GOA STATE POLLUTION CONTROL BOARD
गोंय राज्य प्रदूषण नियंत्रण मंडळ

(An ISO 9001-2015, ISO 14001:2015, ISO 45001:2018 Certified Board)

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No: 2027/GSPCB/Other/7653/Admn/22118 Date:26/11/2026

To,
The Board Website

Sub: Conduct of Occupational health check up of the staff of the Board.

Sir,

As per the requirements under OSHAS 45001:2018, the employees of the Board are required to undergo Occupational Heath Check from registered health care facilities under the Factories Act, 1948. The approximate staff strength is 175 nos. You are requested to inform this office your willingness to conduct the tests and offer your best rates for providing medical advice and conducting the tests by 07/12/2026.

The following services are required to be provided:

a. The Medical Practitioner should preferably be a M.D with suitable qualifications in Heath and Occupational Medicine and relevant industrial experience of minimum 5 years.
b. He / She should be a certified Associate Fellow of Industrial Health from NIOH supported by DGFASL (Director General of Factory Advisory Service and Labour Institute, Govt. of India.)
c. Advice on appropriate health assessments based on the Medical reports once submitted.
d. Screening of the employee on job functions i.e exposure to specific chemicals fumes if applicable & recommend tests of any felt desired.
e. Provide awareness on improvisation of occupational Health and Hygiene.Advice on further management of occupational illness and injuries identified till further closure
f. Concerned MD related consultation on anomalies or near anomalies detected with course treatment follow up

The following tests are required to be conducted on the Board employees as applicable.

Sr.	Description	Remarks	Amount
1.	Medical Examination Anthropemetry (Past History, Occupational History, Family History)		
2.	Physical Examination (Including Blood Pressure Measurement, BMI & General Physical Assessment)		
3.	Blood Profile –CBC – (Hb, TC, Dc, ESR, RBC, Platelet Count), Diabetic Profile: (FBSL).		

4.	Vaccination (e.g. tetanus) based on occupational risk	Tests to be conducted on all staff	
5.	Urine Routine Examination		
6.	Kidney Profile (Creatine, Urea, Uric acid).		
7.	Lipid Profile (Total Cholesterol, HDL, LDL, VLDL, Triglyceride, C/H).		
8.	Liver Profile: (Total Bilirubin, Indirect Bilirubin, Direct Bilirubin, SGOT, SGOT, SGPT, ALK Phospates, Total Protein, Albumin, Globulin, and A/G.		
9.	X-ray		
10.	Lung functions		
11.	Vision		
12.	Ear, Nose & Throat (ENT) including Audiometric Test.		
13.	Skin aliments		
14.	ECG		
15.	Postural Risk Assessment (Static & Dynamic) for ergonomic related conditions using REBA (Rapid Entire Body Assessment) or OVAKO Working Posture Analysis System (OWAS) with cervical functional disability index (Neck Disability Index-NDI) or equivalent.		
16.	The Medical expert (MD) should provide awareness on improvisation of occupational health and hygiene, including ergonomics & medical advice on further management of occupational injuries/illness identified including psychological assessment & counseling. occupational Advice on further management of occupational illness and injuries identified till further.		
17.	CSA (antigen)-For females and PSA-For males.		
18.	Abdominal & Pelvic sonography , including breast sonography.	For Female Staff above 40 yrs of age	
19.	Pap Smear Test	For Staff above 40 yrs of age	
20.	Echo test	For the staff above 40 years of age	
21.	Stress test (TMT)	For the staff above 40 years of age	
22.	Bone density (Osteoporosis screening)	-	
23.	Troponin	For the staff above 40 years of age	

24.	Blood Tests for heart (a) Hs -CRP	Test be performed if deemed required after examination and findings on the medical report	
25.	T3, T4, TSH, FSH		
26.	Toxicology (e.g. metal poisoning in blood, hair or related) Arsenic, mercury, lead		
27.	Blood (Arsenic, mercury, lead (urine)		
28.	Neurological disorders.		
29.	Counseling.		

Yours faithfully,

26/11/2026

Member Secretary
Goa State Pollution Control Board

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1. Members of the Purchase Committee
2. Office copy
3. Guard file.