



Occupational Health
Clinics for Ontario
Workers Inc.



**What Your Doctor Needs to
Know About Your Job**

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If you think that you might have health problems from your work, what should you tell your doctor to help him/her sort out the problems?

1. Tell your Doctor about your job

Your Doctor needs to know:

- where you work
- what your company makes or does
- what your job is
- when you started your present job
- what hours you work
- what days you work

2. Tell your Doctor about hazards you are exposed to

Your Doctor needs to know:

- About anything in your work that could be harmful to your health (for example, chemicals)
- What supplies and equipment you work with
- About personal habits (do you smoke or eat in your work area)
- About exposures you might have outside of your main job (for example, part-time work, hobbies)
- What protective equipment you use (do you wear a mask, gloves, coveralls, or other protection when necessary)

3. Tell your Doctor about your symptoms

Your Doctor needs to know:

- how you feel
- when you get your symptoms
 - o Do you have symptoms only at work? At work and after work? Only after work?
 - o Are the symptoms worse at the beginning of your work week? At the end of your work week? Does it make any difference what time of day it is? What day of the week it is?

- Does the problem go away when you are on holidays?
- Do you notice symptoms only when you are doing certain tasks?
- Did your symptoms start after using a new chemical? After changing a work procedure? After changing to a different work area? After using different equipment?
- Whether or not your health problem caused you to miss time from work
- Whether any of your co-workers have the same symptoms you do

4. Tell your Doctor about past jobs

Your Doctor needs to know:

- how long you have been in the type of work you are doing now
- the jobs you have had in the past
- how long you worked in each job
- what hazards you were exposed to in other jobs (e.g. chemicals, dust, noise, asbestos)
- whether or not you missed time in the past jobs because of health problems from your work
- whether or not you got compensation because of health problems from work

You know more about your job, your work practices and your symptoms than anyone else. Health problems you have could stem from your work and the way to sort this out is to help your doctor to help you. Tell him/her about your job hazards, about symptoms you or your co-workers have and about past jobs.

Take this information along when you visit your Doctor.

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**If you need further assistance, call the
Occupational Health Clinic for Ontario Workers Inc.
Closest to you.**

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