

Maritime & Coastguard Agency Operational Health Standard

Annex A

Generic Health Standard (see HRAN 2005/03 paragraph 6)

Area Operations Manager / Rescue Co-ordination Centre Manager
 Coastguard Watch Assistant (Operations)
 Coastguard Watch Officer
 Coastguard Watch Manager

	Special Considerations / Hazards	Accept	Consider Carefully
Vision	Use of display screens Reading of detail on maps/charts	At least: 6/9, 6/12 by Snellen Chart N5 at 30cm N10 at 60cm (Correction may be worn, if so then uncorrected vision must be at least 3/60 in each eye) If contact lenses are worn then vision must also meet the standard using the spectacles to be carried for emergency use. Visual fields normal by confrontation test Normal Ishihara plates test.	Any pathological condition of the eyes likely to lead to progressive visual loss. Unilateral visual impairment (Consider accepting if distance vision in the good eye is 6/6 or better, visual fields are normal, the individual has fully adjusted to the impairment and ophthalmological condition is stable). Acceptable intermediate vision is required due to the use of display screen equipment. Abnormal colour perception.
Hearing	Radio communications	Threshold of at least +20dB (Averaged over 0.5,1 and 2kHz) and +35 dB (averaged over 3,4 and 6kHz in each ear	If relative unilateral deafness is present then consider accepting if the binaural threshold is better than +25dB, the individual has adjusted to the impairment and the audiological condition is stable.

	Special considerations/Hazards	Accept	Consider Carefully
Mobility	Office environment only	Normal use of all limbs. No spinal problems. No difficulty with balance or co – ordination.	Any underlying medical condition posing a risk of: impairment of balance, co-ordination, use of limbs.
General Health	Shiftwork	No evidence of an active or recurrent medical problem.	Any medical condition posing a significant risk of sudden incapacity or impairment of cognitive function. Any medical condition likely to be aggravated by shift or night work.
Health Surveillance	<p>Pre employment health surveillance to include baseline medical and audiometry.</p> <p>Health surveillance every 2 years unless more frequent screening is recommended on the basis of individual circumstances.</p> <p>Referral recommended if any significant health change.</p>		

Guidance Note

Annex B

Generic Operational Health Standard for Area Operations Manager / Rescue Co-ordination Centre Manager / Coastguard Watch Assistant (Operations) / Coastguard Watch Officer / Coastguard Watch Manager (see HRAN 2005/03 paragraph 6)

The health standards used by the Occupational Health Professional have been based upon the risk assessments carried out by the MCA.

Test	Meaning	Consideration
Vision	Distance vision is tested using a wall chart Near vision is tested using near vision book Visual fields are tested by the OHA standing behind you and moving an object to each side. Each eye is tested independently and if you wear spectacles, you will be tested with and without them.	Careful consideration would be given to those with a pathological condition, e.g. glaucoma or monocular vision (loss of vision in one eye) Careful consideration would be given to those who are colour blind due to a need to be able to read detailed maps.
Hearing	Hearing is tested using an audiometer which tests hearing at different frequencies. You wear head phones and indicate hearing by pressing a hand held button.	Good hearing is required for rescue work and individuals with profound deafness in one ear would be excluded. Careful consideration would be given to individuals with high frequency loss due to inability to hear effectively in rescue situations where there maybe high background noise, i.e. weather conditions.
Mobility	Ability to use all limbs, and good spinal movement. Balance and co-ordination is tested by asking you to stand with feet together and eyes closed, then with arms outstretched bringing each arm in to touch your nose in turn.	The job involves significant physical activity and therefore individuals need to have a reasonable level of fitness and health. Individuals who have a height / weight ratio (expressed as Body Mass Index) over a certain level would be excluded as it would impair an individual's ability to respond in emergency situations quickly and efficiently. Individuals who have a medical condition that affects balance or co-ordination, e.g. Vertigo may be excluded.
General Health	A note of your general medical history will be taken. Base line health assessment will also be undertaken which will include completing a health questionnaire and undertaking	The Occupational Health Professional will be looking at whether there is any history or current health condition, which poses a risk of sudden incapacity or impairment.

Test	Meaning	Consideration
	<p>some simple tests e.g. hearing, lung capacity, urine test, height/weight ratio, blood pressure, pulse, skin assessment, check of mobility, balance and co-ordination.</p>	<p>Consideration will be given to health conditions likely to be aggravated by extended hours.</p>
<p>Frequency of health tests</p>	<p>Assessment of health will be undertaken at pre-employment and during employment. The purpose is to assess whether you have a health condition which would affect your ability to undertake the proposed job or whether the job could adversely affect your health.</p> <p>Routine health surveillance will be repeated every 2 years unless more frequent screening is recommended on the basis of individual circumstances.</p> <p>Additional assessment may be required in the event of a specific incident, after sickness absence or if there has been a significant change in your health status.</p> <p>If you have any concerns regarding your health and your job you should contact Human Resources or your Manager who will arrange referral to Occupational Health if appropriate.</p>	

