

Occupational Medical Checks



Welcome

It's vital for candidates to safely perform the inherent elements of their role to prevent the risk of injury. WorkPro's range of medical checks and services evaluates the health and functional capacity of an individual that ensures your workforce is optimal and fit for purpose, and illuminates current and potential future issues.

In collaboration with Jobfit, clients have access to a network of regional and metro clinics across Australia and New Zealand.

Online Medical History Questionnaire (with Dr Determination)

The questionnaire is an extensive medical history questionnaire that is used to gain an overview of an individual's medical history, current or past injury/illness, risk factors, and previous working exposures. It includes 161 questions specially designed to provide an assessing occupational doctor with a comprehensive summary to make a risk assessment and determination. The questionnaire forms part of a pre-employment medical standard but can be used independently as a screening tool for white-collar/office-based/low risk roles. A Doctor Determination occurs on all questionnaires. No in-clinic appointment is required.

Jobfit Medical

Pre-Employment Medical Assessments determine whether a candidate is physically and medically fit for the role. These may include:

- Medical history
- Height, weight, BMI
- Cardiovascular examination (heart check, BP, pulse)
- Central nervous system exam including Romberg's balance test
- Epworth Sleepiness Scale
- Abdominal exam for hernias and abnormalities
- Urinalysis for diabetes or kidney/bladder disorders
- Respiratory exam
- Vision assessment (colour blindness, near, distance, peripheral)

Musculoskeletal Assessment

A comprehensive functional assessment that incorporates inspection, palpation, passive and active ROM, assessment of joint stability, manual muscle testing, joint-specific provocative manoeuvres, and lifting assessment to a specified weight bracket i.e. Light, Medium or Heavy.

Audiogram

An audiogram is a graph that illustrates a person's hearing ability across different frequencies. It plots the threshold of hearing for various frequencies, helping to diagnose hearing loss and determine the extent and nature of the impairment.

Alcohol Breath

Alcohol testing is conducted using a hand-held breathalyser that measures the concentration of alcohol in a person's breath. This quick, non-invasive method helps determine fitness for duty, especially in safety-sensitive roles.

AMA Review

A formal assessment conducted by an Approved Medical Advisor (AMA) under the Coal Mine Workers' Health Scheme, regulated by Resources Safety & Health Queensland (RSHQ). Jobfit is an approved provider.

Commercial Drivers Medical (Including Audio Assessment)

A legislated medical assessment to assess an individual's fitness to drive. The assessment is undertaken of specified state-based set of paperwork and includes a medical assessment, vision test and audiometry assessment. The medical is reviewed and signed off by an appointed Occupational Health Doctor.

Company Specific Questionnaire

A Custom Branded Questionnaire allows organisations to create and deliver tailored questions that reflect their unique policies, procedures, or role requirements. Featuring company branding, these questionnaires ensure a consistent and professional candidate experience while capturing important pre-engagement information.

Doctor Redetermination

A qualified clinician reviews all test results and documentation to provide a risk-based recommendation on a candidate's fitness for work.

Epworth Sleepiness Study

The questionnaire is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy. This is a critical scale when reviewing an individual's risk to perform safety critical roles i.e., operating machinery, heavy vehicles, trains, and planes.

Pre-Employment Medical Assessment only (stand-alone)

A baseline pre-employment medical assessment that includes:

- Comprehensive Medical History Questionnaire
- Height, weight, BMI
- Cardiovascular examination (heart check, BP, pulse)
- Central nervous system examination including Romberg's balance test
- Epworth Sleepiness Scale test
- Respiratory examination
- Vision assessment - Review and sign-off by an Occupational Doctor

Jobfit FCE

A comprehensive 'task matching' assessment which looks at the applicant's physical capacity to undertake a set of physical tasks matched to the physical demands of the job. The assessment includes:

- Posture: presence of scoliosis, lordosis, kyphosis
- Range of movement: cervical, thoracic, lumbar, shoulder, elbow, wrist, hip, knee, ankle
- Strength: grip, pinch
- Back fitness: lumbar, thoracic, and abdominal strength
- Bending / stooping: suitability to bend/stoop on occasional, frequent, or constant basis
- Reaching: suitability to reach (forward and above shoulder) on an occasional, frequent, or constant basis
- Squatting: suitability to squat on an occasional, frequent, or sustained basis
- Manual handling: lifting, carrying, pushing and pulling to the candidate's maximum capacity or to job requirements
- Stability of joints and general flexibility
- Cardiovascular fitness test – step test to assess VO2 Max

GCMS (Non-Negative Confirmatory Testing)

A gas chromatography mass spectrometer (GCMS) is an analytical laboratory analysis of an applicant's urine sample to detect and confirm the presence of drugs, including the levels of each drug detected. A GCMS assessment is used as a confirmatory process following a non-negative instant urine drug test.

Instant Urine Drug Screen with Alcohol Breath Test

An instant urine drug screen (6 panel drug detection) coupled with an alcohol breath test. Both conducted to meet the ASNZ 4308:2008 standards.

Laboratory Drug & Alcohol Screen

A laboratory analysis of a urine sample collected within a medical clinic appointment. The laboratory analysis to meet the NATA standards for detection of drugs and alcohol.

Electrocardiogram (ECG)

A resting electrocardiogram (ECG) is a simple and fast test used to evaluate the applicant's heart condition, detect possible abnormalities and allow a summary of an individual's heart health.

Vaccinations

- Influenza Vaccination
- Hep A & B Serology Blood Test
- Hep A Vaccination
- Hep B Vaccination
- Hep A & B Vaccination (Twinrix)
- Nickel Pathology Test (Urine sample)
- Urine Test - Nickel
- Nurse Blood Collection/Vaccine Administration Fee

X-Rays

- ILO Chest X-Ray: Conducted and assessed according to International Labour Organisation guidelines to detect lung conditions, including pneumoconiosis. It is commonly required for roles in mining and other dust-exposed industries.
- Standard Chest X-Ray: Used to assess lung and heart health, identifying conditions that may affect a person's ability to perform certain job tasks safely. It supports medical clearance for roles with specific health requirements.

Cardiac Risk Questionnaire

The questionnaire is a medical questionnaire used to support the review of an individual's risk when working within a safety critical role. The questionnaire is a specific set of questions that have been proven to indicate an individual's chance of having a cardiovascular event such as a heart attack or stroke. The resulting answers indicate the degree of risk: borderline, intermediate, or high risk.

HbA1C Blood Test (Cardiac Risk Bloods)

A haemoglobin A1c (HbA1c) test measures the amount of blood sugar (glucose) attached to haemoglobin. Haemoglobin is the part of the red blood cells that carries oxygen from your lungs to the rest of your body. The test for HbA1c is used to diagnose and monitor diabetes. For people who have diabetes, the test is used to indicate how well the diabetes has been controlled over the last number of months.

Questionnaire - Comprehensive

The questionnaire is an extensive medical history questionnaire that is used to gain an overview of an individual's medical history, current or past injury/illness, risk factors, and previous working exposures. It includes 161 questions specially designed to provide an assessing occupational nurse with a comprehensive summary to make a risk assessment and determination. The questionnaire forms part of a pre-employment medical standard but can be used independently as a screening tool for white-collar/office-based roles. No in-clinic appointment is required. Questionnaire + Nurse Review (may require a Doctor Determination)

Non Fasting Lipids / HDL

A non-fasting Lipid /HDL Blood test is used as a prediction of coronary disease and stroke risk. This test removes the need for patients to present to the laboratory in the morning before eating or drinking.

A cholesterol (or lipid profile) test looks at the various levels of cholesterol and other fats in the blood. Lipids and cholesterol are fat-like substances in the body. The test is an accurate analysis of determining if an individual is at risk of stroke and how they should be treated.

Chester Step Test

Evaluates cardiovascular capacity in a controlled, progressive format. Used in pre-employment and functional assessments where aerobic fitness is relevant.

Lungscreen B read

Specialized radiological review of chest X-rays performed by certified B Readers.

Spirometry

This test confirms an individuals' lung capacity. It measures the amount (volume) and speed (flow) of air that can be inhaled and exhaled.

Respiratory Health Questionnaire

This questionnaire is used in conjunction with a lung function (spirometry) assessment with a specific focus on identifying an individual's previous exposures and current lung function/health. The questionnaire provides supporting information for review by a medical practitioner on past health exposures i.e. chemicals, their current medical conditions such as asthma and the individual's suitability to wear masks and equipment specific to performing certain roles.

Commercial Drivers Medical (Including Audio Assessment)

A legislated medical assessment to assess an individual's fitness to drive. The assessment is undertaken of specified state-based set of paperwork and includes a medical assessment, vision test and audiometry assessment. The medical is reviewed and signed off by an appointed Occupational Health Doctor.

Queensland (QLD) Coal Board Medical

A Queensland (QLD) coal board medical is a comprehensive health assessment required for individuals working in the coal mining industry in Queensland.

It is mandated by the Queensland Government's Department of Natural Resources, Mines and Energy (DNRME) as part of the Coal Mine Workers' Health Scheme. It generally includes medical history, physical examination, spirometry, audiogram, and eye or vision test.

It can also include AMA Review and ILO Chest X-Ray.

Rail Medicals

Cat 1 Rail Medical Assessment

- Full Rail Medical
- Audio Assessment
- ECG
- HbA1c Bloods + Lipids
- Signed off by a Rail Accredited Doctor

Cat 2 Rail Medical Assessment

- Full Rail Medical
- Audio Assessment
- Signed off by a Rail Accredited Doctor

Cat 3 Rail Medical Assessment

- Full Rail Medical
- Audio Assessment
- Signed off by a Rail Accredited Doctor

Late Cancellations/No Show

- Late cancellation (less than 24 business hours of medical or medical and additional components)
- Did not attend Medical or Medical + Additional Component
- Late Cancellation (less than 24 hours notice) or questionnaire or individual component
- Did not attend questionnaire or individual component



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for a job-ready workforce

The smart compliance tech for a job-ready workforce

We take charge, so you can take flight

