

Maritime & Coastguard Agency Operational Health Standard

Annex C

[Generic Health Standard \(see HRAN 2005/03 paragraph 6\)](#)
Sector Manager

	Special Considerations / Hazards	Accept	Consider carefully
Vision	Use of display screen Reading of detail on maps / charts Site Searches Interpretation of coloured signal lamps and flares	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 the 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 full, the individual has fully adjusted to the impairment and ophthalmologic condition is stable). Monocular vision should be a bar to outdoor search and rescue operations Abnormal colour perception.
Hearing	Radio communications Use of headset whilst outdoors in adverse weather	Threshold of at least + 20 (averaged over 0.5, 1 and 2kHz) and +35 dB (averaged over 3,4 and 6 kHz) in each order	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. Profound deafness in one ear should be a bar to outdoor search and rescue operations. High frequency hearing loss likely to impair communication in presence of high background noise.

	Special considerations Hazards	Accept	Consider carefully
Mobility	Work at heights, on hazardous surfaces Cliff and mud rescue Rock climbing	Body Mass index less than 30 Normal use of all limbs. No spinal problems. No difficulty with balance or co-ordination.	Body Mass in excess of 30 should be a bar to cliff and mud rescue operations. Any underlying medical condition posing a risk of: impairment of balance. Co-ordination, use of limbs, or limitation of physical endurance.
General Health	Extended hours Emergency response Work in isolation Adverse weather conditions Vocational group 1 drivers Manual handling of generator Adverse weather conditions	No evidence of an active or recurrent medical problem	Any medical or psychological condition posing a significant risk of sudden incapacity or impairment if cognitive function. Any condition likely to be aggravated by extended hours. Any condition likely to impair ability to wear breathing apparatus or protective clothing.
Main Applicable SAR Risk Assessments	Cabin Boats (01) Cliff Rescue (02) Coastal Search(03) First –Aid (5) Foreshores (06) Fishing Vessel Inspections (07) Portable Generators (09) Mud Rescue (12) Pollution (13) Pyrotechnics (15)		

	Remote Site Visits (16) Rescue Pump (17)		
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Health Surveillance	Pre-employment health surveillance to include spirometry, audiometry and baseline medical. Health surveillance every 2 years unless more frequent screening is recommended on the basis of individual circumstances. Post incident contact with the Occupational Health Adviser. Referral recommended if any significant health change.		
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Guidance Note

Annex D

Generic Operational Health Standard for Sector 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. Individuals with monocular vision (loss of vision in one eye) would be excluded from this role due to the need for depth perception e.g. cliff rescue operations, use of machinery, etc. Individuals who are colour blind would be excluded due to the need for identifying distress flares, navigation lights on ships and colour coded cliff lines used during rescue.
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 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 made be required in the event of a specific incident, 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>	

