



Purpose of discussion

On 1 November 2015, Network Rail appointed a new occupational health provider – OH Assist. We would like to remind our colleagues of the support and services available to them.

Kick-off the discussion

Do you know what occupational health support is available to you?

Would you know who to contact if you needed health support?

The new OH provider has been brought in to improve the processes, and provide an improved occupational health service to our people. Referrals to OH Assist are usually logged by your line manager and, to ensure they always have the contact details to hand, the Health and Wellbeing team will be providing our frontline managers with a wallet sized card that they can keep which provides an overview of services and contact information.

Discussion points

Use the questions below to facilitate discussion. Remember, you don't have to have all the answers – the role of the facilitator is to create an engaging discussion where everyone identifies and commits to solutions.

Discussion points	Supporting notes
<p>1. Do you know what is meant when we talk about 'occupational health'?</p>	<p>Definition:</p> <p>Occupational health ensures our people are fit-for-work and are not harmed by the tasks and duties they perform.</p> <p>An occupational health service is in place to help us look after the health of our people based on the impact their day-to-day jobs could have. Some common health conditions caused by the work environment include;</p> <ul style="list-style-type: none">• Hand Arm Vibration Syndrome• Respiratory hazards (breathing difficulties)• Noise-induced hearing loss
<p>2. What support and services does our occupational health service provide?</p>	<p>The services covered by our occupational health provider are;</p> <ul style="list-style-type: none">• For Cause Drug & Alcohol Collection Services• Medication Enquiry Line• Pre-placement Referrals• Management Referrals• Competence Specific Medicals• Health Surveillance Referrals• Physiotherapy <p>If you are ever unsure on a course of action, speak to your line manager.</p>



Safety Hour Discussion Pack

Occupational Health support



Discussion points

3. Do we take enough care when it comes to our own health?

Supporting notes

Ask people to consider their working environment... Are they willing to take risks to get the job done? Do they adhere to maximum working times on certain tools?

Your health must be the highest priority as we aim to get everyone home safe everyday. Regulations on tool use and maximum time completing tasks is there for our safety and we must make sure we keep to these rules to keep ourselves safe.

If you or a colleague is experiencing health issues, or noticing early signs of occupational health conditions, tell your line manager and seek advice. Catching a condition early can help prevent further damage and help us put adjustments in place to help you continue your day-to-day role.

4. Who are OH Assist?

OH Assist are an occupational health service provider with over 20 years experience. Their current clients include both public and private sector organisations.

They aim to improve the service you receive, with all support services being made available via one telephone number:

0845 608 0656

OH Assist are a separate business unit within Atos – specifically delivering Occupational Health and Employee Assistance Programmes with a dedicated management team and the support of 250 trained clinicians.

Additional support

Contact OH Assist: 0845 608 0656

For further support visit the health and wellbeing pages on [Safety Central](#)