



OccHealthNet

Information About Our Services

Comprehensive occupational health solutions since 1987

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Trusted Occupational Health Experts

1987

Established

35+

Years Experience

HSE

Appointed Doctors

SE UK

Regional Coverage

Established in 1987, Occhealthnet is an experienced and well-developed team providing comprehensive occupational health services in the South East of England. We hold qualifications in Occupational Medicine and General Medical Practice, and 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 across a range of industries including finance, construction, logistics, motorsport and haulage — offering fitness for work assessments, management referrals, health advice, and medicals under asbestos, lead and radiation legislation.

Why Occupational Health Matters

Occupational health is a specialist branch of medicine focused on the physical and mental wellbeing of employees in the workplace. It plays a vital role in helping organisations fulfil their legal duty of care, reduce sickness absence, and create a productive working environment. Employers who invest in occupational health typically see improved staff retention, lower absenteeism, and better overall workforce morale.

Under UK law, clear obligations are placed on employers by the Health and Safety at Work Act 1974, the Management of Health and Safety at Work Regulations 1999, COSHH 2002, the Control of Noise at Work Regulations 2005, and the Equality Act 2010. Occhealthnet helps you meet these obligations efficiently and professionally.

Core Services Overview

Occhealthnet provides a complete range of occupational health services designed to help employers protect their workforce, comply with legislation, and reduce the impact of ill-health on business operations. Each service can be tailored to meet your specific industry requirements and workforce size.

Pre-Employment Health Screening

Comprehensive pre-placement medicals tailored to your requirements, fully compliant with the Equalities Act 2010.

Health Surveillance & Medical Screening

Continuous planned health assessments to detect early signs of work-related illness and monitor risk controls.

Management Referrals

Timely face-to-face, remote or on-site assessments for sickness absence — with reports within 48 hours.

Vocational Driving Medicals

Clinic-based DVLA HGV/PSV/Taxi medicals plus company driver, fork-lift and plant operator assessments.

Hand Arm Vibration (HAVS)

Tiered assessment programme following HSE Guidance (HSG88) to protect employees using vibrating equipment.

Drug & Alcohol Screening

Pre-employment, compliance and periodic screening including comprehensive substance panel testing.

Night Workers Health Assessments

Legal requirement under Working Time Regulations 1998 for employees regularly working night hours.

Statutory & HSE Specialist Medicals

HSE-appointed doctors for lead, asbestos, ionising radiation and MCA/ENG1 seafarer examinations.

All services are delivered by qualified occupational health professionals. Results and reports are typically delivered within 48 hours of assessment.

New Employee Health Screening

Occhealthnet offers comprehensive pre-placement medicals tailored to your specific requirements — fully compliant with the Equalities Act 2010. Pre-employment health screening ensures a new hire is medically fit for the role they have been offered. We advise management on any health issues that may affect the employee's ability to work and recommend any reasonable adjustments required.

Customisable to each role — you only pay for assessments relevant to that position.

Available Screening Components

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

Health Surveillance & Medical Screening

In many industries, risks and hazards exist in the workplace. UK Health & Safety legislation legally obliges employers to provide a safe working environment. Failing to implement adequate health surveillance can result in regulatory enforcement action, compensation claims, and reputational damage.

Occhealthnet's Health Surveillance service provides a continuous process of planned health assessments designed to detect the early signs of work-related illness and monitor the effectiveness of existing risk control measures. Where issues are identified, preventative actions can be put in place to maintain the health of your employees.

When is Health Surveillance Required?

Health surveillance is required where employees are exposed to hazards such as noise, vibration, ionising radiation, solvents, fumes, dusts, biological agents, and other substances hazardous to health. COSHH 2002 specifically requires surveillance where there is an identifiable disease or adverse health effect associated with exposure.

Key Benefits

- Early detection of ill-health effects caused by workplace exposures
- Evidence that current risk control measures are working effectively
- Data to help review and improve health and safety policies
- Demonstrated compliance with HSE regulations
- Protection against potential compensation claims
- Tailored programmes matched to your specific risk profile

Statutory & Specialist Medical Examinations

Ochealthnet doctors are appointed by the Health and Safety Executive to carry out statutory medical examinations under specific UK regulations. HSE Appointed Doctor status is only granted to physicians who meet strict criteria, including specialist qualifications in occupational medicine and demonstrated competence in the relevant statutory examinations.

Lead Work Medicals

Under the Control of Lead at Work Regulations 2002, employers must ensure employees exposed to lead receive surveillance by an HSE-appointed doctor. Includes blood lead level monitoring, biological monitoring, and clinical fitness assessment.

Asbestos Medicals

The Control of Asbestos Regulations 2012 require workers exposed to asbestos to undergo examination by an HSE-appointed doctor. Includes detailed occupational history, respiratory questionnaire and lung function testing.

Ionising Radiation Medicals

The Ionising Radiations Regulations 2017 require classified radiation workers to be under medical surveillance. Assessments include comprehensive examination, dose record review, and blood tests where appropriate.

MCA / ENG1 Seafarer Medicals

Ochealthnet provides MCA-approved ENG1 examinations — a statutory requirement under the Merchant Shipping (Maritime Labour Convention) Regulations 2010. Covers vision, hearing, physical fitness and general health.

Additional specialist medicals: OGUK Offshore · Confined Spaces · Working at Heights · Radiation Workers · Chester Step Test

Employee Sickness Absence — Management Referrals

Sickness absence places a huge strain on the personnel and financial resources of a company. In the UK, an estimated 149.3 million working days are lost to sickness absence each year. Early intervention can produce rapid results — Occealthnet provides timely assessments either in the workplace, remotely, or at our clinic.

Flexible Assessment Options

- Face-to-face at our Hall Rd Clinic in Aveley
- On-site at your workplace for minimal disruption
- Remote via telephone consultation
- Remote via video call (Zoom / Teams)

What You Receive

- Thorough clinical assessment and independent medical opinion
- Clear return-to-work recommendations
- Guidance on reasonable adjustments (Equality Act 2010)
- Written report typically within 48 hours

When to Make a Referral

- Repeated short-term absence
- Long-term absence with no known return date
- Return to work or recovery from accident or injury
- Poor productivity from a possible undisclosed medical condition
- Disability-related reasonable adjustments
- Suspicion of drug or alcohol misuse
- Need to improve or adjust an employee's working environment

Vocational Driving Medicals

Occhealthnet offers a clinic-based service for DVLA HGV/PSV/Taxi medicals, along with Company Driver, Fork-lift and Plant Operator assessments. The DVLA requires all Group 2 licence holders (HGV/LGV and PCV/PSV) to undergo a medical examination at first application and renewal, ensuring drivers meet the higher medical standards required to safely operate larger vehicles.

Fast turnaround — easy booking, prompt clinic availability, and quick results so your drivers can return to work as soon as possible.

What the Medical Includes

- Medical history review
- Blood pressure and pulse measurement
- Urinalysis for glucose
- Eyesight testing — visual acuity and visual fields
- Nervous system and musculo-skeletal assessment
- General physical examination
- DVLA D4 form completion and submission

Plant Operator Screening Schedule

- Before employment — baseline assessment
- 5-yearly from age 45
- Annually from age 65
- Following any absence greater than one month
- Following any illness affecting ability to drive
- After medical revocation of licence

Hand Arm Vibration (HAVS)

Employees who use hand-held tools and machines producing very high levels of vibration can suffer permanent injuries to their hands and arms. Hand Arm Vibration Syndrome (HAVS) is a widespread and debilitating industrial disease affecting the blood vessels, nerves, muscles and joints of the hand, wrist and arm.

An employer has a duty to provide health surveillance for all employees who, despite actions to control the risk, are likely to be regularly exposed above the Exposure Action Value (EAV). Annual screening can help stop problems developing at an early stage.

Tiered Assessment Approach

- 1 Initial / Baseline Assessment** — Confidential questionnaire and record sheet for managers, satisfying HSE requirements at first exposure.

- 2 Annual Screening Questionnaire** — HAVS questionnaire completed at twelve-monthly intervals in the absence of any reported health issues.

- 3 Assessment by Qualified Person** — Follows Level 2 if symptoms are reported. Full assessment by a qualified occupational health professional.

- 4 Formal Diagnosis by OH Physician** — OH Physician advises whether the case is reportable under RIDDOR 1995 and recommends management action.

- 5 Standardised Tests (Optional)** — Quantitative assessment compared to normal population data; used to monitor disease progression over time.

Night Workers Health Assessments

Under the Working Time Regulations 1998, employers must offer a free health assessment to anyone about to start working at night, and to all night workers on a regular basis thereafter. Night time is defined as the period between 11:00 pm and 6:00 am; a night worker regularly works at least 3 hours of their daily working time in this window.

What We Offer

- **Simple questionnaire assessment** — the minimum legal requirement, quick to implement across your workforce
- **Full medical assessment (best practice)** — specialist OH doctor review for employees who disclose health concerns

Benefits for Your Organisation

Night work health checks are straightforward to implement. We provide short questionnaires for managers to issue, quickly identifying employees who require specialist assessment and advice.

Common Conditions Affected by Night Work

These conditions may be exacerbated by regular night working and warrant medical review:

- Diabetes
- Heart disease and cardiovascular conditions
- Gastrointestinal disorders
- Sleep disorders
- Mental health conditions

Drug & Alcohol Screening

Drug and alcohol abuse in the workplace costs the UK more than £2 billion a year and accounts for an estimated 14 million lost working days. Under the Health and Safety at Work Act 1974, employers have a duty to ensure the health, safety and welfare of their employees — if an employee is under the influence of drugs or alcohol at work, this duty is compromised.

Substances We Test For

- Cocaine and its metabolites
- Opiates (including heroin, codeine and morphine)
- Benzodiazepines (e.g. Diazepam)
- Amphetamines and methamphetamines
- Cannabis (THC)

We can also advise employers on developing and implementing a comprehensive workplace drug and alcohol policy — protecting both employers and employees.

Types of Testing Available

- **Pre-employment** — testing candidates as part of the recruitment process
- **Random** — unannounced testing to deter misuse
- **For-cause** — following an incident or reasonable suspicion
- **Post-incident** — after a workplace accident
- **Return-to-duty** — before an employee returns after a positive test or treatment

Transparent Service Pricing

All prices are per individual assessment. On-site visits by OH doctors: **£1,400 full day** · **£700 half day**.
Bespoke programmes, risk assessments and additional OH advice available on enquiry.

Service	Fee	Service	Fee
Asbestos Workers Medical	£130	Seafarers Medical (ML 5)	£125
Chester Step Test (Fitness Test)	£110	Management Referral	£185
Confined Spaces Medical	£120	OGUK Offshore Medical	£120
ENG1 Medical	£115	Pre-placement Medical	£120
Fit for Work Medical	£125	Radiation Workers Medical	£130
Health Surveillance	£120	Working at Heights Medical	£130
HGV / PSV Medical	£55	Night Workers Questionnaire Review	£25
Lead Workers Medical	£140		

For bespoke programmes, bulk contracts or on-site clinic delivery — please contact us directly to discuss your requirements.



OccHealthNet

Ready to Get Started?

Contact us today to discuss your occupational health requirements.
We're here to help protect your workforce.

CALL US

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VISIT

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