

Staff Health Checkup <Eligible, Measurement and Inspection>

【Appendix】

Health Checkup Title		Eligible	Measurement and Inspection
General(Periodic Health Checkup)		Who were employed at our University as of May 1 and worked 20 hours or more per week.	Height, Weight, and BMI, Visual Acuity (at 5 meters), Hearing, Blood Pressure, Abdominal Circumference, Chest X-ray, Medical Consultation and Online Questionnaire, Electrocardiogram (ECG/EKG), Blood Tests:Anemia, Red blood cell count, Hemoglobin level, Hematocrit, White blood cell count, Platelet count, Liver function: GOT, GPT, gamma-GTP (or you can use AST, ALT, GGT), Total cholesterol, HDL cholesterol, Triglycerides, LDL cholesterol, Blood sugar: Hemoglobin A1c, Blood glucose, Kidney function: Creatinine, Urine analysis: Sugar/Glucose, Protein, Occult blood, Other Tests:Stool occult blood, Important Note: "For individuals under 40 years old (excluding those who are 35), blood tests, electrocardiograms, and abdominal circumference measurements may be omitted if a doctor determines they are not necessary. However, the stool occult blood test is only for those aged 40 and over who wish to take."
Visual Display Terminal (VDT) Operators		Staff engaged in Visual Display Terminal (VDT) Operations.	Visual acuity (at 5 meters, 50 centimeters). Testing of vision at both a distance and up close. Eye position or ocular alignment(crossed or misaligned eyes). Medical consultation and online questionnaire. Omissions may occur depending on VDT classification, etc.
Pre-employment		Faculty and staff to be employed by Chiba University who are scheduled to work 30 hours or more per week.	Chest X-ray, Height, Weight, BMI, Blood pressure, Visual acuity (at 5 meters), Urine analysis (sugar, protein, occult blood), Hearing, Medical consultation and online questionnaire, Abdominal circumference, Electrocardiogram (ECG/EKG), Blood test
Ionizing Radiation		Faculty and staff engaged in radiation work.	Medical consultation and online questionnaire, and Blood test
Specialized		Faculty and staff handling hazardous chemicals, etc., for more than two days a week.	Chest X-ray, Blood pressure, Visual acuity (at 5 meters), Urine analysis (sugar, protein, occult blood), Grip strength, Medical consultation and online questionnaire, Blood test, Other tests (vary depending on the chemicals handled)
Occupational		Faculty and staff performing specified tasks (e.g., late-night work).	Same as the general health check-up.
Genetic Modification Experiments		Faculty and staff who conduct genetic recombination experiments.	New: Chest X-ray, Blood pressure, Urine analysis (sugar, protein, occult blood), Medical consultation and online questionnaire, Blood test Regular: Same as the general health checkup. Note:* High-risk experimenters will also undergo blood tests.
Specialized dental		Faculty and staff who works 20 hours or more per week and regularly use the specified chemicals for two or more days a week.	Please take examination conducted by dentist at dental institution.
Pre-departure assigned overseas or Post-repatriation returning from overseas assignments		Faculty and staff assigned overseas for six months or more.	Chest X-ray, Height, Weight, BMI, Blood pressure, Visual acuity (at 5 meters), Urine analysis (sugar, protein, occult blood), Hearing, Medical consultation and online questionnaire, Abdominal circumference, Electrocardiogram (ECG/EKG), Blood test

※ Those who handle pathogens must undergo a specific occupational health examination. ※ Age is calculated as of the end of the academic year.