



Specialized Clinical Services

In today's world of complex regulations, rapidly changing health issues, and increased health risks, a "one size fits all" approach to occupational health is no longer sufficient. Agencies require occupational health services that are flexible and responsive. Federal Occupational Health (FOH) will work in partnership with you to assess your agency's needs and design a customized occupational health program.

FOH is a non-appropriated agency that provides occupational health and wellness services exclusively to federal employees. FOH was created by Congress in 1946 by an amendment to the Public Health Service Act (42 U.S.C.), and is a service unit within the Department of Health and Human Services (HHS), Program Support Center. Our **mission** is to improve the health, safety, and productivity of the federal workforce.

FOH offers a broad menu of specialized services, including:

Medical Surveillance and Clearance Examinations

Medical surveillance programs help reduce and/or prevent illness and injuries to federal employees who may be exposed to occupational hazards on the job. Through physical exams, targeted screening tests, and biological monitoring, FOH can detect the earliest clinical evidence of exposure to such hazards as noise, asbestos, or toxic chemicals. Our medical surveillance program ensures that your agency complies with OSHA guidelines.

FOH's *Clearance Examinations* will evaluate employees to ensure they are medically fit to perform specialized tasks or tolerate unique environmental conditions. FOH will clear employees for exercise participation, underwater diving, and respirator use. For law enforcement officers, FOH will provide clearance for firearms use.

Hearing Conservation Programs

Hearing Conservation Programs help mitigate the affects of work related exposure to noise. FOH will tailor services to include environmental noise assessments, employee training, fitting of hearing protective devices, audiometric testing, and individual test interpretation. FOH will also provide your agency with detailed reports summarizing hearing conservation findings.

Fitness for Duty and Medical Employability

FOH provides fitness for duty examinations to determine employability as it relates to the essential functions of the employee's position. When indicated, FOH can provide psychological evaluations that will help in dealing with job performance or violence in the workplace concerns.

Database Management

Agencies are required to track the results of medical assessments including determinations of fitness-for-duty, placement decisions, audiometric tests, biologic tests, and vaccination status. FOH will collect and analyze medical data, track medical status, and provide your agency with detailed and meaningful reports to assist you in managing your employee health and safety programs.

Law Enforcement Programs

FOH designs and implements programs to meet the special needs of federal law enforcement agencies. Services include development of mandatory physical requirements, periodic clearance exams, medical reviews, quality assurance programs, and database management.

Cancer Screenings

Using state-of-the-art technology and U.S. Public Health Service guidelines, we can screen your employees for breast, colon, prostate, and other cancers. Where indicated, FOH will provide sensitive feedback and referrals to the appropriate community resources.

HealthyFocus4You

FOH offers a web-based health information program to help employees learn more about health issues. On-line health assessment tools help users identify risks for heart disease, diabetes, and cancer. These tools provide individualized recommendations to reduce risks and improve health outcomes.

Wellness/Fitness Programs

Our certified staff will conduct a needs assessment at your agency to determine best value fitness center requirements. Then, our staff will recommend type and quantity of equipment needed, manage in-house fitness centers, perform fitness screenings, and provide exercise planning and instruction. Our staff can also develop fitness programs when on-site centers are not viable options.

Immunizations

FOH provides a wide variety of immunizations, including those for hepatitis A and B, influenza, tetanus, and pneumonia, as well as inoculations for government travel abroad. These services are available either on-site at your agency or at one of our work-site health centers.

Automated External Defibrillators

FOH offers Medical Director Oversight, program development, procurement and training for cardiopulmonary resuscitation (CPR) certification and automated external defibrillator (AED) use.

Smoking Cessation Programs

FOH provides a variety of smoking cessation programs to assist agencies in addressing this serious public health concern. Programs are customized to meet agency needs.

Ergonomic Services

Musculoskeletal disorders (MSDs), such as carpal tunnel syndrome, represent the largest occupational injury and illness problem in the United States today. To help prevent MSDs and other common occupational injuries, FOH ergonomic specialists offer a broad range of services, including on-site and online interactive training programs and individual and group ergonomic workstation assessments.

FOH, the Occupational Health Provider of Choice for the Federal Government

The mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the Department of Health and Human Services (HHS), Program Support Center.

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life, Environmental Health and Safety, Organizational and Professional Development, and Training and Education.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.