



## Introduction

Occupational health aims to promote and maintain the physical, mental and social well-being of the worker, it therefore, focuses on the effects of work on health and health on work. The Occupational Health Service provides assessments of the fitness for employment of hospital employees and undertakes the screening of at risk staff for work-related illnesses. The service provides for staff immunisation including hepatitis B, rubella, measles, varicella, tetanus, influenza, hepatitis A and tuberculosis. In addition the service carries out health surveillance on at risk groups e.g. Pregnancy Risk assessments etc. and provides general ergonomic advice. Where an employee is involved in an accident / incident at work, employee follow-up is provided by the OHD as appropriate. The OHD is also involved in providing training for employee's e.g. Occupational Blood exposure training.

## Functions

- To promote and maintain the physical, mental and social well being of all employees
- To advise employees and management of their legal responsibilities so as to promote and maintain the health and safety of the workforce
- To advise on the effects of work on health and health on work
- To assist employees who may be experiencing personal difficulties
- To promote employee health maintenance

## What your Occupational Health Department can do for you.

- Are you worried regarding your health, work, and family?
- Do you suffer from e.g. anxiety, headaches, insomnia, alcohol or drug abuse, depression, and increased irritability?
- Do you require assistance with losing weight or giving up smoking?
- Do you have health issues -back pain, skin problems?
- Do you need immunisations such as hepatitis B, tetanus, and rubella?
- Do you have problems with your work environment?

**Contact:** (01) 806 5489

**Hours:** 10.00 to 15.00 Monday to Thursday  
Clinical Nurse Specialist (Occupational Health)