



OccHealthNet

Information about our services



About Us

Established in 1987, we are an experienced and well developed team providing comprehensive occupational health services in the South East of England.

We hold qualifications in Occupational Medicine as well as General Medical Practice and we hold appointments with the Health and Safety Executive. We are also Approved Doctors to the Benefits Agency under the Industrial Injuries Act.

We provide a high quality, personalised service for our clients across a range of industries including finance, construction, logistics, motorsport and haulage. We offer the full range of occupational health services, including fitness for work assessments, management referrals, health advice and medicals under asbestos, lead and radiation legislation.

We also provide HGV/LGV/PSV and Taxi medicals and advise on matters related to fitness to drive. We offer a fast turn around, with an easy booking service and prompt clinic availability.



New Employee Health Screening

Pre-placement medical assessment

- Occhealthnet can offer comprehensive **pre-placement medicals** which can be tailored to your specific requirements; fully compliant with the Equalities Act 2010.

We will ensure Management are aware of and advised upon any health issues that may be affected by work (or that may affect their ability to work) and recommend any reasonable adjustments that may need to be put into place.

You can then appoint with confidence that the well-being of your new staff is protected. Likewise new employees can be assured of being protected and of the confidentiality of the pre-employment health assessment process.

Customising your requirements

The exact composition of a medical can be matched to the job role and possible exposures to be encountered. Therefore pre-employment health screen can include all or some parts of the following:

Comprehensive Medical History - Height, Weight & Body Mass Index - Blood Pressure & Pulse - Urinalysis - Eyesight Evaluation - Colour Vision - Musculo-skeletal Assessment - Spirometry (Lung Function) Test - Audiometry (Hearing) Test - Skin Check - Driver Medical - Suitability for Night Working - Drug & Alcohol Screening.



Employee Health Surveillance & Medical Screening

In many industries certain risks and hazards exist in the workplace. As required by UK Health & Safety legislation, employers are legally obliged to provide a safe working environment for their employees.

- **Occhealthnet's Health Surveillance service ensures that these risks are effectively managed and monitored. We provide a safer workplace by offering a comprehensive range of health surveillance to all sizes and types of business**

Occupational Health surveillance is a continuous process of planned health assessments designed to detect the early signs of work-related illness in your employees.

It also helps you monitor the effectiveness of other risk control measures you may have in place.

If identified, preventative actions can be put in place to ensure the health of the employees is maintained.

The procedures used to achieve this include:

- Simple methods such as questionnaires
- Discrete technical checks on employees such as hearing tests or lung function tests.
- More involved medicals or investigations as required.



Employee Sickness Absence (Management Referrals)

Sickness absence places a huge strain on the personnel and financial resources of a company. Having an appropriate policy in place to manage this is therefore essential in today's competitive financial climate.

- **To support management in dealing with sickness and absence issues, Occhealthnet can provide timely face-to-face assessments either in the workplace, remotely or in our clinic.**

Early intervention can produce rapid results.

As an employer you might wish to refer an employee to Occhealthnet for medical assessment in one of the following situations;

- Repeated short-term absence
- Long-term absence with no known date for return to work
- Upon return to work or during recovery from an accident or injury
- To improve or adjust an employees working environment
- Poor productivity potentially caused by an undisclosed or undetected medical condition
- Suspicion of drug or alcohol abuse
- Disability related adjustments

Much of our business activity is based on our handling of case referrals. Our approach is to provide a professional, client focussed and risk managed Occupational Health Service.

Following referral, our clinical staff will make an independent diagnosis and prognosis, and report back to the employer making recommendations pertaining to the employee's fitness for their role



Vocational driving

- **Occhealthnet Occupational Health offers an clinic based service for completing DVLA HGV / PSV/ TAXI in addition to Company Driver Medicals, Fork-lift Driver Medicals or Plant Operator Medicals.**

Similar to DVLA schedules we recommend that plant operators should be screened before employment and at 5 yearly intervals from the age of 45. The assessments should be annually from the age of 65.

Further assessment should be made if any of the following apply;

- Any absence greater than one month
- Any illness shorter than one month if the illness affects their ability to drive.
- Following the licence being revoked due to a medical condition.



Hand Arm Vibration

Employees who use hand-held tools and machines producing very high levels of hand arm vibration can suffer permanent injuries to their hands and arms.

- **An employer has a duty to provide health surveillance for all their employees who, despite actions to control the risk, are likely to be regularly exposed above the Exposure Action Value (EAV) or are considered to be at risk for any other reason.**

The *Health and Safety Executive Guidance (HSG88)* recommends a preventative approach to control the risk of injury from hand arm vibration.

Health surveillance could pick up employees showing early signs of injury, which should then be medically assessed. Employees and employers should be advised about continuing to work with high vibration equipment. Annual screening could help stop problems developing at an early stage

The new regulations also require the employer to carry out suitable and sufficient **hand arm vibration risk assessments**, and then implement appropriate controls to eliminate or control vibration to below the EAV and/or to accommodate employees who are shown to be particularly susceptible. Employers must provide health surveillance to those at risk, as well as relevant information, instruction and training to affected employees.



Hand Arm Vibration continued

There is a tiered approach to assessing workers

Level 1 (Initial or baseline assessment)

- A confidential questionnaire
- A record sheet for managers which will satisfy HSE requirements

Level 2: (Annual Screening Questionnaire)

In the absence of HAVS health issues being declared at Tier One, a HAVS questionnaire should be completed at twelve monthly intervals.

Level 3: (Assessment by Qualified Person)

This normally follows level 2 if symptoms are reported.

Questionnaire and assessment by a suitably qualified Occupational Health professional.

Level 4: (Formal Diagnosis)

At this level, the Occupational Health Physician will be able to advise the employer whether or not the case is reportable under *RIDDOR 1995*.

Level 5: (Use of Standardised Tests) - *Optional*

These tests provide quantitative assessment of the condition which can then be compared to "normal" data.

This level is not normally part of routine health surveillance, but is often used to monitor progression of the disease.



Night Workers Health Assessments

Do you have people working for you regularly at night? Are you aware of your legal obligation to offer health checks for these employees?

The purpose of a Night Worker Health Assessment is to determine whether a worker is fit to undertake the night work to which he/she has been assigned. Also it is to determine whether the work will have an effect upon the employee's health.

- Night Time is defined as the period between 11.00pm and 6.00am
- A night worker is defined as someone who regularly works at least 3 hours of daily working time between 11.00pm and 6.00am
- **We offer either a simple health questionnaire assessment (minimum requirement) or convenient medical assessments (best practice). Night worker health checks can help you identify employees in any of these groups and allow you to access effective advice.**

The benefits for your company

With our help, night work health checks are very straightforward to implement. We can provide a short questionnaire for your managers to give to the relevant employees, so you can quickly identify those with any health issues that may be affected by night work. Employees who disclose health concerns can then be referred for one of our specialist occupational health doctor assessments.

The benefits for your employees

Most employees will be able to carry on working as normal without having to undergo detailed health checks.

However those with conditions that may be affected by night work can receive an appropriate assessment, and we can advise them – and you, as their employer – about any necessary adjustments.



Drug and Alcohol Screening

The use of illicit drugs is an increasing problem within the work place. Drug and alcohol abuse in the workplace costs the UK more than £2 billion a year.

Combined they account for an estimated 14 million lost working days. Drugs and alcohol alter a person's behaviour, body functions, personality and, therefore, work performance.

Employers have a right to expect that their prospective employees are alcohol and drug free especially in safety critical work areas. Occhealthnet can provide an array of drug and alcohol services which include;

Drug and Alcohol Screening

Occhealthnet are able to undertake a range of drug and alcohol screening including;

- **Pre-employment**
- **Compliance**
- **Periodic**

We are able to test for a number of illicit substances including cocaine, opiates (including heroin), benzodiazepines (e.g. Diazepam), amphetamines and cannabis.



Price List

In addition to the services described in this document and those listed below we can also offer more bespoke services for our clients, these additional occupational health services can be tailored to specific roles to fit the needs of employers e.g. employers may wish to request additional tests for certain employees and therefore prices will change to reflect this.

- Asbestos Workers Medical £105
- Audiometry £35
- Chester step test (fitness test) £90
- Confined spaces medical £100
- ENG1 medical £115
- Fit for Work Medical £100
- Health Surveillance £100
- HGV/PSV medical £55
- Lead workers medical £120
- Seafarers medical (ML 5) £105
- Management Referral £150
- OGUK Offshore medical £100
- Pre-placement medical £100
- Radiation workers medical £100
- Working at heights medical £100
- Night workers medical questionnaire review £35
- On site visits from OH doctors, risk assessments and additional OH advice - Please enquire