Hearing testing (mobile 2 booths, approximately 8 workers per hour) + Audiologist
- Custom Hearing Protection – Authorized Distributor for Custom Protect Ear
- Vision Screening – Titmus / Registered Nurse / Optometrist Expedited Appointments
- ECG – Interpreted or Not Interpreted
- Employment Medicals - Physician, Registered Nurse, and Certified Occupational Health Nurse
- Physical Demands Confirmations
- Respirator Fit Testing – Qualitative and Quantitative
- Blood Laboratory Testing with Occupational Medicine Physician Review
- Asbestos / Silica / Coal Dust Health Assessments (Spirometry / X-Ray / Occ MD Review)
- Tuberculosis Screening and Express Immunization Services
- Workers' Compensation Board Alberta – COHN(C) Claim Assistance Services
- Non Work Related Injuries and Conditions – Return to Work Planning Services
- Occupational Medicine Physician – Independent Medical Examination Services
- Substance Abuse Professional (SAP) Coordination Services
- Air Quality Assessments
- Compressed Breathing Air Testing – Required every 6 months
- Noise Assessments and Hearing Conservation / Noise Management Programs
- Ergonomics Assessments
- DOT FMCSA Drug and Alcohol Policies and Programs
- DOT FMCSA Driver and Supervisor Training
- DOT FMCSA Random Pool Drug and Alcohol Consortium Services
- DOT FMCSA Sleep Apnea Assessments using a Certified Chain of Custody
- DOT FMCSA Substance Abuse Professional Assessments and Follow Up
- Canadian Employer - Drug and Alcohol Policies and Programs
- Company Specific Drug and Alcohol Policies and Programs, and On-Site Testing
- Supervisor and Worker Drug and Alcohol Awareness Training
- Staffing: Registered Nurse / Advanced First Aider / EMT-P
- Authorized Vendor for: Lifeloc Breathalyzer / ZOLL AED / Acoustical Solutions
- Medical Supplies Distributor: Wound Seal / First Aid Equipment/Supplies
- First Aid Instruction on Site and In Clinic: Standard / AFA / Emergency / Recertification



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## **Drug, Alcohol, Urinalysis, and DNA Occupational Health Services**

### **Drug Testing and Collections**

- POCT (Point of Collection Testing) / EXPRESS testing 5-12 panel or custom panels
- Certified Laboratory Drug Testing and Certified Medical Review Officer Services
- Urine, Oral Fluid (THC ONLY, 6 Panel and 9 Panel available), and Hair Testing.
- \*\*\*\*\***FENTANYL 200ng/ml urine POCT now available**
- DOT FMCSA – Department of Transportation Federal Motor Carriers Safety Administration – Collections, Laboratory Testing, and other components
- Non DOT – Certified Laboratory Testing and Confirmations for Drug and Alcohol
- Custom Drug Testing Panels and Procedures to meet any requirements.
- Pre-employment / Post Offer / Reasonable Suspicion / Reasonable Cause / Post-Accident / Post Incident / Return to Duty / Follow up / Observed Collections / Pre-Access / Certification / Annual Requirement / Company Policy Requirement / and other testing requirements to meet Company Policies
- Date Rape Drug and Post Intoxicant Exposure Assessments by Urine and/or Hair Certified Laboratory Testing
- Walk in / Private Assessments for individuals confirming their current status
- Pardon and Clearance Certified Laboratory drug testing for United States Entry
- Return to Work Drug and/or Alcohol Testing for Company Specific Policy Compliance

### **Basic Urinalysis**

- Chemistry Strip initial analysis and Laboratory Testing

### **Alcohol Testing**

- DOT FMCSA - Approved Evidential Breath Alcohol Testing Devices
- DOT FMCSA – Certified Breath Alcohol Technicians
- Non DOT – Breath Alcohol / Saliva Alcohol / Urine Alcohol Testing

### **DNA Testing**

- Oral Swab collections and Laboratory Reporting



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## **Occupational Health Services**

### **Spirometry**

- Certified Spirometry Technicians

### **Audiometric - Hearing Testing (mobile 2 booths, 8 workers per hour average)**

- Certified Audiometric Technicians
- Attenuated Sound Booths as required by Occupational Health and Safety Alberta

### **Vision Screening**

- Registered Nurse vision screening by confrontation
- Titmus Vision Screening
- Depth Perception / Colour Differentiation / Contrast Confirmation / Snellen

### **ECG - Uninterrupted or Interpreted**

### **Physician, Registered Nurse, and Certified Occupational Health Nurse Medicals**

- Class 1 Driver's Medicals
- Company Specific Medical Evaluations
- Post Offer / Pre-employment / Yearly / Health Surveillance
- Bona Fide Occupational Requirements Assessments
- Return to work confirmations for ability to perform duties assessments
- Chiropractic Musculoskeletal / Neurological Assessments

### **Physical Demands Confirmations**

- Lifting / Carrying / Pushing / Pulling / Krause Weber / Ladders / Stairs / Climbing
- Many other types of physical confirmations.

### **Blood Laboratory Testing with Occupational Medicine Physician Review**

- Company Specific Requirements for Exposure Monitoring
- Blood Lead Monitoring Programs
- Pesticide Exposure
- Pre-access Lipids/Cholesterol / Fasting Glucose
- And any other blood testing that may be required by Company Specific Policies.



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## **Occupational Health Services – continued.**

### **X-Ray for Health Surveillance**

- Silica / Coal Dust / Asbestos Exposure Monitoring
- Any other Company Specific Diagnostic Imaging requirements

### **Respirator Fit Testing**

- CSA Z94.4 Standard of Testing including prior to use Health Surveillance
- Registered Nurse Fitness to Wear Confirmation
- Workers may bring their own Respirator for the assessment
- ALL WORKERS MUST SHAVE PRIOR TO ANY RESPIRATOR FIT TESTING
- Qualitative Testing - Up to 4 Workers may be tested at the same time

### **Respirators available at our Lethbridge location:**

- N95 – **3M** 8511 / 8110S / 8210 / 9210 / V Flex
- Half – **3M** 6100S / 6200M / 6300L / 7501S / 7502M / 7503L
- Half – **Scott** Excel 7420-102 S/M and 7402-104L
- Half – **North** 5500M / 5500L / 7700M / 7700L
- Half – **MSA** Advantage 200LS Small / Medium / Large
- Full – **3M** 6700S / 6800M / 6900L
- Full – **Scott** AV2000L / AV3000M / AV3000L and Scott AV2000L Comfort Seal
- Full – **North** 5400-1 M/L and 7600 M/L
- Full – **MSA** 4100S / 4100M / 4100L
- Full – **MSA** Ultra Elite Medium and Ultra Elite Large

### **Quantitative Respirator Fit Testing**

- Calibrated PortaCount - Adapters for: **Scott / North / MSA / Sperian / 3M**

### **Occupational Health and Safety Alberta – Part 4 – Section 40**

- Health Assessments for Workers exposed to Asbestos, Silica, or Coal Dust
- Chest X-Ray Single View PA
- Spirometry
- Health Status Questionnaire
- Review and reporting by a Certified Occupational Medicine Physician



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## **Certified Occupational Health Nurse (Canada) Services**

### **Tuberculosis Screening and Express Immunizations Services**

- Expedited TB Skin Testing and Reading for Company Specific Policy Requirements
- Express Travel Vaccinations and other Standard Vaccination Requirements

### **Workers' Compensation Board Alberta – Claim Assistance Services**

- Employer Claim Assistance
- Employer Education
- Private Claim Assistance for Workers
- Return to Work Planning Assistance
- Medical Professional Liaison Services

### **Non Work Related Injuries and Conditions – Return to Work Planning Services**

- Employer Claim Assistance
- Employer Education
- Private Claim Assistance for Workers
- Employer Return to Work Planning Assistance
- Private Medical Professional Liaison Services for Workers
- Employer Medical Professional Liaison Services

### **Occupational Medicine Physician – Independent Medical Examination Services**

- Telehealth video and telephone consultations and assessments
- Employer assistance for complex injury and condition management
- Occupational Health Nurse, Chiropractic, and other Specialist Services

### **Substance Abuse Professional (SAP) Coordination Services**

- Department of Transportation – Federal Motor Carriers Safety Administration Certified Professional Counselling / Reporting Services for post Positive Drug / Alcohol Testing
- Non DOT Employer and/or Worker Counselling / Reporting for post Positive Drug / Alcohol Testing Results.
- Follow-Up Drug and/or Alcohol Testing to meet SAP advised programs for follow up



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## **Occupational Hygiene Services**

### **Air Quality Assessments**

- Welding / Manufacturing / Silica / Concrete / Drywall / Processing / Food Production / General Air Quality / Offices and other types of testing
- Certified Laboratory Testing
- Occupational Health and Safety Alberta Legislation compliant reporting
- Experienced Occupational Health Technicians arrange all collections, testing, and reporting

### **Compressed Breathing Air Testing – Required every 6 months**

- Certified Laboratory Testing
- Occupational Health and Safety Alberta Legislation compliant reporting
- Experienced Occupational Health Professionals perform all service components

### **Noise Assessments and Hearing Conservation / Noise Management Programs**

- Calibrated Monitoring / Testing / Dosimetry Devices and Equipment
- Occupational Health and Safety Alberta Legislation compliant reporting
- Professional Noise Management and Hearing Conservation Programs
- Employer guidelines for Hearing Protection for Noise Exposed Workers
- Experienced Occupational Health Professionals perform all service components

### **Ergonomics Assessments**

- Physical Demands Analysis for each unique position in the work area
- WCB AB Form C545 completion for file
- Experienced Occupational Health Professionals perform all service components
- Office position assessments and work station set up to reduce strain injuries
- Company specific assessments and form completion for position development
- Documented changes that are advised for the position to reduce the risk of injury





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## **Department of Transportation – Federal Motor Carrier Safety Administration**

### **DOT FMCSA - HealthyWorker Available Services**

#### **DOT FMCSA Drug and Alcohol Policies and Programs**

- Physical manuals or electronic manuals for ease of search and access
- Flow sheets for actions to perform for incidents / accidents and other scenarios
- Good Faith Effort Documents
- Driver Qualification File Set up and Annual Driver File Maintenance
- PSP Driver Report Preparation
- Criminal Background Checks
- Auditor Assistance for DOT- Certified Compliance Safety Specialist
- Review of Claims History Services
- NEW - POST INCIDENT KITS FOR VEHICLES for Laboratory Testing in the US

#### **DOT FMCSA Driver and Supervisor Training**

- Driver / Safety Sensitive Duties Workers - Drug and Alcohol Training
- Supervisor Substance Abuse Reasonable Suspicion Drug and Alcohol Training

#### **DOT FMCSA Random Pool Drug and Alcohol Consortium Services**

- All Companies operating commercial motor vehicles in the US must belong to a Random Pool for drug and alcohol testing
- Certified Random Pool Electronic Draw Process as required by DOT FMCSA
- No Charge for Random Pool Inclusion, no charge for new client intake, and no annual or monthly fees (effective January 01, 2016 to December 15, 2016)

#### **DOT FMCSA Sleep Apnea Assessments using a Certified Chain of Custody**

- At home overnight secure monitoring for drivers requiring sleep apnea assessments

#### **DOT FMCSA Substance Abuse Professional Assessments and Follow Up**

- Certified SAP services to assist with all mandatory components of the return to work process for any Driver or worker that tests positive prior to any further entry to US



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## **Canadian Employer - Drug and Alcohol Policies and Programs**

### **Company Specific Drug and Alcohol Policies and Programs**

- Our current standard program follows the Construction Owners of Alberta Association “Canadian Model” for Workplace Drug and Alcohol Testing
- Company Specific components may be included for other at risk drugs by geographical area including Fentanyl, Benzodiazepines, Ketamine, and Methadone
- Company Specific Policy Development and Current/Draft Policy Review Services
- Provincial Human Rights Act compliant policies to protect Employers and Workers
- Full Clinic, On Site Mobile, 24/7 Post Incident/Accident, Reasonable Suspicion Drug and/or Alcohol Testing to meet your Company Specific Policy Requirements

### **Supervisor and Worker Drug and Alcohol Awareness Training**

- Driver / Safety Sensitive Duties Workers - Drug and Alcohol Training
- Supervisor Substance Abuse Reasonable Suspicion Drug and Alcohol Training

### **On-Site and in Clinic Drug and Alcohol Testing**

- Pre-Access Testing to meet a Client Drug and Alcohol Program Requirement
- Pre-employment / Post Offer Screening for new hires / contractors
- Campaign Mobile Testing on-site for larger employers and work sites
- In clinic testing for worker not available during campaign testing
- After Hours Testing on-site or in clinic – Must be arranged on contract, please contact HealthyWorker for details 403 394 9075.
- Custom Drug Panels to meet Company Policy Requirements for any drug for urine, oral fluid, or hair testing.
- Laboratory Testing or Laboratory Confirmations for non-negatives with Medical Review Officer services for objective information for Corporate Review

### **Vendor Supported Substance Abuse Professional Assessments and Follow Up**

- Certified SAP services to assist with all mandatory components of the return to work process for any worker that tests positive prior to any return to work.





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## CONTACT INFORMATION

HealthyWorker  
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Clinic: [clinic@healthyworker.ca](mailto:clinic@healthyworker.ca)

President – Darcy Hansen RN, COHN(C)  
[hd@healthyworker.ca](mailto:hd@healthyworker.ca)  
Cell: 403 715 8311

CEO – Steven Dunkin BSc. Kin  
[hd@healthyworker.ca](mailto:hd@healthyworker.ca)  
Cell: 403 915 2598

Normal Lethbridge Clinic Hours: Monday to Friday 0800hr to 1700hr  
Lethbridge Clinic closed for all statutory holidays but available for after-hours testing.  
24/7 online scheduling for Drug and Alcohol Testing on our website homepage.  
[www.healthyworker.ca](http://www.healthyworker.ca)  
(For complex medicals and mobile services, please call 403 394 9075 to book.)

### **After Hours and Post Incident Services (24/7) - CONTACT NUMBERS**

President - Darcy Hansen cell: 403-715-8311  
CEO - Steven Dunkin cell: 403-915-2598

**After Hours Fees apply to all After Hours Services.**



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