

## What is Occupational Health?

Occupational Health is a Specialist area of practice concerned with the effects of health on work, and work on health. We provide advice and information to the University, and individual staff members, in line with current research, best practice and legislation.

### Management Referrals

*Reasons for referral can include long term sickness absence; frequent short term absence; where health may be affecting behaviour or performance at work or where the work process may be affecting health.*

### Self Referrals

*Occupational Health are available to provide support and advice to staff on any health-related concern. Self-referrals are generally offered on a confidential basis and are appropriate in cases where there are unlikely to be any significant implications for work.*

### What can Occupational Health do for you?

- Pre-placement screening
- Advice on return to work after a period of illness
- Health surveillance where a workplace risk has been identified
- Guidance and support on work/health related issues
- Work related travel advice and immunisations
- Health Promotion

### Confidentiality

*We are committed to protecting confidentiality. All staff records are stored within the Occupational Health department and only Occupational Health staff have access to these files.*

### How do I contact the Department?

Location:- The Arc, Ground floor  
Opening Hours:- Tuesday, Wednesday and Thursday – 08.30am – 16.30pm  
Tel:- 0141 331 8820  
E-mail:- [June.Keddie@gcu.ac.uk](mailto:June.Keddie@gcu.ac.uk)