

# ECS Safety Services Ltd.

## Corporate Office

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# Service Package



*Leaders in Occupational Health & Substance Abuse Testing*

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**E.C.S.**  
Safety Services Ltd.

# OUR COMMITMENT

## OUR SERVICES

ECS PROVIDES CUSTOMIZABLE OCCUPATIONAL HEALTH SERVICES TO MAKE MANAGING YOUR HEALTH AND SAFETY NEEDS SIMPLE. LET THE EXPERTS HELP YOU!

- **Breath Alcohol Testing**
- **Drug Testing**
  - Urine
  - Oral Fluid
  - Hair
- **Fitness to Work Medicals**
- **Return to Work Evaluations**
- **Audiometric Testing**
- **Hearing Protection Fit Testing (HPFT)**
- **Sound Level Readings**
- **Pulmonary Function Testing**
- **Respirator Fit Testing**
- **Respiratory Health Surveillance (RHS)**
- **Mobile Testing**
- **Exposure Assessments**
- **Test Tracking and Data Management**
- **Substance Abuse Policy Development**
- **Signs and Symptoms Training**
- **Reasonable Cause Suspicion Training**
- **Customized Training Courses**
- **Consultation Services**

**We will customize services to meet your needs.**

**Contact us today!**

## HARD AT WORK FOR YOU

Managing and interpreting health records is time consuming, costly and complex. Let us be the experts and manage your results for you, while keeping you in compliance with legislative requirements. Whether it's a full management system, or a simple reminder when testing is due, we can help assist you in ensuring you receive the information you need, when you need it.

## CUSTOMER SERVICE

We pride ourselves on providing quality, cost effective, and timely services. ECS creates a unique approach for our clients by incorporating technology and hands on customer service to meet your needs. By having both of these values ingrained into our culture, we can provide the ease and speed of technology with the individual care and attention of customer service.

## EXPERT ADVICE

Incorporated in 1995, ECS has over 25 years of experience in managing occupational health services and substance abuse testing needs for a wide variety of clients. Our testing services are conducted by certified professionals who will ensure any testing that you have completed meets and/or exceeds all legislation and standards. When you test with ECS Safety Services, you can count on quality, professionalism and cost-effective service. Guaranteed.

# Substance Abuse Testing

**SUBSTANCE ABUSE TESTING** has become an industry standard and is required by the majority of employers in oil and gas, transportation, and other safety sensitive environments. Drug and alcohol testing has proven to deter employees from abusing substances, reduce alcohol and drug related workplace incidences, provide a safer workplace, increase productivity, and decrease short term disability claims.

A substance abuse program is most effective when paired with:

- A clear, written policy that is shared with all employees
- Employee education about the dangers of alcohol and drug abuse
- Supervisor training and the signs and symptoms of alcohol and drug abuse
- An Employee Assistance Program (EAP) to provide help for employees

ECS Safety Services Ltd. can assist you in developing a seamless substance abuse program. From creating a unique policy to providing training courses, ECS' highly experienced staff have you covered every step of the way.

## SERVICES:

- Substance Abuse Testing (multiple panel options)
  - Point of Collection Urine Testing
  - Point of Collection Oral Fluid Testing
  - Lab Based Urine Testing
  - Lab Based Oral Fluid Testing
  - Breath Alcohol Testing
  - DOT Testing
  - Hair Follicle Testing

### Customized options to meet your needs!

- Services available across North America
- Highly skilled, certified staff
- Reliable 24/7 service
- Consultation with our experts when needed
- Mobile testing services
- Prompt results reporting

## OUR GUARANTEE:

### Expert staff

ECS testing staff are certified specimen collectors (urine, oral fluid, hair and breath alcohol) and are certified in DOT specimen collections.

### Customizable

From a single panel to multi-panels, ECS can customize drug testing to meet your needs.

### Prompt and timely service

Same day shipping using time sensitive courier service and quick lab turn-around times ensures you are getting the results you need, when you need them.

### Here to help you every step of the way

Being an ECS client means you are part of our team. If you have any questions our experts will get you answers.

We're only a phone call away!

# DOT TESTING AND CONSORTIUM MANAGEMENT

## RANDOM TESTING

The key function of the Consortium is to manage your random testing. The random selection is conducted evenly throughout the year using software that ensures a non-biased selection process with no outside interference. The selection process follows the DOT regulations to ensure full compliance.

## DOT CONSORTIUM

A consortium will manage the DOT random testing programs of several employers, including those of owner-operators who are not permitted to manage random testing themselves.

As a DOT qualified service agent, we coordinate all of your DOT consortium needs in compliance with DOT regulations. These services include:

- ✓ Drug & Alcohol Testing
- ✓ MRO Services
- ✓ Random Selections
- ✓ Annual Reports



DOT AGENCY - 2023	DRUG TEST RATE	ALCOHOL TEST RATE
Federal Motor Carrier Safety Administration (FMCSA)	50%	10%
Federal Aviation Administration (FAA)	25%	10%
Federal Railroad Administration (FRA)	25%	10%
Federal Transit Administration (FTA)	50%	10%
Pipeline & Hazardous Materials Safety Administration (PHMSA)	25%	N/A

# MEDICAL TESTING

## FITNESS TO WORK ASSESSMENTS

In a private one-to-one environment, candidates are evaluated to ensure they can safely perform the job tasks of the position they are applying for; thus, saving you, the employer, future lost time claims and low productivity at the workplace. ECS not only assesses the physical fitness level of the candidate, but we also take a holistic approach ensuring the candidate's overall health is taken care of, and in our private setting, teach candidates healthy living strategies to ensure a long-term work relationship.



## OUR UNIQUE APPROACH

In our industry, it is believed that the harder the medical, the less likely the employee is to hurt themselves. This information is misleading. It only takes one improper lift to cause an injury and it can happen to anyone whether at work or at home.

ECS teaches each and every employee about proper mechanics during the health assessment ensuring they understand how to prevent avoidable injuries. Rest assured, we've got your back!

## OUR ASSESSMENTS INCLUDE:

- Occupational History
- Personal and Medical History
- Head-to-Toe Physical Assessment
- Musculoskeletal Assessment
- Lifting Evaluation
- Cardiovascular Assessment
- Shoulder Evaluation
- Vision Evaluation
- Back Works Injury Prevention Training

## QUALITY AND CARE

A key component to our medicals is ensuring the communication between the employer, employee and health care professional is clear and consistent. ECS staff relay verbal results directly to the employee so you don't have to. We will work with the employee and employer to provide recommendations and referrals in order to get the employee to work as quickly as possible without jeopardizing safety.

# MEDICAL TESTING

## THE RIGHT ASSESSMENT

Our Fitness to Work Assessments have varying degrees of physicality built into each level. The best assessment for your potential employee will be based on the physical demands of their position. ECS' experienced health care staff will assist in determining the right assessment for your needs and assist in developing unique physical demands analysis' for your positions.

HEALTH ASSESSMENT	PHYSICAL EFFORT CLASSIFICATION OF POSITION	MAXIMUM LIFTING REQUIRED DURING ASSESSMENT
Level 1	Sedentary and light lifting	20lbs
Level 2	Moderate physical effort required	50lbs
Level 3	Labor intensive High incidences of injury occur	80lbs

## BACK WORKS INJURY PREVENTION TRAINING

Unique to ECS Health Assessments is the Back Works Injury Prevention Training. This includes practical demonstrations on a variety of subjects with full participation from each candidate. An emphasis on lifting techniques is taught to ensure each candidate is prepared for the rigors of the job position. This training includes:

- One-on-one teaching
- Proper lifting techniques with hands on practice
- Understanding body mechanics
- Healthy back strategies
- Stretching program

## RETURN TO WORK ASSESSMENTS

If an employee has been off work for an extended period of time due to injury or illness, a return-to-work health assessment can be completed to ensure they are able to continue to perform their job tasks in a safe manner as per the physical demands of the position. We take the hassle and confusion out of dealing with multiple health care agencies and insurance companies to help speed up the process of the employee returning to work.

- Documentation Review
- Appointment Coordination
- Official Reports
- Communication

# AUDIOMETRIC TESTING

**AUDIOMETRIC TESTING** is an important part of a company's Noise Management Program as it is the only real way to determine the effectiveness of the program.

ECS Safety Services provides accurate and dependable hearing testing. Our certified staff complete hearing tests using state of the art equipment that meets CSA Standard Z107.6:16 (R2020) testing standards.

ECS recognizes the need for employee teaching on our end; thus, we spend time explaining the hearing test to the employee to ensure they understand the effects of noise on their hearing.

Occupational Health and Safety requirements can be confusing and time consuming. Rest assured, ECS has you covered every step of the way!

## HOW ECS CAN HELP

- ✓ Audiogram completed by certified technicians
- ✓ Abnormal audiograms reviewed by our team of Occupational Health Physicians and Audiologists
- ✓ Conducting comparisons between baseline and periodic tests to identify any reportable shifts
- ✓ Test tracking and recall notifications
- ✓ Statistical reporting

*Let us take the burden off you by managing your program needs!*

## AUDIOMETRIC PROGRAM OPTIONS

ECS offers multiple options to ensure your Noise Management Program is effective.



### • STANDARD AUDIOMETRIC PROGRAM

Our standard program will ensure that each audiogram completed for your company is done in accordance with corresponding provincial regulations. These records will be reviewed by an Occupational Health Physician or Audiologist.

Our technicians will be able to view and compare changes instantly from any previous tests that were conducted by ECS.

Our software program will generate a report that will identify an annual listing of all employees who had an audiometric test completed, along with a statistical summary of the results. Both of these reports will help you to complete your Annual Report for Noise Exposed Workers which is a requirement under Occupational Health and Safety.

### • AUDIOMETRIC TEST TRACKING AND NOTIFICATION PROGRAM

This option includes all the features of our Standard Program with an expanded service that includes test tracking and notification- ensuring you have up-to-date, accurate information and will substantially reduce your administrative time.

ECS can notify you when audiometric tests are due and provide vital year-to-year statistics required to maintain a flawless Noise Management Program!

If you currently track this, you know how time-consuming it can be. Let us take care of that for you!

### • AUDIOMETRIC DATA MANAGEMENT

ECS can act as your Audiometric Data Management Centre. We understand that you may have hearing tests completed at varying locations and even by multiple service providers. This can lead to administrative issues with tracking of periodic testing and maintain compliance with provincial regulations.

Audiometric tests can be forwarded to ECS for data-entry into our tracking system.

Let us manage your data – one centralized location to compile and maintain your records!

# HEARING PROTECTION FIT TESTING

**HEARING PROTECTION FIT TESTING (HPFT)** is completed as a preventative measure to help mitigate the risk of noise-induced hearing loss (NIHL). It also ensures that the hearing protection being worn by the employee is accurate to the noise level worked in, as well as ensures an accurate fit to the wearer.

Alberta Occupational Health & Safety Code introduced this legislation to *Part 16 – Noise Exposure* to outline the importance of hearing protection fit testing of employees in areas where hearing protection is required. Employers must ensure employees are fit tested for the hearing protection they use and wear.

## BENEFITS

- ✓ The Quantitative HPFT will help you find out whether your employees are receiving optimal protection from their hearing protection devices (HPDs)
- ✓ Your employees will receive training on how to properly insert/wear their HPD most effectively
- ✓ This additional training will determine if the employee is correctly wearing their hearing protection device or need to try a different model
- ✓ Combining HPFT with additional services such as Audiometric Testing and Sound Level Readings adds to the overall effectiveness of your noise management program meeting your legislative requirements

## HOW ECS CAN HELP

- ✓ ECS is using sophisticated software to measure the Personal Attenuation Rating (PAR) – the real ear attenuation your employees are receiving from their earplugs
- ✓ HPFT testing is offered at all ECS branch locations plus select Alberta Collection Sites
- ✓ For your convenience, HPFT can be done on-site at your location
- ✓ Qualitative testing for ear muffs is also available
- ✓ Combine with additional services – one stop shop for all your occupational testing needs

## KEY FEATURES

- ✓ Provides an ideal opportunity for one-to-one education
- ✓ Works with any earplug (corded, uncorded, custom)
- ✓ Fast, accurate, easy-to-understand results displayed within minutes
- ✓ ECS can provide a detailed report of the earplug efficiency to the Employer
- ✓ Fulfills regulatory requirements to “ensure proper initial fitting” of HPD





# SOUND LEVEL READINGS

**Sound Level Readings (often referred to as “Noise Mapping”)** are conducted by skilled, certified, and fully ticketed staff who assess workplace noise by touring your facility and taking noise measurements using a sound level reader and documenting the findings throughout your location. A Site Sound Level Reading Certificate is issued upon completion.

Sound level readings can be paired with mobile hearing tests to complete your Occupational Health and Safety requirements in one visit!

*Contact ECS today for a quote!*

# RESPIRATORY FIT TESTING



The purpose of conducting respiratory fit testing is:

- To ensure that employees who are exposed to airborne contaminants are properly protected from those contaminants entering their lungs
- To get an accurate fit test to the specific make, model and size of a respirator that an individual is required to wear
- To meet Occupational Health and Safety personal protective equipment requirements

## QUANTITATIVE FIT TEST METHOD

Quantitative fit testing utilizes the measurement of the respirator leakage inside the respirator face piece with a *Quantifit* instrument. This method uses only air as the test agent and does not rely on the employee’s senses, resulting in a much more accurate fit test.

### The benefits of QUANTITATIVE fit tests include:

- ✓ Meets CSA Standards
- ✓ Can test the fit of a variety of mask types, models and brands
- ✓ Provides a fit factor print out
- ✓ Fast and reliable results
- ✓ Wallet card for the employee with properly fitted mask types and sizes



## RESPIRATORY HEALTH SURVEILLANCE (RHS)

2% of employees are medically exempt from wearing a respirator. A Respiratory Health Surveillance (RHS) is a medical questionnaire specific to respirator use. In addition to determining a proper fit, it is important to assess whether or not an individual wearing a respirator has any medical contraindications or restrictions regarding its use. Our health care professionals review and provide written opinion of the worker’s suitability to safely wear/use a respirator.

# LUNG FUNCTION TESTING

## PULMONARY FUNCTION TESTING (PFT)

When an employee is working in a position which potentially exposes them to respiratory hazards, it is important to monitor the employee's lung function. Respiratory hazards can pose a significant threat to the well-being of employees. Lung function testing plays an important role in occupational respiratory health surveillance programs.

The lung function test (also referred to as a Pulmonary Function Test or Spirometry) can help in the early diagnosis of lung disease. Spirometry is a screening test used in Occupational Health to help determine a worker's lung function status.

A lung function test is most effective if done at the start of employment and annually thereafter as lung function can be compared and any decline in lung status can be identified and addressed.

ECS Safety can assist in setting up your respiratory health surveillance program, complete testing, notify you when it is due, and provide reports to determine whether your respiratory protection program is effective.



## EXPOSURE TESTING

The Alberta Occupational Health and Safety Code requires employees who have or may have been exposed to airborne hazards such as asbestos, silica or coal dust to complete a health assessment, chest x-ray and spirometry test.

ECS will coordinate the necessary medical testing, pulmonary function testing, and chest x-ray required and have the assessment reviewed by an Occupational Health Physician.

A written interpretation from the Physician with the findings will be provided.

ECS will retain the confidential medical documents for the applicable time period for you.

# TRAINING AND POLICY DEVELOPMENT

Over our 28 years in business, we have successfully introduced substance abuse prevention programs to a range of workforces across Canada; small to large corporations, union and non-union work forces. We are firm believers that substance abuse testing combined with education and access to assistance can provide a safer work environment.

ECS offers consultation services to help with your policy needs.

## DRUG AWARENESS TRAINING

A Substance Abuse Prevention Policy is most effective when supervisors and managers are trained in recognizing the signs & symptoms of substance abuse. ECS offers Signs & Symptoms training both in-person and online. These courses are designed to educate your supervisors/managers on the real-world scenarios of substance abuse in the workplace. The key aspects of our Signs & Symptoms training include:

- ✓ Recognizing signs & symptoms of substance abuse
- ✓ Proper investigation procedures
- ✓ Case study scenarios



## ONLINE TRAINING

ECS now offers two online options to the above Drug Awareness Training to meet your needs. We have a basic (45 minute) course as well as an advanced (2 hour) course which meets and exceeds the DOT requirements as per 49 CFR 382.603.

***Recognizing the Signs & Symptoms of Substance Abuse is an important requirement for your Supervisors!***

# MOBILE TESTING



## MOBILE SERVICES:

- ✓ Substance Abuse Testing
- ✓ Audiometric Testing
- ✓ Hearing Protection Fit Testing
- ✓ Sound Level Readings
- ✓ Pulmonary Function Testing
- ✓ Respiratory Fit Testing

## ON SITE TESTING

Sometimes having your Occupational Health Testing completed can be a logistical nightmare. Don't fret! ECS has the capability of completing your testing needs at your facility or office, reducing operational downtime and ensuring even the busiest of employees can be tested.

We can come to you! Whether your employees are on a remote job site like an oil rig, construction site, manufacturing facility or even an office building! We only need each employee for a short time to administer their test, then they can get right back to work! ECS offers a wide variety of mobile Occupational Health Testing.

## MOBILE UNITS

ECS has mobile units spread out across Alberta. Our newest unit is built with 3 audio booths making this unit capable of testing approximately 120 employees per day. It's small body size also allows us easy access to any site.

*Contact us today for all your on-site testing needs!*

