



Holiday Hours

Christmas Eve (Dec. 24)

Riverside clinic open 8 a.m. - noon
Other locations closed

Christmas Day (Dec. 25)

All locations closed

New Year's Eve (Dec. 31)

Riverside clinic open all day
Other locations closed

New Year's Day (Jan. 1)

All locations closed

Custom Earplugs & Safety Glasses Available

For hearing protection, our West Clinic Audiology Department will:

- Perform impressions of both ears
- Create custom ear protection for both ears, with cords in the employee's choice of color
- Perform a verification of proper fit.

HealthPartners guarantees the fit and will remake the protection at no additional cost if the fit is inadequate. Package price is \$160. Prescription safety glasses pricing varies depending upon frame style, type of lens and other options.

Contact Kirk Hyatt if you have any questions on either program.

Respirator-Use Physicals & Fit-Testing: OSHA Requirements

We're frequently asked questions from employers about their obligations for respirator use, training and fit-testing. Below is a brief overview of these topics.

The Occupational Safety and Health Administration (OSHA) Respiratory protection standard, 29 CFR 1910.134, states that "In the control of those occupational diseases caused by breathing air contaminated with harmful dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors, the primary objective shall be to prevent atmospheric contamination. This shall be accomplished as far as feasible by accepted engineering control measures. When effective engineering controls are not feasible, or while they are being instituted, appropriate respirators shall be used. A respirator shall be provided to each employee when such equipment is necessary to protect the health of such employee. The employer shall provide the respirators which are applicable and suitable for the purpose intended. The employer shall be responsible for the establishment and maintenance of a respiratory protection program".

When respirators are used in the workplace, the employer is required to implement a written respiratory protection program. The program should include procedures for selecting respirators for use in the workplace; medical evaluations of employees required to use respirators; fit testing procedures for tight-fitting respirators; procedures and schedules for cleaning, disinfecting, storing, inspecting, repairing, discarding, and otherwise maintaining respirators; training of employees in the proper use of respirators, including putting on and removing them. The employer shall provide respirators, training, and medical evaluations at no cost to the employee.

OSHA requires that a physician or other licensed health care professional (PLHCP) evaluate whether it is physiologically safe for an employee to use a respirator. This needs to happen at least once and more often if the job or employee's health situation changes. Many employers have their respirator-wearers cleared annually. Our Occupational Medicine clinics perform these medical evaluations, and we also have our worksite services team which provides them in the workplace. *This clearance requirement is frequently confused with fit-testing, which it is not.*

OSHA requires that an employee be fit-tested with the same make, model, style, and size of respirator that will be used in the workplace, *annually*. The employee is fit-tested prior to initial use of the respirator, whenever a different respirator face piece is used, and at least annually thereafter. The fit testing can be qualitative (pass or fail) or quantitative (a numerical measurement of how well the respirator fits and how much leakage may occur). To ensure a tight seal, facial hair, eyewear, personal protective equipment etc. that can come between the sealing surface of the face piece and the face is not allowed.

Please let us know if we can help your organization with its OSHA-related obligations.

Want to Reduce OSHA-Recordable Injuries?

If you're looking for every possible way to keep injuries off your OSHA log, we can help.

We will develop a custom program for the delivery of worksite early intervention services. One of our physical/occupational therapists will be stationed in your workplace on a schedule that works for you. This person will become an integral part of the safety team. They will deliver first aid strategies and professional instruction in work methods, which are critical in helping to avoid unnecessary injury and associated costs. These same strategies can also help in the prevention of re-injury or the exacerbation of an existing condition.

Our staff will:

- Identify and work with employees developing physical symptoms on the job
- Evaluate and treat these symptoms before they become significant and OSHA-recordable, using early response & first-aid strategies
- Provide personalized coaching to correct contributing factors
- Provide ergonomic consulting and injury prevention classes with workforce when not treating/coaching
- Provide worksite physical therapy services for ongoing injuries if requested

Benefits include:

- Overall cost reductions, factoring in reduced missed-work time
- Increased chance of keeping minor injuries from becoming major
- Opportunity to monitor work methods in the workplace, increasing chances of permanent behavior change
- Increased employee goodwill



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Occupational Medicine & Urgent Care Clinic Locations

HealthPartners Riverside Clinic

Occupational Medicine
2220 Riverside Avenue South
Minneapolis, MN 55454
952-883-6999 Opt. 1

HealthPartners St. Paul Clinic

Occupational Medicine
205 S. Wabasha St.
St. Paul, MN 55107
952-883-6999 Opt. 2

HealthPartners West Clinic

Occupational Medicine
5100 Gamble Drive, Suite 100
St. Louis Park, MN 55416
952-883-6999 Opt. 3

HealthPartners Arden Hills Clinic

3930 Northwoods Dr
Arden Hills, MN 55112
952-883-6999 Opt. 4

RiverWay Anoka Clinic

601 Jacob Lane
Anoka, MN 55303
952-883-6999 Opt. 5

