



# **Central** Occupational Health



## **Making a Positive Difference to Workplace Health & Wellbeing**

Delivering a comprehensive range of  
Occupational Health services across the UK

**[central-occupationalhealth.co.uk](https://central-occupationalhealth.co.uk)**





# Central Occupational Health

Central Occupational Health deliver a comprehensive range of Occupational Health services that are tailored to meet the individual needs of businesses and organisations of all sizes and across all sectors.

With workplace health and wellbeing essential to productivity, profitability and business growth, Central Occupational Health works closely with employers to ensure employees are physically and mentally fit and well at work, whilst also helping to maintain safe working environments and manage any risks that may result in work-related ill health.

Central Occupational Health is committed to making a positive difference to health and wellbeing in the workplace, and our core approach is to fully understand the needs of each of our clients to ensure we always deliver an exceptional service.

## Make Central Occupational Health part of your team

We provide a comprehensive range of Occupational Health services.

Including:

- Health Surveillance
- Mental Health Services
- MSK Physiotherapy
- Workplace Health Promotion
- Sickness Absence Management
- OH Case Management
- Occupational Health Nursing
- Occupational Health Doctors
- Safety Critical Assessments
- Long Covid Management

### Contact Central Occupational Health

[enquiries@central-occupationalhealth.co.uk](mailto:enquiries@central-occupationalhealth.co.uk)



# New Normal Health and Wellbeing at Work

**A look at the current Occupational Health market by Kevin Huffington, Managing Director at Central Occupational Health.**

Covid-19 has certainly changed the way we all live and work, and, with a 'new normal' emerging, more focus than ever is being placed on long-term health and wellbeing by working age people.

For employers, this is an important development and certainly one of the legacies Covid will leave.

Afterall, a large proportion of our lives is spent at work and therefore maintaining good health and wellbeing in the workplace will play a vital part in achieving an overall healthier way of life.

Of course, for a long time businesses have been required to comply with health and safety legislation and many have recognised the value in providing healthy working environments in order to retain staff, increase productivity and ultimately deliver a positive impact on the bottom line.

However, a greater emphasis on workplace health and wellbeing will now be more in the minds of employees themselves.

In the short term, that emphasis may be closely linked to Covid-19 and the need to work and interact with colleagues in a safe manner.

And, creating Covid Secure workplaces, facilitating a safe return to work, managing new hybrid ways of working and providing support for those experiencing Long Covid and even lockdown related mental health issues are all things employers are currently dealing with.

Looking further forward, and to post Covid, that short term emphasis will shift and employers are sure to demand an even greater occupational health provision.

That will indeed create fresh challenges for employers, and especially so for those who presently have little or no occupational health policies in place.

'Occupational Health' is of course a common term and 'protecting people from developing work related ill health' is probably how it's mainly interpreted.

In reality though, Occupational Health services can extend much further and will become vital in satisfying future expectations of the workforce.





**In addition to basic health and safety requirements, Occupational Health providers can deliver a wide range of health initiatives in the workplace, and in turn create alternatives to how healthcare is traditionally accessed and general wellbeing maintained.**

It all makes sense really, adults spend huge amounts of time at work and therefore in the future, and with a greater focus on health and wellbeing.

Why wouldn't they expect employers to play a big part in helping them to live healthier lives?

**So, for employers it's an easy proposition.**

With employees being the most valuable asset a business can possess, investing in the health of the workforce can only bring huge benefit to the business and that of society in general.

At Central Occupational Health, we're ahead of the curve and urge employers to contact us, regardless of what current occupational health policies they have in place, and by working together we know we can help to solve both the short and long term health and wellbeing needs of the UK workforce.

**Kevin Huffington**  
Managing Director  
Central Occupational Health.



## *“Advice, professionalism and ongoing support.”*

“We recently commissioned Central Occupational Health to carry out Health Surveillance across our business, which involved testing a huge number of our staff. We would like to thank the team at Central Occupational for their advice, professionalism and ongoing support regarding our Health Surveillance requirements, and for the smooth and effective way the onsite testing service and follow-up was conducted.”

## *“...reliable and always seem to understand the needs of our business.”*

“As a company, Central Occupational Health are easy to work with, are reliable and always seem to understand the needs of our business. Working closely with our management team, Central Occupational Health provide piece of mind and security in ensuring we look after health and wellbeing and meet legal requirements right across our organisation.”

## FEATURED SERVICE

# Health Surveillance

Designed to protect the health and safety of employees, Health Surveillance aids the early detection of adverse changes to health as a result of workplace exposures, and helps to identify any corrective action needed.

Health surveillance may be required by law if your employees are exposed to noise or vibration, solvents, fumes, dusts, biological agents and other substances hazardous to health, or work in compressed air.

Health surveillance may also be carried out as good business practice.

Health Surveillance takes place in the workplace by our team of Occupational Health Technicians.

## Make Central Occupational Health part of your team

Central Occupational Health provides highly efficient Health Surveillance services.

- Skin Examinations
- Hand and Arm or Full Body Vibration tests (HAVS)
- Lung Function Tests - such as peak flow and spirometry
- Hearing and Vision Tests - such as audiology or keystone
- Medical Tests - such as blood, urine, ECG and blood pressure
- Physical Tests - such as musculoskeletal, dexterity, function, height and weight
- Confidential Health Questionnaires which are industry specific and require a detailed recorded history

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## FEATURED SERVICE

# MSK Physiotherapy

Central Occupational Health deliver onsite and external MSK triage assessment and treatment. Musculoskeletal Physiotherapy services are designed to effectively treat, manage and prevent workplace related musculoskeletal conditions, in order to keep employees fit for work, reduce sickness absence and improve productivity.

Studies show a large proportion of employee absence is caused by musculoskeletal issues such as back or neck pain and repetitive strain injuries, therefore Occupational Health MSK Physiotherapy services can play a vital role in managing musculoskeletal disorders, educating employees on how to reduce the risk of musculoskeletal injury and promoting good health and wellbeing..

## Make Central Occupational Health part of your team

Central Occupational Health provides onsite and offsite MSK Physiotherapy services.

Including:

- Musculoskeletal Triage and Screening
- Ergonomic Risk Assessments
- Workplace Assessments
- Onsite MSK Physiotherapy
- Offsite MSK Physiotherapy
- Rehabilitation Programmes
- Health Promotion
- Lifting, Handling and Equipment Layout Training

*“Excellent professional service. Would highly recommend. The result of having Central Occupational Health onsite has enabled us to fast track those who require treatment quickly, therefore reducing sickness absence and providing valuable healthcare advice and education. It is a pleasure working with the Central Occupational Health team.”*

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## FEATURED SERVICE

# Mental Health Services

Mental Health is a growing workplace issue with ever increasing numbers of employees suffering with mental health problems that can affect their performance and attendance. Over half of all sickness absence is now caused by mental health related issues.

Central Occupational Health work closely with employers to provide Mental Health services designed to support employees experiencing a wide range of Mental Health issues, as well as helping to implement company wide strategy around Mental Health.

Our Mental Health services are delivered by experienced Mental Health Practitioners to ensure professional assessments, effective treatments and successful outcomes are achieved

## Make Central Occupational Health part of your team

Central Occupational Health provides onsite and offsite Mental Health services.

Mental Health issues we help with include:

- Anxiety
- Depression
- Stress
- Panic Attacks
- Underlying Medical Issues
- Covid Related Issues
- Any Other Psychological Issues

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