



Health Surveillance Employees Guide 20/21

Health surveillance is a system of ongoing health checks and is a legal requirement. These health checks are required by law for employees who are exposed to noise, vibration, , fumes, dusts, and other substances hazardous to health.

- The way Network Rail carries out these tests has changed.
- **The Health Surveillance Programme has now broadened to include a number of health checks never done before:** Hand-Arm Vibration Syndrome (HAVS), Audio, Respiratory (to include exposure to Respiratory Sensitisers and Respiratory Crystalline Silica), Skin and Night working.
- Employees have been identified to attend the Health Surveillance programme and undertake these five health checks based primarily on the vibrating tool competencies they hold.

Process

- A telephone appointment will be made for you to complete your five health surveillance questionnaires during this one 60minute call.
- You need to provide a contact telephone number, and this will be added to the booking sheet. Chat to your line manager about an office phone or mobile if you do not have access to your own phone.
- Confirmation of appointment date and time will be given to you by your line manager
- **On the day** - make sure you are somewhere private to take the call from Optima. Talk to your line manager about a suitable location. The call will come from a private or withheld number. If you do not answer the call, a further two attempts will be made. If the call is still not answered they will leave a voicemail. **You may return the call within 10 minutes by dialling 0330 008 5972.** Then the technician will call you back immediately.
- The appointment will take no longer than 1 hour.
- During the call, you will be asked a series of questions and dependent on your answer further questions may be asked. Please try to answer all the questions as accurately as possible.
- Following your telephone appointment, you might be escalated for further assessment (telephone, video or Face-2-face) depended on the area of your health potentially impacted.