

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.

FORK LIFT TRUCK DRIVER MEDICAL

Operating a forklift truck is considered a safety-critical task, as it involves working around people, vehicles, and moving loads. FLT driver medicals help ensure that individuals are medically fit to operate forklift trucks safely and reduce the risk of accidents in the workplace. Regular medical assessments support both employee wellbeing and workplace safety and are recommended at appropriate intervals depending on role, risk, and individual health factors.

Before your assessment

- No special preparation is usually required.
- Please bring any glasses or contact lenses you normally wear at work.
- Let the clinician know about any medical conditions, medications, or recent changes to your health.
- If you have previously held an FLT medical certificate, it may be helpful to mention when your last assessment took place.

During the assessment

- Your vision will be checked to ensure it meets the required standard for safe forklift operation.
- A musculoskeletal (MSK) assessment may be carried out to check movement, strength, and flexibility relevant to operating controls and maintaining safe posture.
- A general medical review will be completed, including discussion of your health history and any conditions that could affect safe operation.
- A hearing assessment (audiometry) may be included where relevant to ensure you can hear warning signals and operate safely in the workplace.
- The assessment is straightforward, non-invasive, and carried out confidentially by a qualified healthcare professional.

After the assessment

- If you are assessed as fit to operate a forklift truck, a medical certificate or confirmation will be issued in line with your employer's requirements.
- If any concerns are identified, the clinician will explain the outcome and advise on next steps, which may include follow-up, monitoring, or workplace adjustments.
- Any information shared with your employer focuses on fitness for work and safety and is handled in line with medical confidentiality and data protection requirements.

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