



**medmark**  
OCCUPATIONAL HEALTHCARE



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expert    decisive    national

# Occupational Healthcare

A SUCCESSFUL BUSINESS DEMANDS A PROFESSIONAL APPROACH TO OCCUPATIONAL HEALTHCARE

An occupational health investment makes good business sense. Medmark provides an occupational health service that promotes and maintains the highest degree of physical, mental and social well-being for your workforce. You have already invested heavily in recruiting and training your workforce, so you should protect that investment.

Apart from the various legislative obligations on the use of appropriate occupational health advice, you can inspire loyalty and commitment in your staff and improve morale by doing so. Occupational health should not be viewed as a cost, it is an astute investment. The healthier your workforce, the healthier your business.

Medmark provides a wide range of occupational healthcare services aimed primarily at protecting the health and wellbeing of employees.



*Dr. Robert Ryan*



## Medmark

We are the largest occupational healthcare practice in Ireland. We are approachable and client focused. Problem solving is the cornerstone of our strategy.

**Expert** - we are specialist trained and an experienced physician led practice

**Decisive** - we offer prompt and clear opinions which are solution focused

**National** - we have medical centres covering Ireland with unified and secure systems

We provide solutions for an organisation's occupational healthcare needs. We believe in clear and concise communication.

Medmark provides:

- Pre - placement Health Screenings
  - ensure your candidate is fit and healthy and not likely to be adversely affected by specific work related tasks
- Occupational Health Assessments
  - independent assessment of your employees' fitness to be at work or return to work following illness
- Absence Management
  - early intervention and assessment will have positive results for both employees and management
- Health Surveillance
  - assessment and regular monitoring may assist in the prevention and early detection of occupational disorders
- Risk Assessments
  - workplace safety assessments
- Health Promotion
  - promoting a healthier lifestyle can have a positive impact on company health
- Health Screening
  - provision of regular health screenings can detect previously undiagnosed health problems improving outcomes by early intervention
- Employee Assistance Programmes (EAP)
  - EAPs support the individual employee with difficulties and facilitates improved working relationships
- Legislative Updates
  - information and advice on relevant legislative changes is vital to ensure your corporate responsibilities are met

[www.medmark.ie](http://www.medmark.ie)

*client focused,  
solution focused*

# Occupational Healthcare

AN OCCUPATIONAL HEALTH INVESTMENT MAKES GOOD BUSINESS SENSE

## Our Services

Our occupational health physicians and health & safety advisors have unrivalled experience. Our lead physicians are recognised by the Irish Medical Council as specialists in occupational medicine, are fully qualified and are fellows of the Faculty of Occupational Medicine of the Royal College of Physicians.

Our main occupational healthcare services include:

### Pre - placement Health Screenings

Our aim is to ensure that the candidate is fit for the specific work tasks.

Our focus is to assess the candidate's fitness to do the job, to ensure that they can work safely without causing damage to their health or to that of other employees. We will advise on any work modifications required to enable the candidate perform the job safely and effectively.

The candidate may be assessed either through our online pre-employment assessment forms (available on our website) or by undertaking a full medical assessment at one of our nationwide, fully-equipped medical centres.

## Occupational Health Assessments

We carry out independent assessments of employees' fitness in relation to work.

- Assessment of medical fitness to be at work
- Assessment of medical fitness to return to work following illness
- Assessment where work may be causing health problems or health may be interfering with work
- Ill health retirement assessments

## Absence Management

A proactive approach to absence management focused on early intervention will have positive benefits for both employees and management. This model has been shown to reduce the direct and indirect costs of employee absence while providing professional support for both employee and employer. This includes:

- Interpretation of medical certificates
- Assessment of the long term absentees
- Assessment of the repeat absentee
- Regular review and monitoring
- Early referral for rehabilitation
- Communication with other medical advisors

[www.medmark.ie](http://www.medmark.ie)

clear & concise  
communication

## Health Surveillance

Medmark aims to ensure the on-going health and well-being of staff exposed to identified occupational hazards. We help, through regular monitoring with prevention of illness and with the early detection of occupational illness.

This type of surveillance includes:

- Medicals for hazardous occupations
- Medical fitness to drive and to operate machinery
- VDU eye and eye sight tests
- Hearing conservation programmes
- Respiratory and skin surveillance
- Biological monitoring
- Night worker assessments



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*Our Expertise  
working for you*



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## Risk assessment

Workplaces must be assessed for health and safety issues. As occupational physicians we are focused on identifying situations where safety concerns increase the risk of accidents or ill health.

The types of assessments and programmes include:

- Walk – through hazard identification
- Risk assessments
- Occupational hygiene programmes
- Occupational health audits
- Advice on occupational health and safety policies

## Health Promotion

The promotion of a healthier lifestyle by staff is encouraged as it will have a positive impact on both employees and company health.

We provide information on:

- Nutrition
- Smoking cessation
- Stress management
- Healthy lifestyle

## Health Screening

The provision of regular health screening can identify early health warning signs and enable early preventative/therapeutic measures to be implemented. Our nationwide medical centres are fully equipped to provide comprehensive health screening services

## Employee Assistance Programmes (EAP)

We can help you source an employee assistance programme that provides support for employees in relation to work-related or personal issues. Provision of an EAP demonstrates a caring approach to your staff and may result in reduced stress, improved productivity and a reduction in the risk of litigation. We can provide an EAP programme that supports your HR team.

- 24 hour helpline
- Counselling service
- Proactive advice





## Legislative Updates

We provide information and advice on relevant legislative changes that are vital to ensure that your corporate responsibilities are met. Medmark can keep you informed of your obligations under health and safety legislation.

We provide:-

- Quarterly informative ezines
- Information seminars
- Resource centre on our website which includes articles and information on corporate occupational health issues



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National coverage,  
local expertise



**medmark**  
OCCUPATIONAL HEALTHCARE

Dr Paul Gueret  
FRCPI FFOM  
Occupational Physician

OCCUPATIONAL HEALTHCARE

Dr. David Madden  
MICGP FFOM  
Occupational Physician

OCCUPATIONAL HEALTHCARE

Dr. Fiona Graham  
BSc, MSc Occ Health MFOM  
Occupational Physician

**medmark**  
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Dr Jacques Bronkhorst  
MBChB, DOH, MPH  
Occupational Physician

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**INSURANCE MEDICALS**  
**TRAVEL HEALTH**  
**HEALTH SCREENING**

**DUBLIN**

t 01 676 1493

e [info@medmark.ie](mailto:info@medmark.ie)

**CORK**

t 021 455 0455

e [cork@medmark.ie](mailto:cork@medmark.ie)

**LIMERICK**

t 061 444 888

e [limerick@medmark.ie](mailto:limerick@medmark.ie)

**GALWAY**

t 091 514 440

e [galway@medmark.ie](mailto:galway@medmark.ie)

**WATERFORD**

t 051 844 020

e [waterford@medmark.ie](mailto:waterford@medmark.ie)

For more information [www.medmark.ie](http://www.medmark.ie)