

YOUR OCCUPATIONAL HEALTH SERVICE

Health Surveillance

What is occupational health?

Occupational health is a medical specialty that is concerned with minimising the impact of an individual's health on their role and vice versa. We provide specialist independent advice to your employer in order for them to make informed management decisions regarding the impact of health on your role or the impact of your role on your health.

What is Health Surveillance?

Health surveillance is a system of ongoing health checks which may be required by law for employees who are exposed to noise or vibration, ionising radiation, solvents, fumes, dusts, biological agents and other substances hazardous to health, or work in compressed air. Health surveillance is important for detecting ill-health effects at an early stage so that employers can introduce better controls to prevent them from getting worse. Your employer will have carried out a risk assessment to identify who is required to undergo the surveillance and this will be based on the tasks which you carry out at your work.

Prior to carrying out health surveillance the nurse will ask you to complete a form detailing your occupational history and exposures and also any health conditions you suffer from or medications which you may be taking.

What type of Health Surveillance will be offered?

Audiometry (Hearing Test) - this is a test conducted to assess your hearing and provides an evaluation of the sensitivity of your hearing, this test is performed using an audiometer and takes about 10 minutes to complete. Prior to the test being carried out the nurse will check your ears to ensure there is nothing evident, such as ear wax, which may affect the test results.

Lung Function test - also known as Spirometry this is a simple test used to help diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one forced breath.

Hand Arm Vibration - (HAVS) - if you work with vibrating tools you will be required to undergo this type of surveillance. Hand-arm vibration is vibration transmitted into your hands and arms when you use vibrating equipment. It can cause hand-arm vibration syndrome (HAVS) and carpal tunnel syndrome (CTS).

For workers who carry out shift work they are offered a questionnaire to complete and will only require a telephone or face to face consultation if a follow up is required.



Your Occupational Health Medical Certificate

On completion of the medical the clinician will advise you of the outcome and when you will require your next assessment. Iqarus will then advise the outcome and when you will require your next assessment.

If you have any concerns regarding the fitness decision please raise these with the clinician at the time of the assessment.

Confidentiality

Medical information held and known by the occupational health professional is privileged and confidential. When information is to be supplied to the Council your consent will be obtained. An exception to this rule would only arise if the occupational health professional believed that keeping the information confidential would pose a serious risk to other people, but this intention would be discussed with you at the time.

Reports from your GP and other Specialists

It is not always necessary for occupational health to request information from other healthcare providers to inform their decisions. Where it is required we will inform you of the reason and you will be asked to provide consent. If you consent to a report being sought, it is vital that you fully engage in the process and assist occupational health in obtaining such a report; if after a reasonable period of time occupational health have not received the required reports they are still able to make a recommendation based on the information they already have.

What to expect when you visit us

- A warm, friendly, professional welcome
- Respect and confidentiality
- A full explanation of the consultation process
- Details of any report that will be provided to managers/People and Organisation
- Opportunity to ask questions