Sidra Occupational Health encompasses the activities that ensure the health and well-being of all of our Sidra staff. We promote and encourage all staff to be responsible for their own health and workplace safety and we are available to provide advice and support for any work related health issues.

We perform health surveillance activities that are required for employment in Qatar to ensure that the workforce is well enough to carry out the functions they have been recruited to perform. We advise and facilitate access to other healthcare facilities for work-related health issues when needed if services are not available in Sidra.

We support staff when workplace injuries or exposures occur and assist with the management and recovery from these with return to work assessments and planning. We are a referral source for line managers and provide advice on employees’ fitness for duty, however employees are always encouraged to self-refer to our service where required. Our occupational health team will help keep staff well and support them to get back to work quickly if they do become ill.

What we do - Overview

Workplace Risk assessments

- Workstation/ Display Screen Equipment Risk assessments
- New and Expectant Mother’s Risk assessments
- Workplace pressure risk assessment
- Health and wellbeing/ Mental Health support
- Counselling referrals/ support
- Pre-employment health assessments/ screening/ follow up
- Medical car park requirement assessment
- N95 Fit testing

We can provide a thorough, professional workplace risk assessment approach structure that can

- Identify any hazards and any employees who may be affected
- Evaluate the risk
- Identify and prioritize appropriate interventions and controls
- Review cases regularly

Workplace Immunizations

Having an effective vaccination and recall system gives confidence to workers/ that are exposed to vaccine preventable diseases that protection is being provided and also provides reassurance for management should we be inspected by MOPH.

Health promotion and wellbeing

We can support employees and managers to create a positive and healthy working environment and promote healthy behaviors amongst staff. This can include services that:

- Improve mental wellbeing at work
- Assist change behavior – smoking, alcohol and substance misuse/ Health promotion campaigns
- Increase physical activity/ Health and wellbeing programs
- Promote healthy eating

If you are interested in finding out more please contact Occupational Health.

Department of Occupational Health

Telephone 40037021

Vocera call “Occupational Health” OR “Occupational Health Practitioners”

occhealth@sidra.org