

## Corona measures for safe Vitality Check-ups

Mensura is taking the following measures to ensure Vitality Check-ups can continue safely during corona times.

1. Every doctor Mensura works with describes **the actions they are taking** concerning:
  - gloves;
  - mouth masks;
  - social distancing (at least 1.5 m) in the waiting rooms;
  - hygiene in changing rooms and shower rooms;
  - disinfection of equipment;
  - safe execution of the fitness tests (mouth mask, location of the doctor opposite the employee, etc.);
  - safe service for breakfast and lunch (e.g. individually wrapped);
  - the mandatory presence of a COVID-19 filter for the spirometry test.

The doctors have provided signed information concerning this in writing. Based on this, Mensura can assess whether or not the Vitality Check-ups can continue.

2. In addition, **your employee** will need to follow some guidelines:
  - The employee must arrive on time, and not too early.
  - A mouth mask must be worn upon arrival. If not, a mask will be offered. The mask is to be left behind after the check.
  - Hands are to be disinfected on arrival.
  - If the employee has been ill in the past 2 weeks, has symptoms indicative of COVID-19, or has a fever, the appointment must be cancelled.
3. If **the checks take place in your company building**, please provide a written and signed summary of the measures you have taken to limit the possible spread of the coronavirus.

Use the checklist below to check whether you can run the Vitality Check-ups safely:

### Rooms

- ✓ The rooms must be large enough for the doctor and employee to remain at least a 1.5 m away from each other.
- ✓ The rooms must be ventilated (via windows or a ventilation system).
- ✓ Each room must have 2 chairs (preferably without an armrest) and a pedal bin.
- ✓ Alcohol gel and sanitiser to clean surfaces must be provided.
- ✓ Sanitary facilities for washing hands with soap and water must be available near the rooms.
- ✓ The rooms are to be cleaned before and after the Vitality Check-ups.

### Waiting room

- ✓ Employees must remain 1.5 meters away from each other at all times. This can be achieved for example by placing chairs 1.5 m apart.
- ✓ The employee must sign in no more than five minutes before the planned check.
- ✓ The number of employees in the waiting room must be restricted.

### Sanitary facilities

- ✓ Clean the sanitary facilities before and after the Vitality Check-ups.
- ✓ Provide sufficient soap and paper towels.

### Employee

- ✓ The employee must bring a mouth mask to the appointment, and the mask must be worn should the 1.5 m social distancing not be possible.
- ✓ Before and after the check, hands must be washed with soap and water.

Do you have any questions about these measures?  
Contact us via [vitality@mensura.be](mailto:vitality@mensura.be). We are happy to help.