$$\begin{split} \widetilde{f}(\omega) &= \frac{1}{\sqrt{2\pi}} \int_{-\infty}^{\infty} H(x-a) e^{-bx} e^{-i\omega x} dx = \frac{1}{\sqrt{2\pi}} \int_{a}^{\infty} e^{-bx} e^{-i\omega x} dx = \\ &\frac{1}{\sqrt{2\pi}} \int_{a}^{\infty} e^{-(b+i\omega)x} \, dx = \frac{1}{\sqrt{2\pi}} \frac{e^{-(b+i\omega)x}}{-(b+i\omega)} \bigg|_{a}^{\infty} = \frac{1}{\sqrt{2\pi}} \frac{1}{-(b+i\omega)} \bigg[e^{-(b+i\omega)^{\infty}} - e^{-(b+i\omega)a} \bigg] = \\ &\frac{1}{\sqrt{2\pi}} \frac{1}{-(b+i\omega)} \bigg[0 - e^{-(b+i\omega)a} \bigg] = \frac{1}{\sqrt{2\pi}} \frac{e^{-(b+i\omega)a}}{(b+i\omega)} \end{split}$$