



Brigadesman self-assessment

Thank you for your interest in becoming a Mines Rescue Brigadesman. The following self-assessment makes sure that you possess the necessary health and fitness levels required to be a Brigadesman.

Due to the potentially physically demanding nature of the duties undertaken by a Mines Rescue Brigadesman, it is necessary you have a high standard of fitness and good health.

All Mines Rescue Brigadesman candidates are required to pass a medical and functional assessment. By completing this self-assessment you and your Safety Officer will quickly be able to assess your physical health against the Mines Rescue standard requirements.

Please answer the below questions as honestly and accurately as possible and return the completed form to your Safety Officer or Training / Rescue Coordinator. They will then be able to assist you with further information.

Fitness screening								yes	no
Do you partake in regular physical activity with sport or planned aerobic exercise?									
Are you suffering from any ongoing/long term injuries or, illness that would affect your ability to participate in rescue activities on an ongoing basis?									
Circle the response that best reflects your current exercise routine:									
Frequency per week	1	2	3	4	5	6	7		
Duration/minutes per session		10	20	30	40	50	60		
Intensity of exercise	light			medium			heavy		
First aid								yes	no
Do you hold a current first aid certificate?									
Health screening								yes	no
Have you ever experienced any heart problems or chest pain?									
Do you suffer from asthma or lung disease?									
Have you ever suffered from fitting, fainting, funny turns or epilepsy?									
Do you have claustrophobia or have a fear of confined spaces or working at heights?									
Comments:									