

Information for Patients: Fitness for Work Assessments



What is OSHGroup?

OSHGroup is a leading provider of specialised occupational health services, dedicated to ensuring workers stay safe and healthy at work. We offer a range of services, from injury prevention and early intervention to clinical rehabilitation and medico-legal services. Our experienced doctors are specialists in Occupational Medicine, with a deep understanding of workplace health and safety.



Why have I been referred for a Fitness for Work Assessment at OSHGroup?

A Fitness for Work assessment is an independent evaluation to ensure you are fit to safely perform the tasks required for your role. The assessment may be requested to:

- Understand any medical concerns and how they relate to your ability to perform your job.
- Assess your capacity to work safely, particularly in environments with safety-critical tasks.
- Review any health aspects that could affect your work performance.



What should I expect during the assessment?

During the assessment, the OSHGroup medical examiner will:

- Ask questions about your job, health, and medical history.
- Perform a physical examination if required.
- Provide a report detailing your health and fitness for work.
- Make recommendations to your GP if any follow-up is needed.

Please note, the medical examiner is not your treating doctor and will not provide ongoing treatment.



Will there be a physical examination?

Yes, depending on your referral, a physical examination may be required. If you have concerns about the examination, please discuss them with the doctor during your appointment. In some cases, a functional assessment may also be conducted to evaluate your physical capacity in relation to your job requirements.

Preparing for Your Assessment



What do I need to bring to the assessment?

Please bring:

- Relevant medical documents, such as:
- Specialist clearance letters
- Medical reports from the past 12 months (e.g., X-rays, MRIs, or CT scans)
- Operative notes or pathology results
- A list of current medications
- Any reports from allied health professionals (e.g., physiotherapists, chiropractors).
- Ensure all relevant information is provided prior to the assessment, or bring it with you on the day.



What should I wear?

If the assessment focuses on a specific body part, wear clothing that allows easy access to the area being examined. If you are undergoing a functional capacity assessment, please wear enclosed shoes and comfortable, loose-fitting clothing.



What happens when I attend OSHGroup?

You will be asked to arrive 15–30 minutes early to complete a medical history form, either electronically or on paper. If your assessment is conducted via Telehealth, e-forms will be provided beforehand.



How long will the assessment take?

Your appointment may take between 1 to 3 hours, depending on the services required.



What happens if I have concerns about consent?

If you have any concerns regarding consent, we encourage you to discuss them with the referring organisation before your appointment. You will be asked to consent to:

- The release of your assessment to the referring party.
- The release of information from your treating practitioners to OSHGroup.



When will the report be available?

The report will be sent directly to the referring organisation. Standard turnaround times are:

- OPR assessments: 5 business days.
- Specialist assessments (e.g., Occupational Physicians, Psychiatrists): 10 business days.

If additional information is required, turnaround times may vary.



Can I get a copy of my report?

If you wish to obtain a copy of your report, please contact the referring organisation, as OSHGroup cannot provide this directly.