Introduction The Contractor workforce forms an integral part of any industry. It is necessary to ensure that the Contractor workers are fit to do their job as this would enable companies to minimise the risk of an adverse consequence to the health and/or safety of an employee resulting from a foreseeable health condition.

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Results
- Elements of Medical ‘fitness for work’ expectations were integrated in the planning stages (into contractor procurement and Contractual agreements).
- The ownership of Contractor employees’ health should be the responsibility of the Contractors’ company and the contractors should take reasonable care of their own health and safety.
- The benefits of validation and audit of Fitness to work assessments/Safety Critical Task Assessments and successful management of contractor employees with known chronic medical conditions.
- Oil and Gas companies should maintain minimum standards for Offshore Medical Fitness and align with Oil and Gas Industry’s best practice approach and make consistent decisions in accordance with stipulated standards.
- The proven advantages of Offshore Medical Fitness cards for employees who are expected to travel and work offshore. This has been a cost effective initiative since it has reduced costs of unnecessary Medical evacuations.

Discussion This study establishes the advantages of better management of Medical Aspects of Contractor Governance which focuses on Contractor employees’ health issues related to existing medical conditions and work-life balance which would enable companies to achieve the goal of a ‘Safe, Healthy, Happy and Fit workforce’.

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Introduction Workers often drink alcohol for releasing stress. However, many reports show that heavy drinking is a risk of depression. Some mentioned the influence of not only the amount of drinking alcohol but also the wrong way of using alcohol like binge drinking should be examined. Alcohol Use Disorders Identification Test (AUDIT) can evaluate the way of one’s using alcohol and the amount of drinking. Thus it is able to examine the more accurate influence of alcohol for depression.

In this study, we analysed the relationship between AUDIT score and depression from work-related stress by The Brief Job Stress Questionnaire (BJSQ).

Methods 4799 workers in a manufacturing company participated in this study. We analysed the data obtained from 4709 male employees without any missing value in logistic analysis and categorised depression as the dependent variable (13:high

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