

Report on Free Medical Camp at Megaflex Plastics Limited

Place: PPD3, Dhulagar, Sandhipur, Howrah

Date: 06/02/2024

Time: 10 am to 3.30 pm

As per the provisions of Section 41C of the Factories Act, 1948 read with the prescribed rules (including any statutory modifications, amendments, or re-enactment thereof) every occupier of a factory involving any hazardous process shall:

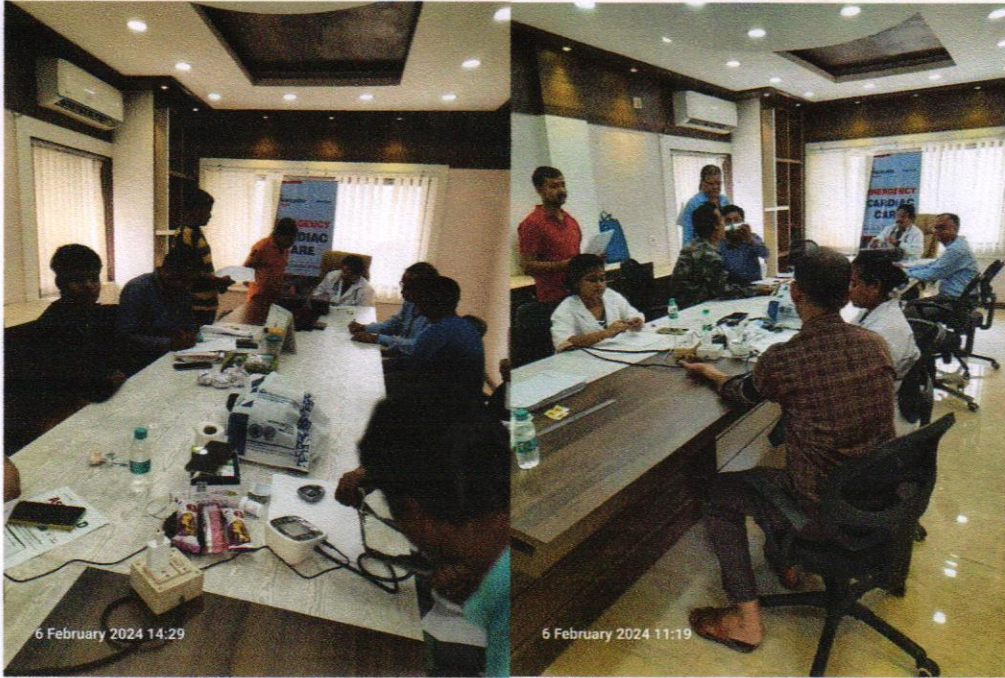
- (a) Maintain accurate and up-to-date health records or, as the case may be, medical records, of the workers in the factory who are exposed to any chemical, toxic or any other harmful substances which are manufactured, stored, handled or transported and such records shall be accessible to the workers' subject to such conditions as may be prescribed;

Furthermore, ISO 45001:2018 specifies requirements for an occupational health and safety (OH&S) management system. It provides an **INTERNATIONALLY-RECOGNIZED** framework for managing the occupational health and safety risks. It enables organizations to **SYSTEMATICALLY ASSESS HAZARDS AND IMPLEMENT RISK CONTROL MEASURES**, leading to reduced workplace injuries, illnesses and incidents. and requirements of various ISO certification Bodies, pre-employment and Annual Free Health check-ups should be done for all workers.



(In order to ensure the occupational safety of healthcare workers, ISO 45001 certification becomes very important. It helps in avoiding healthcare hazards by identifying the risks on time and performing prevention measures.)

MEGAFLEX PLASTICS LTD.
B Singh
Manager



The health check-ups was absolutely free of cost for the all employees.

VENUE:

Mega Flex Plastics Limited, factory premises (PPD3, Dhulagar, Howrah)

REQUIREMENTS:-

1. 10x15 Sq.Ft. One room for medical tests and check-ups by Doctors, with a minimum 10 sitting arrangements.
2. 10x10 sq.ft. room for ECG/private consultation.
3. 12 chairs
4. 5 table
5. one bed/sofa for ECG
6. Generator/Inverter backup as continues power backup.

MEDICAL TEAM:-

There were 7 members of Narayana Health, led by **Dr P.K.Banga** and **Dr. S.K. Mallick** did the medical camp.

CONTACT:

Narayana Superspeciality Hospital
120/1, Andul Road, Howrah 711103

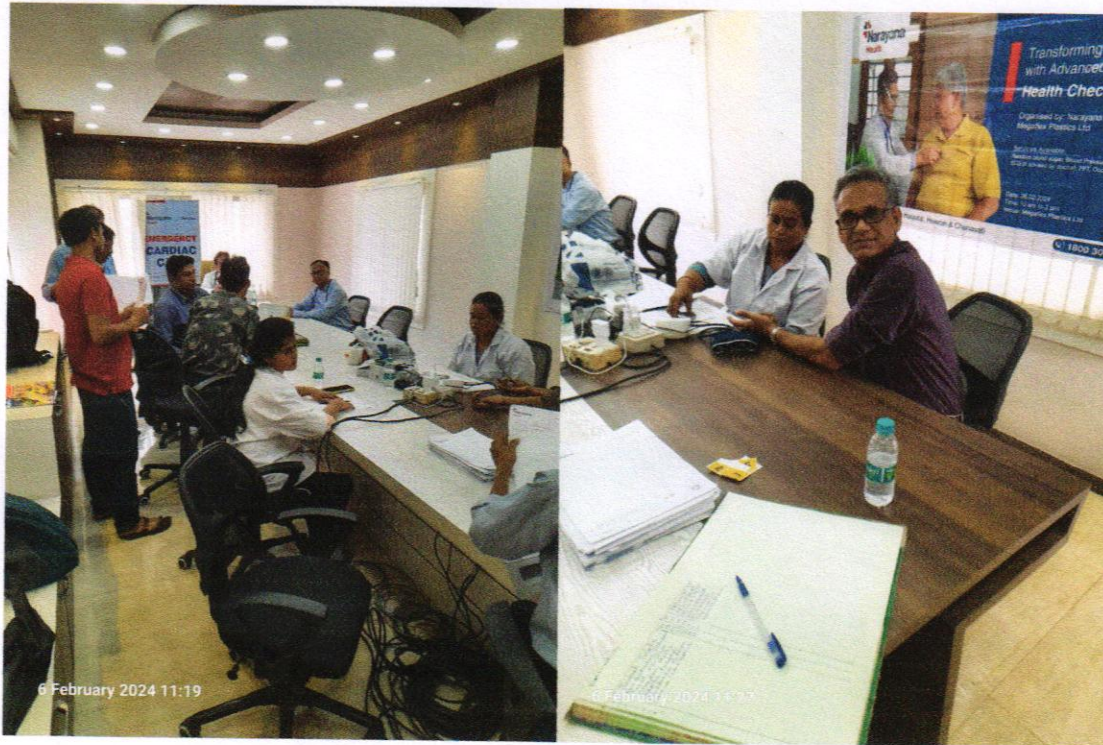
Appointment- 18003090309

Email: info.nshhowrah@narayanahealth.org

Website: www.narayanahealth.org

MEGA FLEX PLASTICS LTD.
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Manager

Therefore, for the safety and in the best interest of the workers and employees, the company has conducted an Annual Health check-up of 119 employees which includes Blood Sugar(RBS) tests, BP tests, lung function Test, ECG etc. for the year-2024.



GUIDELINES FOR ANNUAL HEALTH CHECKUP

1. Take regular medicine in the morning if you are already taking it.
2. Diabetic patients should not take anti-diabetic drugs in the morning. Please carry the drug/insulin along with you to have it with the breakfast.
3. Do exercise in the morning.
4. Do not take an oily diet at least 8 hrs before the blood test as it affects cholesterol report.
5. Wear loose cloth which can be changed if required for ECG.
6. If possible do not wear jewellery as it affects ECG.
7. Please give preference for diabetes persons in the morning hours.
8. Wear Glasses (spectacle) who have it for visions. (Eye Checkup).
9. Do not eat Pan/Tobacco/Guthaka as it affects oral examination.

Mohan Lal Patel

MEGA FLEX PLASTICS LTD.
Bhargh
Manager