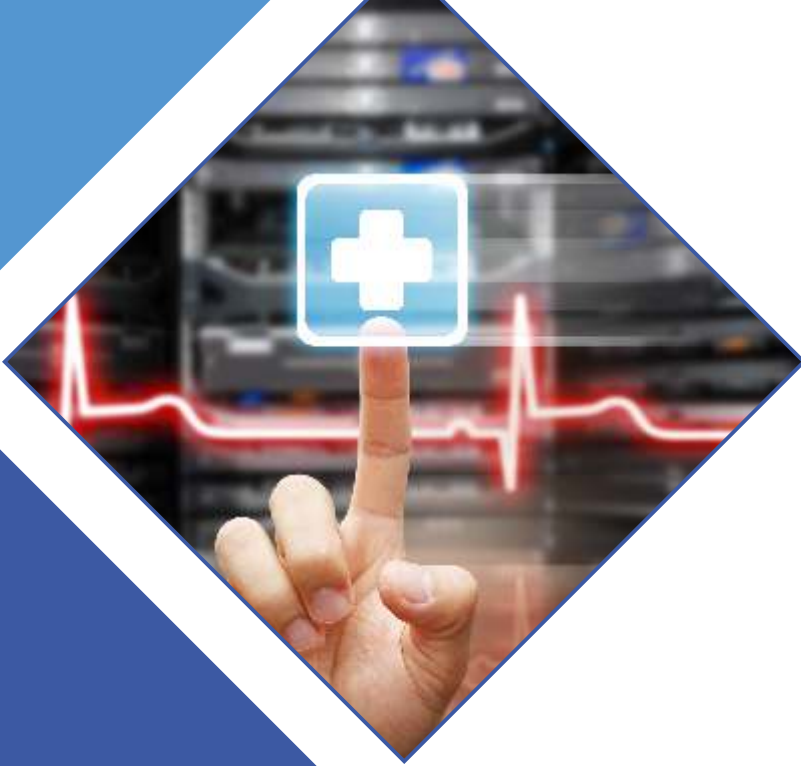




COMPANY PROFILE







WHO IS ODIRE OCCUPATIONAL HEALTH?

ODIRE Occupational Health was established in 2010 to render Occupational Health services, to companies, industries and mines.

We ensure compliance to legislation that mines and companies, government institutions, and fields of work are required to comply to which is the Occupational Health and Safety Act, 85 of 1993 and its regulations, and the Mine Health and Safety Act.

MISSION

We offer sustainable best practice service and shareholders professional and quality services in order to transform our clients' vision into reality.

VISION

Odire Holdings is the preferred supplier of Occupational Health and safety, medical and health Technology services to many leading companies in South Africa. Our passion and dedication to Client satisfaction is of the utmost importance.

Odire Consulting is our one-stop shop offering a wide range of occupational health programs that allows you to implement an integrated and Comprehensive occupational health solution, from pre-placement medical exams, medical testing, to immunization and medical surveillance programs.

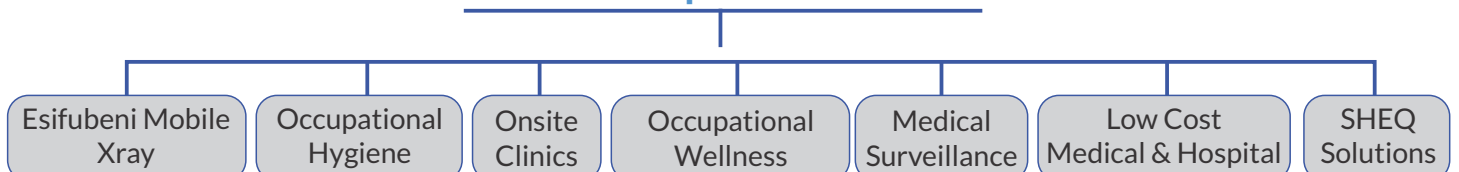
VALUES

- Integrity
- Teamwork
- Professionalism
- Service Excellence

GOALS

- To be the preferred service provider
- To transform our clients' vision into reality.
- To provide a cost effective and professional service.
- Meeting and exceeding the needs of our clients.
- To assist companies to comply to legislation
- Improve and add to the existing product offerings

Odire Occupational Health



OUR CORE BUSINESS

ODIRE Competence

ODIRE Occupational Health aims to be a leading provider of occupational health services. Experience lies in providing tailored occupational health solutions. Advisory, and safety consultancy to ensure compliance to Safety Regulations. Health risk assessments, and occupational hygiene monitoring of hazards in the workplace.

Tailored services Include:

- Flexible Occupational Health Packages
- Absence management and referral
- On-site, off site or clinic facility
- Health Promotion
- Occupational Policy Assistance
- Pre-employment medical assessments
- Executive Health assessment
- Statutory medical assessments

WE HAVE CLIENTS IN THE FOLLOWING INDUSTRIES:

- Engineering
- Laboratory
- Construction
- Demolition
- Railway Transportation
- Manufacturing
- Mining
- Local Municipalities
- Telecommunication
- Food (FMCG)-Financial Services
- Government Departments



MOBILE TESTING

Odire Occupational Health mobile screening units provide a flexible mechanism for delivering tailored health surveillance and screening programs directly to clients. The mobile units are ideal for small and medium enterprises (SMEs), larger organizations and companies that have a number of sites or remote operations.

Our fully equipped mobile units are managed by experienced Occupational Health Technicians, supported by Occupational Health Nurses and Physicians who provide a report after every health surveillance programs. Reports deliver relevant advice along with information which allows the employer to meet their obligations. Each programme is tailored to the individual organization to ensure compliance with statutory legislation.

Odire Occupational Health can ensure that employees are fit for job tasks based on specific industry standards. We support our clients in achieving compliance, to reduce work-related risk and illness whilst minimizing potential for litigation.



WHO WE ARE

Mrs. Godiragetse Sithole:

Chief Executive Officer

Vice President of South African Society of Occupational Health Nurse Practitioners (Pretoria)

Sister G Sithole is a registered nurse with a qualification in occupational health, management and employee wellness. She has experience in nursing for 22 years and has been working in the occupational health full time for 15 years. She is a member of South African Society of Occupational Health Nurses, and International Commission of Occupational Health. She is also registered with South African Institute Of Occupational Hygienists (SAIOH) as an Occupational Hygiene Assistant.

Btech OHN (TUT), MDP (UP), Project Management (UP), Employee Assistance Programme (UP) , Masters in Entrepreneurship.

Dr. Prudence Magoro:

Practitioner for 18 years. She has been an occupational health medicine practitioner for 10 years and has a vast experience in Private practice, Military, Metrorail, X-Strata Colliery, Prime Cure, PUTCO, Tshepang Trust, Metsweding Clinics and SASSA.

Bsc (Wits)MBChB (MEDUNSA) DOH UP) Occupational Health Medicine, DR. Magoro is a qualified medical Practitioner. Practitioner (UP), Employee Assistance Programme (UP)

Mrs. Francina M Mampuru

Over 20 years, experience in Radiography.

Patient care – medication administration, health education, Diagnostic Radiography, Registered with the HPCSA, in clinical Practice (GCP),



ODIRE OCCUPATIONAL HEALTH SERVICES

ODIRE Consulting Services CC provides a comprehensive health program to our clients' at the most cost effective manner

Why Outsource Occupational Health

Occupational health is becoming an increasingly complex field. In a dynamic environment where requirements for occupational health and safety at work are continually evolving, the need for specialist knowledge and understanding of policy, compliance requirements and strategy for effective implementation is vital.

Professional occupational healthcare services requires a detailed understanding of various integral components:

- Promotion and maintenance of employee health
- Maintenance of workforce efficiency
- Legal compliance with regulations and obligations to the workforce
- Enhancement of company performance through professional health management.

What are the benefits to you?

- Financial Benefits - Reduced sickness absence
- Improved staff motivation and performance
- Better staff attendance and retention
- Reduced risk and cost of litigation
- Increased profitability by keeping the workforce healthy
- Pre-employment - Ensuring people are fit for the job for which they are employed.
- Minimizes hazards and risks
- Provides evidence of safe and best practice - satisfies HSE
- Assists the company in complying with relevant legislation
- Reduces medical and legal claims
- Enables focus on core business
- Enhances company safety programs
- Formalizes company health policies and programs
- Benchmarks for best practice, comparisons and trend



Odire Occupational Health



MEDICAL SURVEILLANCE TEST

Onsite & Offsite Medical Tests

The following tests are conducted at the client's choice of location. A qualified nurse and technician will perform all tests below and answer any medical questions a client may have. A full report and Certificate of Fitness is issued to each individual.

Customizable Available Tests:

- Biometric testing - This includes Cholesterol, Glucose, Blood Pressure and BMI
- Breast examination 8 Cancer testing 8 Urine Testing 8 Lung Function 8 Eye Screening
- Flu Vaccinations 8 Hearing Tests 8 Keystone Screening 8 Prostrate testing 8 Sure Touch Breast Exam
- Urinalysis – Nitrite, Urobilinogen, Glucose, Leucocytes, Blood, Protein, Bilirubin, Ketones and pH

Additional Medical Testing also available on request

These tests can be conducted at the request of the client. Each user gets their results via logging into the website, this ensures each executive has access to their results. We provide a detailed information guide relating to each test, in this information emailer you will be given a call centre help line number for support as well as a concierge desk number to book any relevant medical appointments.

- Drug Testing
- Gluten Testing
- HIV Testing
- Malaria Testing
- Ovulation Testing
- STD Testing
- Syphilis Testing

FITNESS FOR WORK ASSESSMENTS

Odire Occupational Health provides fitness for work assessments to assess employee fitness to undertake specific work tasks that may be safety critical. Standards for fitness for work medicals are often industry specific and our Occupational Health doctors and nurses are familiar and experienced in a wide range of industries and occupations.

STATUTORY MEDICALS

Some regulations require employees undertaking certain work activities with specified hazards to have suitable medicals (e.g. lead, asbestos). Medical Trustees of Pension Schemes must ensure they have access to professional medical expertise from an Occupational Physician for independent advice on ill health matters

Odire Occupational Health



COMPANY WELLNESS EXECUTIVE SOLUTIONS

A healthy bottom line starts at the top! Our custom designed Executive wellness program is created to expand each executive's capability to lead, inspire and achieve.

Here at Odire Company Wellness Solutions we pride ourselves on customizing executive packages to suit each Executive's needs. We provide our Executive services throughout Southern Africa to serve the needs of modern business. Our services range across many industries such as fitness, medical, mental and spiritual offerings.

All our services can be preformed at either the Executives offices or their residence, all the executive needs to do is book their service 24 hours in advance. With every medical or fitness test a full report will be finished to the individual with an information emailer of whom to contact for additional support and how to book a selected practitioner

COMPANY WELLNESS

Odire Occupational Wellness can work with you to develop a tailored program of Health & Well-being Assessments and health promotion events. Individual or group proactive education events or structured wellbeing programmed to suit your needs, can be delivered on site by our Occupational Health clinicians and Wellbeing Advisors.

Services include:

- Health & Wellbeing Assessments
- Individual health assessments (45 minute consultation)
- Individual health check (15 minute check)
- Health promotion events
- Targeted group health promotion activities
- Tool box talks to employees on selected health matters
- Health related courses and seminars e.g. sun awareness, cancer prevention, work / life balance, stress awareness and stress management



Odire Occupational Health



WHY A CHEST X RAY?

OCCUPATIONAL LUNG DISEASE

Chest X-rays show the structures in and around the chest. The test is used to look for and track conditions of the heart, lungs, bones, and chest cavity. Working in certain industries can be hazardous to your staff. Exposure to dust particles, granite cement, coal, silica, arsenic, asbestos, clay bricks and flour [just to name a few] can have a serious effect on the health of that worker and could result in serious health and especially, lung diseases. For example, a chest x-ray pictures may show signs of pneumonia, heart failure, lung cancer, lung tissue scarring, tuberculosis, Emphysema, silicosis, asbestos and sarcoidosis.



Occupational Lung Disease

Although occupational lung diseases are preventable the continuous exposure to hazardous irritants could result in an array of lung diseases that may cause permanent damage and have a lasting effect on your health. Certain working environments pose more risk where the employee is exposed to/and could breathe particles of: dust, coal, paint, textiles, granite, chemicals, cement and flour.

Black Lung Disease

This Coal Workers Pneumoconiosis is caused by inhaling coal dust and the particles end up in the lungs' small air sacs or alveoli. When too much dust is inhaled it causes an obstruction in the air sacs, less oxygen can get into the air sacs and less carbon dioxide can exit the lung and damages the lung tissue. Shortness of breath, coughing, night sweats are some of the initial warning signs. Weight loss, chest pain and coughing blood could follow, if the condition worsens.

Lung Cancer

Lung cancer is diagnosed when abnormal cell growth in the lungs are picked up. Smoking can increase both the severity and the risk of contracting lung cancer - almost 85% of lung cancer cases were diagnosed from smokers. There are two types of lung cancer: Small cell lung cancer and Non-small cell lung cancer. Lung cancer can be prevented by educating people about the risks involved in smoking.

Malignant Mesothelioma

This disease causes cancer cells in the thin layer of tissue [the pleural that covers the chest cavity and lungs, or the lower abdomen tissue layer [the peritoneum] that covers the organs within the abdomen. This disease will cause shortness of breath, a swollen painful abdomen, coughing and potential weight loss.

Emphysema

Emphysema is a chronic lung disease that causes shortness of breath due to the fact that the air sacs in the lungs [alveoli] are damaged which reduces the air surfaces in your lungs and effectively the amount of oxygen that flows into your bloodstream. Symptoms of emphysema are usually difficulty in breathing out, coughing and shortness of breath.

Asbestosis

Asbestosis is a chronic inflammatory occupational lung disease that affects the lung tissue and is caused by the breathing in and retention of asbestos fibers over a period. Most commonly seen in individuals working on the production or end-use of products containing asbestos. People with extensive occupational exposure to the mining, manufacturing, handling, or removal of asbestos are at risk of developing asbestosis

Silicosis

Silicosis is caused by inhalation of crystalline silica dust. This type of pneumoconiosis is known for its inflammation and scarring to the upper lung in forms of nodular lesions. This most commonly occurs in occupations where there is exposure silica-containing rock and sand: construction, mining, quarrying, drilling, and foundry work. This occupational disease is characterized by fever, cough, cyanosis [bluish skin] and shortness of breath.

Tuberculosis

Tuberculosis, well known as TB, is caused by the bacteria Mycobacterium Tuberculosis an infectious disease that usually spreads through the air when people who have active TB in their lungs cough, spit, speak, or sneeze. Tuberculosis generally affects the lungs, but can also affect other parts of the body. Early detection and treatment can save lives.

Odire Occupational Health



VIVOS OCCUPATIONAL HYGIENE

Odire Occupational Hygiene looks at the evaluation and control / prevention of workplace hazards that may result in injury or illness, and the impact on the well-being of workers. RPS' Occupational Hygienists help organizations to understand the risks to both employees and employers, and can assist in the management of programmes to comply with Health and Safety legislation.

Programmes of monitoring, coupled with occupational hygiene best practice advice, are provided to assist in the understanding and mitigation of exposure risk; typically risks are associated with chemical, biological, physical, ergonomic and psychosocial stressors.

Key service areas include:

- Occupational Exposure Monitoring
- Workplace Noise Monitoring
- Environmental Noise Assessment
- Confined Spaces Assessment
- Hand Arm Vibration (HAV) and Whole Body Vibration (WBV) Assessments
- Local Exhaust Ventilation (LEV) Examination and Testing
- Indoor Air Quality Assessment
- Illumination



Odire Occupational Health



WHAT IS AN ONSITE CLINIC?

A workplace “onsite clinic” is a setting where an employer offers one or more medical and wellness services, delivered by licensed providers, to all or a designated portion of its active population and other eligible individuals. Today’s clinics are often referred to as “health and wellness centers,” due to the wide range of first aid, occupational health, acute, primary, specialty, condition management, wellness and ancillary services offered at the location. started as occupational health clinics, treating minor injuries and serving workplace health and safety needs, but have expanded in to primary care and other areas.

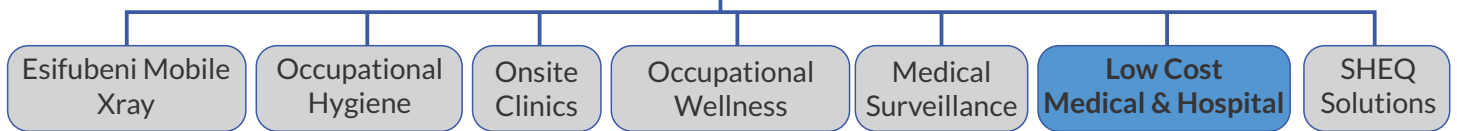
It is commonly part of the health benefit options that an employer offers to its workers. While most health care clinics are located in close proximity to the workplace, a growing number are near-site or shared clinic locations, serving populations not working in a single location or from multiple employers. The objective is to provide easy access and immediate attention, at little or no cost, for a host of services and products that an employee would normally have to leave the worksite to obtain.

Benefits of an Onsite Clinic

- Some of the reasons why employers should consider an onsite clinic, including:
- Offering convenient access to health care services will reduce lost productivity that results from a worker taking 3-4 hours to leave the worksite, travel, wait for and see health care providers and to obtain drugs and services
- Making first aid and acute services available at the worksite will reduce the use and cost of hospital emergency rooms – the highest cost setting for obtaining medical services – for non-emergency conditions
- Providing low or no cost resources and treatment will increase use of preventive and wellness services and programs, decreasing the severity of common illnesses, augmenting management of chronic conditions that require regular checkups, improving medication compliance and patient outcomes overall
- Investing in well-being of employees with workplace ‘health and wellness’ benefits can help attract and retain employees – clinics are often viewed as the most popular benefit by workers
- Delivering medical, pharmacy and therapy services at the worksite will reduce overall costs, as there will be no required revenue margins placed on top of the services or products provided to patients at the clinic

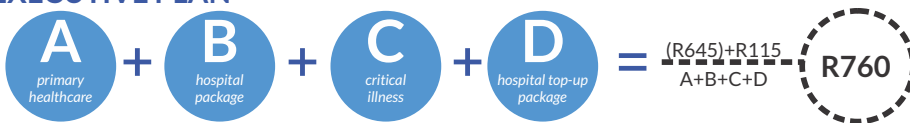


Odire Occupational Health



2018 PRODUCT GUIDE

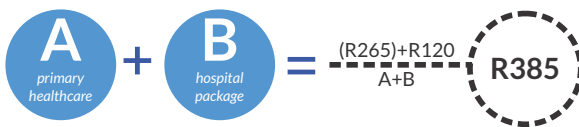
EXECUTIVE PLAN



PLATINUM PLAN



VALUE PLUS PLAN



DAY TO DAY PLAN



PLAN BREAKDOWN



- Including:
- Unlimited GP & Dental Visits
 - Specialist Cover
 - Acute & Chronic Meds
 - HIV AIDS Management
 - Optometry
 - Basic Radiology & Pathology and
 - Family Funeral Cover



- Including:
- Illness (in hospital)
 - Maternity
 - Accidental Injury/Trauma Cover
 - 24 Hours Emergency Medical/Ambulance Response and
 - Additional Death Benefit



- Including:
- Dead-disease & Accidental Permanent Disability Cover



- Including higher limits for:
- Specialist Cover
 - Illness Cover (in hospital)
 - Accidental Injury/Trauma Cover
 - Death (in respect of the Principal Member & Spouse)

Odire Occupational Health



ODIRE SHEQ SOLUTIONS

The Health, Safety and Environmental Team of ODIRE is responsible for conducting a variety of services to assist our clients in Legal Compliance with the Occupational Health and Safety Act, Act no.85 of 1993, The Mine Health and Safety Act, Act no.29 of 29 of 1996 and the National Environmental Act, Act no.107 of 1998.

Services:

- Legal Compliance Audits (OHSAct, MHSAct & NEMA)
- Legal Registers
- Pre-Certification Audits
- Environmental Control (Water, Air & Dust)
- Construction Site (Agency Appointment)
- Principle Contractor Management
- Construction Sites
- GAP Analysis Audit
- System Implementation (ISO 9001/14001/45000)
- System Audits for certification
- Implementation of Health and Safety Compliance System
- Environmental Pollution Risk Assessment
- Environmental Aspect and Impact Registers
- Dust Deposition Monitoring
- Soil Sampling and Analyses
- Water Sampling
- Vehicle Exhaust Emission Monitoring
- Environmental Noise Surveys
- Environmental Control on Construction Sites

Courses:

- Hazard Identification and Risk Assessment (HIRA)
- Safety and Audit Inspection
- SHE Representative
- OHS Legislation
- Movement of People and Material in the Workplace
- Safety and health Management Programme
- SHE Incident Investigation
- HIV Aids in the Workplace
- First Aid (Level 1, 2 and 3) (DoL Accredited) (CI62|2|12|1)



Short Courses:

- Working at Heights (fall arrest)
- Basic Fire Fighter
- Fire Warden
- Portable Electrical Equipment
- Construction Regulations (2014)
- Stacking and Storage
- Scaffold Erector
- Scaffold Inspector
- Forklift Driving
- Tractor Driving
- Operation of Overhead Cranes

OUR CLIENTS

 <p>SARS South African Revenue Service</p> <p>Flu Vaccines, Immunisation, Medical Surveillance Period: 2013 - date Contact: Sr. Mavis 012 422 6707</p>	 <p>LEPHALALE MUNICIPALITY</p> <p>Medical Surveillance & Chest X-Ray Period: 2013 - date Contact: Mr Senoamadi 072 105 9576</p>	 <p>City of Ekurhuleni</p> <p>Medical Surveillance & Chest X-Ray Period: 2012 Contact: Sr Rosina 012 999 5628/072 143 7269</p>	 <p>WBHO</p> <p>Medical Surveillance & Health Assessments Period: 2013 - date Contact: Bright Mokoala 078 291 2222</p>
 <p>water affairs Department Water Affairs REPUBLIC OF SOUTH AFRICA</p> <p>Audiometric Testing Period: 2011</p>	 <p>McKinsey & Company</p> <p>Medical Wellness & Chest X-Ray Period: 2013 - date</p>	 <p>Life Healthcare</p> <p>Assisted in Medical Surveillance & Chest X-Ray Period: 2013-2015</p>	 <p>Magalies Water</p> <p>Medical Surveillance & Health Assessments Period: 2015 - date</p>
 <p>FIDELITY SECURITY GROUP</p> <p>Medical Surveillance & Health Assessments Period: 2017 - date</p>	 <p>Eskom</p> <p>Medical Surveillance & Chest X-Ray Period: 2013 - date Contact: Kusile & Medupi Construction Sites Sr. Tebogo 082 572 9713</p>	 <p>prasa PASSENGER RAIL AGENCY OF SOUTH AFRICA</p> <p>Drivers Drug Testing & Medical Surveillance Period: 2013 - date Contact: Sr Lorato 071 881 7299</p>	 <p>PIKI TUP</p> <p>Hepatitis anti-bodies testing Period: 2017 Contact: Sr Ellerine 082 855 9277</p>
 <p>unica</p> <p>Medical Surveillance Period: 2016-date Contact: Mr Niculus Pokani 071 871 3025</p>	 <p>TRANSNET</p> <p>Driver Drug Testing & Medical Surveillance Period: 2015 Contact: Prime Cure Outsource</p>	 <p>STEVE TSHWETE LOCAL MUNICIPALITY</p> <p>Driver Drug Testing & Chest X Ray Period: 2013 Contact: David Rambuwane 072 138 3022</p>	 <p>MTN</p> <p>Medical Surveillance, Height Assessment HIV & Wellness Period: 2013-date</p>
 <p>SAPS</p> <p>Health Risk Assessment Period: 2013</p>	 <p>GAUTRAIN FOR PEOPLE ON THE MOVE</p> <p>Medical Surveillance & Chest X Ray Period: 2014-2015 Contact: Life Healthcare Outsource</p>	 <p>idt</p> <p>Medical Surveillance & Construction Height Assessment Period: 2013-2016 Contact: Mr Walter Ramollo 081 765 4041</p>	 <p>BRONX MINING COMPANY</p> <p>Medical Surveillance & Chest X-Ray Period: 2012-2013</p>
 <p>pwc</p> <p>Medical Surveillance & Chest X-Ray Service: Medupi Construction</p>	 <p>RULA BULK MATERIALS HANDLING</p> <p>Medical Surveillance & Chest X Ray Period: 2013-2015 Contact: Jan 082 619 1309</p>	 <p>SAC</p> <p>Medical Surveillance Period: 2011-2012</p>	 <p>Johnson Controls</p> <p>Medical Surveillance & X-Ray Services Period: 2013-date</p>
 <p>Gijima Technology People</p> <p>Audiometry Testing Period: 2011-2012 Contact: Jaco van Rensburg</p>	 <p>faurecia inspiring mobility</p> <p>Medical Surveillance Period: 2011-2012 Contact: Elsabe Malan 012 564 0925</p>	 <p>WARRIOR PAINTS & VERWE</p> <p>Medical Surveillance Period: 2011-2012 Contact: Allison Panman 012 541 3596</p>	 <p>CITY OF TSHWANE INSPIRING PROGRESS</p> <p>Medical Surveillance Period: 2018</p>

CONTACT DETAILS

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Level 1 BBBEE Status

