

Occupational Health Advice Request

PERSONAL DETAILS

Name: _____

Address: _____

_____ Postcode _____

Telephone number: _____ Date of birth: ____ / ____ / ____

ASSISTANCE REQUIRED

Appointment required Yes No

Information only Yes No

Permission to contact by telephone Yes No

Post this form to SOHAS, 3rd Floor Queen's Building, 55 Queen Street, Sheffield S1 2DX.

OR

Telephone 0114 249 5903 to speak with a SOHAS Adviser.

IF REFERRED BY GP, NURSE, OR ADVICE WORKER PLEASE COMPLETE

Referred by: _____ Date referred: _____

Practice/Advice Centre: _____

Reasons for referral: _____

Please return the attached tear off slip to:

SOHAS

3rd Floor, Queen's Building
55 Queen Street
Sheffield S1 2DX

To speak with someone immediately, telephone SOHAS on
0114 249 5903.

Sheffield Occupational Health Advisory Service (SOHAS) is a voluntary organisation and a registered charity.

SOHAS is funded by Sheffield Primary Care Trust • Section 64
(Department of Health)

SOHAS is an accredited training provider for Chartered Institute of
Environmental Health

SOHAS is part of the following networks

The Sheffield Health and Work Strategy Group • Sheffield First for Health
and Well-being Partnership • National Work and Health Network • National
Employment and Health Innovations Network • Hazards Campaign

SOHAS resources

www.sohas.co.uk
www.whig.org.uk
SOHAS Library and Information Service



www.sohas.co.uk

SOHAS receives funding from Sheffield Primary Care Trust and Section 64 (Department of Health). Sheffield Occupational Health Advisory Service Limited registered in England and Wales. Registered No: 2429795, Registered Office: 3rd Floor Queen's Building, 55 Queen Street, Sheffield S1 2DX. VAT No: 599 931564 Registered Charity No: 1085464

Our occupational health adviser can offer you help with **work** and **health** related problems

100% confidential and voluntary
This is part of your GP surgery services



Improve conditions at work • Learn to manage stress and anxiety
Careers advice • Coordinated treatment and help at work

Available to anyone in the Sheffield area



Sheffield Occupational Health Advisory Service (SOHAS)
Working to Prevent and Alleviate the Effects of Work on Health

If work has made you ill, we can help with independent confidential advice about:

- ▶ Preventing illness or accidents at work,
- ▶ Health and safety regulations,
- ▶ Employment rights and the law,
- ▶ Safe pregnancy and work,
- ▶ Work-life balance,
- ▶ Returning to work in a safe and healthy environment after illness, and
- ▶ Income loss, benefits or compensation.

This advice is available to anyone whether working, retired, unemployed or off work sick.

We can help you with any work-related health problems; stress, problems affecting your back or joints, skin, lungs, sense of touch, sight or hearing. Our Advisers can carry out tests to find out if you have a hearing problem, breathing problem or hand-arm vibration syndrome.

If required, we can organise an interpreter at your doctor's practice.

We have information leaflets available in the following languages: Arabic, Bangla, Chinese, Polish, Slovak, Somali and Urdu.

Work and Health Information Gateway (WHIG)

If it is just information you need then visit the Work and Health Information Gateway website developed by SOHAS: www.whig.org.uk

This interactive website provides straightforward occupational health advice for workers and advisers.



What else is on offer?

- ▶ Help with returning to work, and
- ▶ Free help and support based on a person's individual health and work situation.

SOHAS is committed to tackling the work and health related problems that affect people who want to get back to work, to reduce the 50% risk of never returning to work after 6 months off.

This could mean getting things done at work so that people can return to a better situation. Help could include:

- ▶ Helping you and your employer plan your return to work,
- ▶ Advice on health and safety at work,
- ▶ Assistance to find a new job,
- ▶ Problem solving to increase your independence,
- ▶ Benefits and debt advice, and
- ▶ Advice on employment rights.

Plus much much more... It all depends on what you need!

The extra care available from SOHAS can help you with a wide range of work/health related problems. You may have a heart condition, or pain in your back or neck. You may need some extra equipment to enable you to continue in your current job. Regardless of the difficulties you are facing, SOHAS Advisers are keen to assist and support you to tackle them.

Who can contact a SOHAS Adviser?

The service is available to anyone in Sheffield or the surrounding area who is working, retired, unemployed or off work sick.

Who will I meet at SOHAS?

SOHAS runs a support, advice and information service based in Sheffield's primary care services. Our Advisers work at GP surgeries across the city, and most of the support you receive will be provided by them on these premises. They are trained in health and safety law and practice, carrying out health checks and helping people with stress and mental health problems at work.

How do I contact SOHAS?

- ▶ Make an appointment at your GP surgery, or ask your doctor, nurse, or advice centre to refer you using the attached tear-off slip.
- ▶ Complete the tear-off slip and send it to our office and a SOHAS Adviser will contact you.
- ▶ Email us on sohas@sohas.co.uk.
- ▶ Ask someone to phone on your behalf and arrange for us to contact you in a way that is convenient for you.
- ▶ Deaf and hearing-impaired people may use SMS: 07835 147 499.
- ▶ Alternatively log on to our website to find out more about SOHAS: www.sohas.co.uk

Who else will know if I contact SOHAS?

No one apart from your doctor. All the records we keep are anonymised.

If you ask us to contact other people, we can do so. If you want us to visit you at work, and your employer agrees, then we are happy to do so.

You will be seen by a SOHAS Adviser within two weeks either in a GP surgery that is convenient for you, or at our office in Sheffield City Centre.

The help provided by SOHAS is voluntary. It will not affect your right to any benefits or other forms of healthcare/assistance that you are currently receiving or entitled to.