

If any aspects of your health concern you in relation to your work, then come and talk to us

The Occupational Health (OH) Team includes both clinical and non-clinical staff, all working together to support you. We have extensive knowledge and experience of working with individuals and managers to offer support and advice on work-related health issues. We are here to help.



Our Occupational Health Team are sensitive professionals who provide a confidential service. Our nursing staff are all qualified registered nurses, some with specialist occupational health qualifications. Our medical staff hold specialist qualifications in occupational health.

How to contact us

NHS Shetland
Occupational Health Department
Upper Floor Montfield
Burgh Road
Lerwick
Shetland
ZE1 0LA
TEL: 01595 743080

shet.occupationalhealth@nhs.scot

What3words: heartened.oatmeal.microchip

Consultation rooms are located upstairs in Montfield; access is via the white door off to the left-hand side of the building. Enter through the door, and there is a call entry button located at the top of the stairs. There is car parking just outside in the lower Montfield car park.

Please note that this access to Montfield involves climbing stairs; therefore, if you have poor mobility, you may wish to use an alternative entrance. Please call the department to arrange an alternative route if required.

We are open Monday to Friday, 9am to 5pm.

This leaflet is also available in other languages and formats from:

Phone: 01595 743060

Email: shet.corporateservices@nhs.scot

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Occupational Health Service

Specialising in the relationship between health and work



We are here to help

A large amount of our life is spent at work. Occupational Health provides an independent service that helps make sure that your health is not adversely affected by the work you do and helps you with any health problems that are affecting you at work.



We do this by offering the following services:

- We provide a one-to-one confidential self-referral listening service with an occupational health professional, with onward sign posting to other relevant services, for NHS staff only.
- We provide one-to-one management referral consultations with an occupational health professional.
- We provide vaccinations against occupational infections to appropriate staff groups as identified by risk analysis.
- We undertake work health assessments for staff including pre-employment assessments.
- We provide expert advice, support and post exposure follow up for NHS staff who sustain needlestick or 'sharps' injuries.
- We advise managers on the re-deployment and rehabilitation of staff, including advice on any reasonable adjustments or adaptations to posts that may be considered in compliance with the Equality Act 2010.
- We provide appropriate health surveillance programmes to staff groups identified through risk analysis by their employer. These include Audiometry, Skin, Hand-Arm Vibration and Spirometry assessments.
- We promote and encourage health and well-being in the workplace. We do this by promoting positive lifestyle practices and onward signposting.



Entrance to the Occupational Health Department.



The Occupational Health Department waiting area.