

Occupational Health

EMPLOYEE GUIDE

Latus Group is your appointed occupational health provider. Our role is to carry out fair, confidential, and professional medicals and assessments that help ensure individuals are fit for their role and supported where adjustments or advice may be needed. All assessments are conducted by qualified healthcare professionals and handled in line with UK medical standards, data protection legislation, and clinical confidentiality.

ASBESTOS MEDICALS

An asbestos medical is a health assessment required for workers who may be exposed to asbestos during their work. Asbestos is a hazardous material that can cause serious respiratory conditions, including asbestosis and lung disease, typically developing after prolonged or repeated exposure to airborne fibres. Asbestos medicals are required for employees carrying out licensable work and may also apply to certain non-licensable activities. The assessment helps monitor respiratory health and identify any early signs of work-related ill health.

Before your assessment

- No special preparation is usually required.
- You may be asked to complete a health questionnaire before or at your appointment.
- Please be ready to provide information about your work history and any previous asbestos exposure.
- Let the clinician know if you have experienced respiratory symptoms such as shortness of breath, persistent cough, or chest tightness.

During the assessment

- You will complete a general health questionnaire covering medical history, symptoms, lifestyle factors, and previous exposure to hazardous substances.
- An asbestos-specific questionnaire will be used to assess exposure history and workplace risks.
- A lung function test (spirometry) will be carried out to measure how well your lungs are working.
- The assessment focuses on identifying signs of respiratory conditions that may require further investigation.
- The medical is carried out by a trained occupational health professional and typically takes around 30 minutes.

After the assessment

- Your results will be reviewed to assess your respiratory health in relation to asbestos exposure.
- If any concerns are identified, further investigation, monitoring, or referral may be recommended.
- Advice may be provided on health surveillance and workplace controls.
- Any information shared with your employer focuses on occupational health requirements and is handled in line with medical confidentiality and data protection requirements.

The Asbestos Medical will take approximately 30 minutes to complete.

To find out more about Latus Group, visit our website www.latusgroup.co.uk