



October 2009 Newsletter

Meeting Railway Group Standard Guidance GE/GN8570

All medications should be checked by Chemist On Call. If you are taking a **NEW** medication, please update your record of **ALL** medications, even if you have called in previously. Prescription, over-the-counter, herbal and sports medications may have contra-indications if taken together. Many everyday medications have work restrictions associated.

Link Up Audit – Certificate of Conformity

Make sure you show your annual Certificate of Conformity as evidence of an approved medication checking service, a copy of your 2009 Certificate is enclosed. Chemist On Call will provide its customers with a copy of the 2010 certificate when the retainer is renewed.

Don't Drink/Drug Drive

Chemist On Call is proud to announce its sponsorship and support of **Brake, The Road Safety Charity**. Many of you will have heard the TV and radio campaigns reminding of the perils of drink and/or drug driving. Many medications, recreational drugs and alcohol will impair an individual's ability to operate machinery, particularly their ability to drive safely. With Christmas approaching, it is even more important that companies remind employees of the dangers and the consequences of being "under the influence" and how this would affect their job security, subject to internal drug and alcohol policies.

For further information on Brake and to see the advice provided to drivers, visit

<http://www.brake.org.uk/advice>

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Brake the road safety charity **Stopping the carnage Caring for the victims**

HELPLINE for victims and carers 0845 603 8570

Donate Here

Victims and Carers | Road Users | Community Zone | Educators | Professionals Zone | News | Facts | Campaigns | Events | Resources | Fundraise | JOIN US NOW

Are You Safe to Drive? Medication Checking Service Corporate sales 08456773001

Advice for you!

However you get about, browse the links below for road safety advice.

- Kids and Teenagers**
Cool sites and loads of info specially for you!
- Young Drivers**
Visit our 2young2die site and find out about the horrifying stats and how to stay safe.
- Parents**
Want advice about child seats or your teenager son who is about to learn to drive? Look no further!
- Cyclists**
Visit our Cycle 4 Life site and stay safe.
- Drivers**
Sign up to our Pledge to Drive Safely – a step by step plan to being a responsible driver.
- Professional Drivers**
Driving for work is a tough job. Brake is here to help.
- Motorcyclists**
Straightforward advice for the most vulnerable road users.



Winter Medication Checks

Make sure that you chose remedies that do not restrict your duties. Check the label and instructions for use, ask the pharmacist or GP for advice, telling them your job role and whether or not you are safety critical, show your Chemist On Call card to ensure that you are recommended appropriate medication. Typical medications at this time of year include:

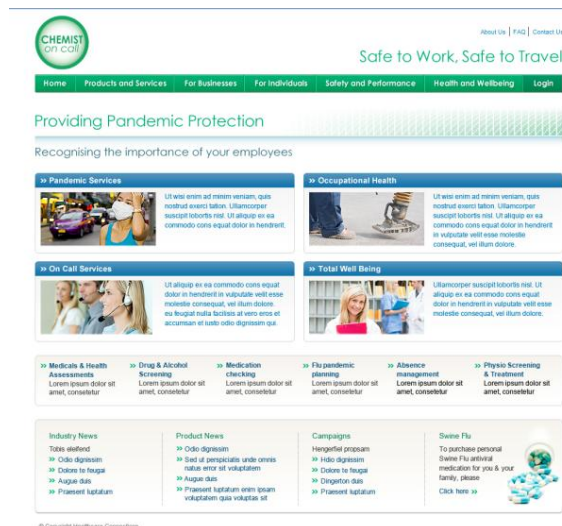
- **Swine 'Flu and Seasonal 'Flu** – anti-virals (Tamiflu), 'flu and pneumonia vaccinations
- **Colds** - decongestants, cough mixture, analgesia and ear, eye or nose drops.
- **Over Indulgence** – indigestion antacids, H2 blockers and analgesia
- **Stress** – anti-depressants, prescription medicine addictions, potential overdose risks

New Website – Fully Integrated Occupational Health

In December 2009, Chemist On Call will launch a new website that enables both single and multi-medications to be entered by the individual, the manager or our healthcare co-ordinators.

Each client will be provided with a username and password to access their own company's reports, health statistics and contract information. Access for employees is limited to clients with an annual retainer.

The unique design offers clients the opportunity to fully integrate Nurses On Call's absence management service; Physios On Call's physiotherapy screening and our associated company Healthcare Connections' occupational health and pandemic influenza scheme, should they wish.



More information will follow via email in the coming weeks.... watch this space!

If you would like to unsubscribe from the newsletters and health advice offered by Healthcare On Call Group and associated companies please advise by return email to ckennedyfiler@healthcare-on-call.com

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