

Preparing for Your Medical Assessment with OSHGroup

OSHGroup is committed to providing you with a comprehensive medical assessment to ensure your fitness for your role. Preparing accurately is crucial for optimal results; here's what you need to know.

Important information

- Refer to the confirmation email you received, which lists the assessments you have booked.
- Please contact us if you are experiencing any cough, cold or flu-like symptoms on the day of your appointment.
- Please arrive 10 minutes ahead of your appointment time, to complete the necessary paperwork.

What to bring

- A physical, original copy of your photo ID.
- Your current prescriptions and labelled medication.
- The most recent medical reports for any health conditions.
- Prescription glasses or contact lenses.
- Hearing aids and your most recent audiologist report.

What to wear

Opt for loose, comfortable clothing and supportive footwear for movement, such as trainers. This is particularly relevant if your assessment includes a musculoskeletal evaluation.

What to expect

- During the assessment, you may be asked to remove items of clothing to allow for a thorough examination of your joints, spine, chest, and torso. If you prefer, a gown and/or a chaperone can be provided for your comfort.
- The assessment will include clinically necessary measurements such as height, weight, urinalysis, and vision checks, typically conducted by a nurse or screener, while a doctor will perform the physical assessment based on the type of medical booked.
- Once all evaluations are completed, your assessing doctor will review the results and issue a final determination to the employer who requested your assessment.
- Please note that personal examinations, such as breast exams or prostate exams, are not included in employment medical assessments.

Cancellations

Cancellations require one business day notice at **6298 8300** or email **cbd@oshgroup.com.au**.

Preparing for Specific Assessments



Medical Assessment

Please provide copies of current reports for any ongoing medical conditions.

During the Assessment

- This assessment will be performed by a doctor, depending on the assessment booked.
- Clinically indicated measurements will be taken, such as height, weight, urinalysis, and vision, conducted by a nurse or screener.
- Personal examinations like breast exams or prostate exams are not included in employment medical assessments.



Respiratory Fit Testing

Do not eat or drink for at least 30 minutes prior to the test.

A clean-shaven face is required for accurate testing. If you arrive with facial hair, you will be given the option to shave. If the test is performed unshaven, a disclaimer will be added to your results indicating the test was performed with facial hair, and therefore considered unreliable.

If you usually wear glasses, you should wear these for the test.

During the Assessment

- You will be asked to fit the respirator without assistance, then wear it for 5 minutes to ensure it is fitted comfortably.
- You will then conduct four simple movements, repeated for two separate respirators.



Audiometry (Hearing Test)

Avoid exposure to loud noises for at least 16 hours before the test.

During the Assessment

- Seated inside a booth, you will place headphones over your ears and be presented with a series of sounds, of varying intensity and pitch, and asked to respond when heard.



Drug and Alcohol Screening

Bring a list of all medications, including over-the-counter drugs, taken within the last 30 days.

During the Assessment

- You will be asked to provide a urine sample under supervision.
- This will involve removing any jackets, bulky clothing items, and emptying your pockets before the test. We will help store your belongings securely.



Spirometry (Lung Function Test)

Avoid using bronchodilator medication for at least 4-6 hours before the test, if it is safe to do so.

Do not smoke, consume alcohol, engage in vigorous exercise, or wear tight clothing for the specified times before the test.

During the Assessment

- You will be asked to breathe into a spirometer, via a mouthpiece as hard and as fast as possible. It's common to require multiple attempts to complete.
- We will ensure this is done with your safety as our priority.



Musculoskeletal & Fitness Assessment

Avoid rigorous exercise, caffeine, and smoking prior to your test to ensure optimal performance.

During the Assessment

- You will be asked to perform activities that assess your flexibility, upper body strength, core strength, and general fitness.
- Wear comfortable clothing and supportive footwear to accommodate physical movements.