

Occupational Health, Fitness and Wellbeing Assessment

Please answer all questions honestly and add any further details or comments where required. This assessment is very important to monitor and maintain your health and wellbeing.

Your completed form will be assessed by an independent occupational health specialist to determine whether a physical examination may be required.

All information will be kept strictly confidential in compliance with the Data Protection Act.

Hand Arm Vibration Syndrome

Hand arm vibration syndrome is a widespread industrial disease affecting many workers. The most common form of Hand Arm Vibration Syndrome is Vibration White Finger. If you have any other issues you believe may be associated with Whole Body Vibration please note this over the page.

If during your work you come into contact with hand held power tools or other sources of vibration, then you may be susceptible to developing the condition.

Self-check by completing the following questionnaire:

- **Have you ever suffered from your fingers going white and numb when exposure to cold?** No / Yes
- **Do you suffer from tingling in your hands?** No / Yes
- **Are you suffering from loss of grip strength in your hands and do you have pain in your wrist and arm?** No / Yes
- **Do you feel that the sensation of touch in any of your fingers isn't what it used to be?** No / Yes
- **Is there a reduction in how you can do fiddly and fine tasks because your fingers don't work like they used to?** No / Yes

Your comments:

Dermatitis/Eczema

Cases of dermatitis in the work place are not uncommon. Your susceptibility to skin damage may vary from your colleagues. It is therefore important that you can identify the signs and symptoms. When your skin comes into contact with a substance it may cause inflammation commonly referred to as dermatitis.

The main signs of eczema are redness, swelling, crusting and cracking and flaking of your skin.

Self-check by completing the following questionnaire:

Do you, or have you had any of the following symptoms which may have occurred on your hands, fingers or any other part of your skin exposed at work:-

- | | |
|--|-----------------|
| • Redness and swelling? | No / Yes |
| • Cracking and/or blistering of the skin? | No / Yes |
| • Flaking or scaling of the skin? | No / Yes |
| • Did any of the above last for more than a week? | No / Yes |
| • Did any of these problems occur more than once? | No / Yes |
| • Does your skin improve when you're away from work? | No / Yes |
| • Have you ever had time off work with skin problems? | No / Yes |

Your comments:

Lower Back Pain

Back pain is common in society and will affect most people at some time in their life.

It can occur anywhere from the base of the skull to the bottom of the tailbone. The pain may be acute or chronic and may occur once or more than once over many weeks.

It is commonly caused by straining the muscles or ligaments or tendons along the backbone. The pain may get worse when bending or sitting. Coughing and sneezing can also worsen the pain.

Pain often begins suddenly after a strain or injury and may even come out of the blue or come on slowly.

Self-check by completing the following questionnaire:

- **Do you get regular pain in your back?** **No / Yes**
- **Do points in your back often feel tender?** **No / Yes**
- **Do you have limited back motion, with tightness or tenderness in the back muscles?** **No / Yes**
- **During inactivity do you suffer back pain?** **No / Yes**
- **Do you have any pain in your buttocks or running down the backs of your legs?** **No / Yes**

Your comments:

Noise Induced Hearing Loss

Every day in the workplace we are exposed to different noises and sounds and at different levels. Some of these can affect our ability to hear noise including speech, close or distant sounds. Noise induced hearing loss happens over time and you may not be aware that it is happening to you.

The following questions are designed to see if your work environment could be affecting your hearing:

Self-check by completing the following questionnaire:

- **Do you have trouble hearing the telephone or doorbells?** **No / Yes**
- **Do any of your family or friends complain that you have the television or radio on too loud?** **No / Yes**
- **Do you have difficulty hearing conversation against a noisy background?** **No / Yes**
- **Do you suffer from permanent / constant ringing in your ears?** **No / Yes**

Your comments:

General health, fitness and well-being

1. How do you consider your health, fitness and well-being generally? (circle one):

Excellent

Good

OK

Poor

2. Where do you think improvement could be made regarding your health, fitness and wellbeing? ie better diet, drink less alcohol, take less prescriptive drugs, exercise more, get more sleep etc:

3. Mental health problems are a significant issue in the construction industry. Recent surveys suggest that more than 80% of workers in the construction industry suffer from some degree of work-related stress. This can include anxiety or depression and may lead to physical issues such as stomach ulcers and increased risk of heart attack.

If you feel this is an issue you would like to discuss further with a trained external professional please indicate below: (you do not need to provide any further information)

Yes

No

4. Are there any other areas of occupational health, fitness and wellbeing that you would like more information or support on? ie exercise, diet, alcohol, drugs, stress, injuries, high blood pressure etc

The information provided in this assessment is kept strictly confidential under the Data Protection Act and will not be shared with any non-relevant parties or individuals internal or external.