

**CS Health**

Linking health with industry



# Mines Rescue Brigadesmen Medical Assessment



**MINES RESCUE**  
**BE READY**  
**STAY SAFE**

CS Health in consultation with Mines Rescue has developed some new guidelines and procedures for assessing medical fitness to participate in Mines Rescue activities.

Measurements of height, weight, blood pressure, vision, hearing and lung function will be performed as before. In addition, your cholesterol will be measured from a finger prick blood sample at the time. This level, plus your blood pressure, age, gender, smoking and diabetic status will allow an estimate to be established of your 5 year heart disease risk according to recognised Heart Foundation guidelines.

Those identified as having an elevated cardiovascular risk will be referred to their own doctor for investigation and treatment as is appropriate. CS Health will require confirmation from the treating doctor of a reduced risk through treatment, lifestyle changes or even perhaps ECG stress testing, before a medical clearance will be issued.

Once cleared, you will undergo a functional assessment to assess mobility and strength. Part of the functional assessment will include a standardised step test. This is used to estimate a person's aerobic fitness, and is an indicator of endurance capacity. A final decision on overall fitness to participate in Mines Rescue activities is then made based on the medical history and examination, overall cardiovascular risk, functional capacity and aerobic fitness.

Those candidates showing an unsatisfactory level of physical fitness may be made medically unfit for 3 months and require a repeat functional assessment before being cleared for Mines Rescue training or duties. Mines Rescue assessments will continue to be performed every 2 years up until age 40 years and annually thereafter. The procedure above will be followed for underground mines rescue assessments .



This new procedure has been formulated in line with the most recent evidence based medical data and research available. It is designed solely to ensure your safety and welfare whilst performing Mines Rescue training and operations.

If you have any questions in regard to your new Mines Rescue medical , please contact your local Mines Rescue office or CS Health office.



**Mines Rescue**

**Hunter Valley Mines Rescue Station**

Phone (02) 6573 9000

**CS Health Singleton**

Phone: (02) 6571 9900

**Newcastle Mines Rescue Station**

Phone: (02) 4922 4400

**CS Health Speers Point**

Phone: (02) 4948 3100

**Southern Mines Rescue Station**

Phone: (02) 4286 5499

**CS Health Woonona**

Phone: (02) 4286 5430

**Western Mines Rescue Station**

Phone: (02) 6350 1000

**CS Health Lithgow**

Phone: (02) 6350 1050

<http://coalservices.com.au>