If you are absent from work due to ill-health, or have a health problem that prevents you from carrying out your job normally, we can advise your manager how long you may be away, so work cover can be planned. Your manager will want advice on adjustments to consider on your return to work, for example working hours and activities, or more generally on the future prospects of you being able to return to work successfully. The Occupational Health Service (OHS) gives you a confidential environment to discuss any health or personal issues that you may have.

If you are seen by an Occupational Physician, your assessment may include a physical examination.

Self referral
You can refer yourself to the OHS to discuss health issues that impact on your work. The OH advisor will give advice about the services you can access, whether you should visit your GP for treatment and can also refer you for physiotherapy here in OH. The OH advisor can also refer you to the Employee Assistance Programme for counselling if you feel unable to make the first contact. This process does not generate a report to the manager.

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