



Information for Mines Rescue brigade members

Your mines rescue medical assessment



A principal function of Mines Rescue is to maintain response capability by ensuring that volunteer brigade members are trained in rescue techniques and other specialised tasks.

Brigade members must also be assessed as fit, competent and capable of providing assistance in the event of a mining emergency or incident.

There are many components to the mines rescue medical assessment:

- a medical assessment, similar to the Order 43 medical assessment for underground coal workers
- a functional capacity evaluation that is designed to ensure you meet the required physical standard
- other tests/assessments such as ECG and pathology.

Both the medical and functional capacity evaluation is performed at CS Health.

Please read the important information on the next page around medical conditions and other tests/assessments.

Cancellation policy

Non-attendance and cancellations within five (5) business day will incur a cancellation fee of the full cost of the medical which will be billed directly to your employer.

What to bring

- Photo ID (e.g. drivers licence)
- List of any medications you are on
- Any specialist or medical reports (if applicable)
- Prescription glasses/contacts (if applicable)
- **All PPE including:**
 - Gloves
 - Helmet
 - Underground belt or tech vest

What to wear

- Workwear (inc. underwear)
- Steel capped boots (for the Functional Capacity Evaluation)
- No thongs or sandals

For further information or cancellations please contact:

T. 1800 CSH MED (1800 274 633)
E. mrmedical@coalservices.com.au

Gunnedah | Lithgow | Mudgee | Singleton | Speers Point | Woonona

The medical assessment

All assessments involve a review of your medical history.

The assessing doctor is interested in conditions that are known to cause an increased risk of incapacity. Unless well managed, these conditions could cause serious danger to you and your team during a rescue.

There are also conditions that may not be suited to the strenuous physical demands of a rescue situation, even though they may not affect your awareness.

Many of these conditions may still be adequately managed to work normally as an underground coal worker.

However, sometimes there is evidence that a particular medical condition is associated with such an increased risk to your health and safety should you participate in active rescue duties that you are unlikely to be cleared.

The list is not exhaustive, but if you have any of the following conditions you may be asked to provide further information from your treating doctor:

- Heart disease
- Diabetes
- Lung disease
- Epilepsy
- Musculoskeletal problems
- Vision, hearing or balance problems
- Conditions affecting heat tolerance

On the day of the assessment, an estimate of your risk of heart attack and stroke will be made using a tool provided by the Heart Foundation of Australia.

If you are calculated to be at high risk of these conditions, you will not be permitted to complete the functional component or be cleared until this has been clarified.

This may require further testing with your treating doctor.

If you are referred to a Specialist and no medical condition, or a medical condition of no consequence, is found then approval can be provided for re-imburement for out-of-pocket specialist fees.

This is at the discretion of the relevant Regional Mines Rescue Station Manager.

Other tests/assessments

Electrocardiogram (ECG) testing

ECGs are completed at the initial brigades intake, again at 40 years of age and every five (5) years thereafter.

Where possible, referrals for ECG testing will be emailed to you in advance and should be completed prior to your medical assessment at CS Health.

Mines rescue medicals cannot be finalised and issued to Mines Rescue until an ECG has been completed.

Hepatitis B immunisations

It is recommended that members of emergency response organisations are immunised against Hepatitis B.

If you have been immunised for Hepatitis B at a medical provider other than CS Health, please send a copy of your immunisation record to mrmedical@coalservices.com.au

If you do not have evidence of your immunisation records, CS Health will administer the course of three vaccines to you (initial injection and then at one month and six months intervals). You will then be referred for a blood test to check your level of immunity.

Pathology

CS Health has a preferred provider arrangement with Douglass Hanly Moir Pathology, Southern IML and Barrett and Smith (unless stated otherwise on your referral) who will conduct the ECG and Hepatitis B blood screening at no direct cost to you.

Please note that if you attend a different provider than that listed on your referral, you will be liable for the cost of the assessment and may be asked to repeat the test at our preferred provider.