

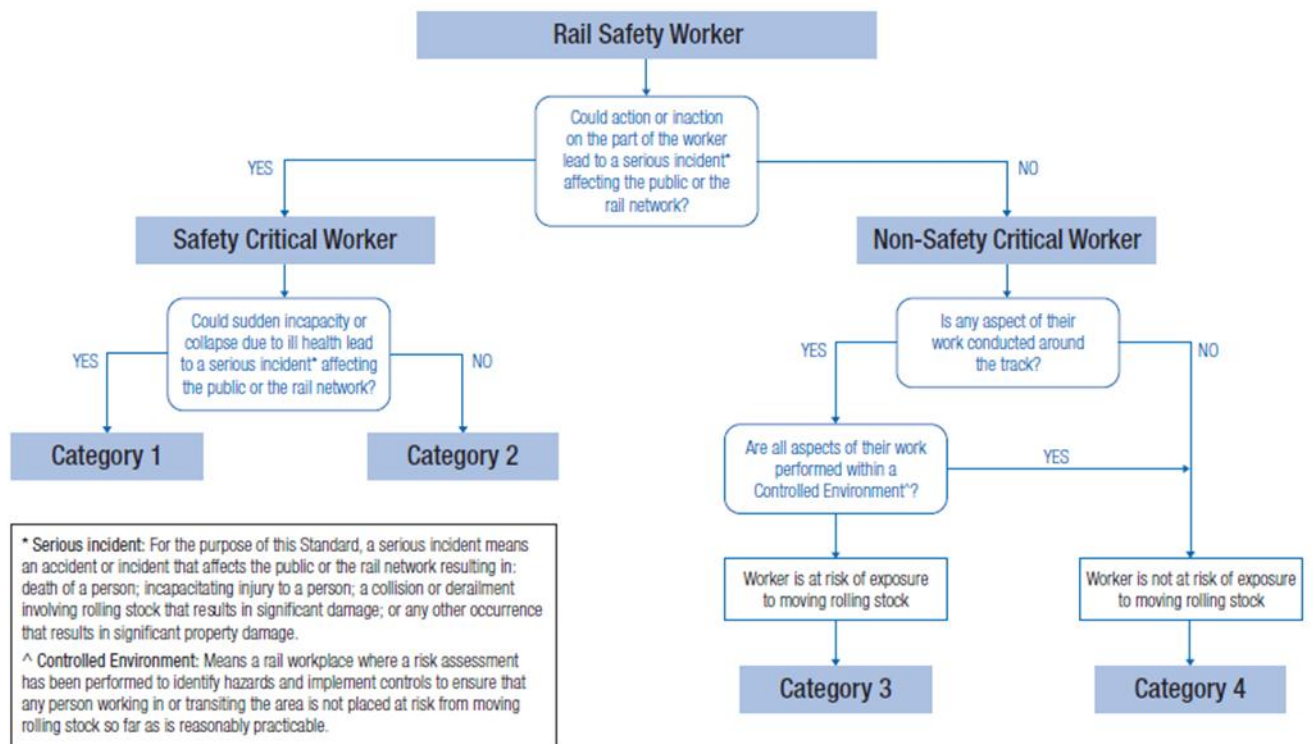
## RAIL HEALTH ASSESSMENT REQUIREMENTS

This bulletin provides further advice to V/Line contractors on the health assessment requirements since the National Health Standard came into effect 20 January 2013.

The Standard underpins a system for monitoring the health of rail safety workers and enables a consistent application of health standards across the Australian rail industry. All health assessments for rail safety workers are conducted in line with the Standard.

### Determining level of Railway Medical required

A rail safety worker should receive the level of health assessment commensurate with their rail safety work risk category. The following diagram outlines how the risk category is identified:



### Health Assessments and the RIW Card

Through the adoption of the Rail Industry worker (RIW) card and the publication of role specific competency matrices, V/Line will ensure that contractors hold the correct health assessment for their Rail Safe Worker role.

The RIW card system will allow contractors to scan, upload and securely store a copy of their health assessment against their nominated roles.

Where a contractor has multiple roles selected, the highest medical category indicated on the job role matrices will dictate the health assessment required. Once the health assessment is uploaded it will auto-populate across into other roles where the health assessment is required to be stored.

### **Pre-placement or change of risk category health assessments**

Rail safety workers classified in Categories 1, 2 and 3 require health assessments at pre-placement and before changing to a position involving tasks of a higher risk category. The assessments are aimed at determining a worker's initial fitness to perform the full range of inherent job requirements and job demands of the rail safety position that they have applied for, and should match the risk category of the job they are entering.

### **Periodic health assessments**

Periodic health assessments are conducted to identify health conditions that may affect safe performance of rail safety work. They should be conducted for Categories 1, 2 and 3 rail safety workers according to the following defined frequencies.

#### Category 1 and 2: Safety Critical Workers

At time of commencement, then:

- every 5 years to age 50, then
- every 2 years to age 60, then
- every year.

#### Category 3: Around the Track Personnel in an Uncontrolled Environment

At time of commencement, then:

- at 40 years of age, then
- every 5 years.

The frequencies are a minimum requirement based on evidence of rate of age-associated degenerative illness, the power of the assessment to detect rail safety workers at risk, and comparison with local and overseas standards.

### **Authorised Health Practitioners**

A list of Authorised Health Professionals is located on the Rail Industry Worker website and can be accessed [here](#).

### **Required forms**

You must take the following assessment forms with you when presenting to the health practitioner to undertake your railway medical:

- Health assessment request and report form
- Health assessment notification form and health questionnaire
- Health assessment record for health professionals

These forms can be downloaded from the National Transport Commission website [here](#).