

24th ASIAN CONGRESS ON OCCUPATIONAL HEALTH 2026 (ACOH 2026)

PRE-CONGRESS WORKSHOP ON FITNESS FOR WORK (FFW)

Date: 5 August 2026

Time: 8:00 AM – 5:00 PM (Full-Day Training)

Speaker: Dr Marzuki Isahak & Prof Krishna Gopal Rampal

1. Introduction

Fitness for Work (FFW) assessment ensures employees are medically fit to perform their duties safely without posing risk to themselves, co-workers, or the public. This workshop provides structured guidance on functional capacity evaluation, risk-based decision making, and defensible occupational health reporting.

2. Course Objectives

1. Explain principles and legal considerations of Fitness for Work assessments.
2. Apply structured assessment frameworks for determining work capability.
3. Evaluate return-to-work strategies for employees with chronic illnesses.
4. Assess musculoskeletal and functional limitations in safety-sensitive roles.
5. Prepare clear and defensible Occupational Health reports.

3. Course Content Outline

Module 1: Overview of Fitness for Work

- Definition and scope of FFW
- Legal and ethical considerations
- Employer and physician responsibilities
- Risk-based decision-making approach

Module 2: Assessment Framework

- Functional capacity evaluation
- Job demand analysis
- Risk stratification
- Temporary vs permanent work restrictions

Module 3: Return-to-Work & Rehabilitation

- Chronic illness management
- Return-to-work planning
- Work modification strategies
- Multidisciplinary collaboration

Module 4: Musculoskeletal & Functional Assessment

- Common MSD conditions
- Physical limitation assessment
- Ergonomic considerations
- Workplace accommodation

Module 5: Occupational Health Reporting

- Structure of OH report
- Objective documentation
- Defensible medical opinion writing
- Case-based application