

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.

MSK ASSESSMENT

The MSK Assessment is a workplace screening designed to evaluate an individual's musculoskeletal health and their ability to safely perform the physical demands of their role.

It is *not* a physiotherapy session and does not provide diagnosis or treatment; its purpose is to determine fitness for task and support workplace safety.

The assessment may be used for pre-employment, safety-critical or manual roles, return to work following MSK absence, or where physical capability concerns have been identified.

It includes a structured questionnaire, observation of posture and mobility, and a brief functional movement screening based on job-related tasks such as lifting, carrying and reaching.

The assessment includes:

- Structured MSK health questionnaire
- Observation of posture and mobility
- Functional movement screening
- Fitness-for-task determination

During the Assessment

The Technician conducts a brief functional movement screening based on job-related activities such as lifting, carrying, reaching, bending and balance tasks. Movements are observed for control, stability, discomfort and overall ability to perform essential duties safely. The assessment is focused on fitness for task, not diagnosis or treatment.

After the Assessment

Findings are reviewed and a fitness-for-task outcome is determined. Where required, recommendations may include temporary adjustments, restrictions or referral for further occupational health review. A management report is issued in line with consent and workplace policy.

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