



What are occupational medicine examinations?

Providing preventive medical care for employees is one of the fundamental responsibilities of every employer in terms of occupational health and safety. An employer is not allowed to start work without a current medical certificate confirming that there are no contraindications for employment in a specific position. Therefore, before starting work, a person must first do a medical examination and provide the employer a medical certificate confirming that there are no contraindications to performing work in the position specified in the referral received from the employer.

What to bring with you?

- Identification card
- Driver's license – if you drive a vehicle as part of your job duties
- Psychotechnical examination results – if still valid
- Referral for examination with the „Świat Zdrowia” logo – without it, the occupational medicine doctor may not accept you
- Corrective glasses – if you wear them
- Disability certificate – if applicable for you
- Certificate of completed treatment or a document stating that you are able to return to work, along with information about the treatment (hospital discharge summaries, consultation and test results) – in the case of a control examination after a sick leave lasting more than 30 days
- Test result for sanitary-epidemiological purposes – in case of a sanitary examinations or exposure to “food contact”
- Knowledge of your diseases, past treatments, and medications you are taking

Important note: If your employer issued a referral with an electronic signature and it was sent to our hotline and accepted by the medical facility where your examinations are scheduled, you do not need to bring a traditional version of the referral on paper. Just inform the Reception in the clinic that this referral was sent to them via email – this information is always provided by the consultant during the call.

Before going for the examinations, check if your referral is complete, it needs to have:

- Employer's information, i.e., name, address, NIP, REGON (in the upper left corner)
- „Świat Zdrowia” logo
- Date of referral (upper right corner)
- First and last name, and date of birth (for initial examinations)
- First and last name, address, PESEL number (for other examinations)
- Job title
- The number of listed risks should match the number entered in the field regarding the total number of harmful risks resulting from the way the work is performed
- Signature of the person authorized to issue referrals



How to prepare?

- In case of blood laboratory tests, we advise you to not eat breakfast or drink tea or coffee. You can drink a small amount of water (up to 1 glass). The last meal should be eaten 8-12 hours before the blood test. The dinner day before the test should be light, and alcohol should be eliminated.
- Do not smoke cigarettes for an hour before the blood test
- If blood tests are scheduled in the afternoon, we recommend to not eat for at least 6 hours, early light breakfast is allowable.
- If psychotechnical tests are ordered, come to the test relaxed, calm, and rested. Do not consume alcohol or other similar substances for two days before the test.

What if you cannot attend the scheduled appointment?

- We expect you to contact us by phone at 56 649 51 70 from Monday to Friday, 8 AM to 6 PM.

What does queue scheduling system mean?

- It means that the time given by the consultant is the time to come to the facility and then you will be directed to the doctor's office, order of examinations is determined by the order of arrival – the examinations may take from 1 hour to even 8 hours, depending on the identified work risks on your referral, which indicate the number of necessary tests.

What about chronic diseases? Please read the following especially for those who drive category B, C, CE, or D vehicles as part of their job duties:

- Cardiovascular diseases (heart attack, pacemaker implantation, defibrillator, aneurysms) – we advise you to bring a certificate from the doctor informing about cardiological treatment to help the occupational medicine doctor assess your health condition.
- Neurological diseases – in the case of neurological disorders, we advise bringing a certificate from a specialist in neurology. In the case of epilepsy, bring a Neurological Consultation Card. For other diseases, the occupational medicine doctor decides on the required documents. We recommend bringing information from your treating neurologist, e.g., from the last visit.
- Obstructive Sleep Apnea (OSA) in moderate or severe form – we advise bringing the opinion of the treating physician to the examination.
- Diabetes – the necessary documents will depend on the type of driving job you perform:
 - "Professional" drivers: category C, CE, D – tram drivers, drivers of emergency vehicles, instructors, examiners – bring with you an opinion of diabetes treatment from a specialist in



diabetology or another doctor treating this disease in form of a Diabetological Consultation Card.

- Drivers operating vehicles up to 3.5 tons at work – bring with you an opinion of diabetes treatment from a specialist in diabetology or another doctor treating this disease. The occupational medicine doctor may additionally ask you for a Diabetological Consultation Card because of the information it contains. The final decision is always made by the occupational medicine doctor.
- Mental illnesses and addiction treatments – the occupational medicine doctor may ask you for a psychiatric and/or psychological opinion.

Other conditions – we advise bringing information from your treating doctor, e.g., from the last visit, as well as information about medications you are taking.

What after the examinations?

After the examinations, you will receive a medical certificate from the occupational medicine doctor in original and copy; keep the copy for yourself and provide the original to your employer.