

### Preparing for your Order 43 health assessment

Under the *NSW Coal Industry Act 2001 (NSW)* it is compulsory for all coal mine workers to attend Order 43 health assessments.



#### Why must I attend an Order 43 health assessment?

Order 43 health assessments help to detect and monitor health issues that may result from the effects of dust, noise, fatigue, vibration and other workplace hazards.

The types of health assessments include:

- **Pre-placement health assessments**, which are completed before you commence work to assess your fitness for the proposed role and establish a baseline for future health assessments.
- **Periodic health assessments**, which are completed every three (3) years (minimum) to monitor your ongoing health and wellbeing.
- **Chest imaging**, which is completed before you commence work (pre-placement) and then every three (3) years (minimum) to monitor lung health.
- **Exit health assessments**, which check for any occupational health conditions that may require ongoing monitoring after you leave the industry. They may also detect conditions that have developed since your last periodic health assessment.

#### What does the health assessment involve?

Order 43 health assessments are performed by a Medical Officer and nurse. They include checks of your lung function, hearing, weight, cardiovascular risk, vision and mental health, as well as other factors that may affect your health and safety.

#### How can I prepare for my appointment?

- It is preferable that you are clean shaven when you attend appointment to ensure a more accurate respirator fit test.
- If you wear a half-face or full-face rubber respirator, please bring the respirator to your appointment.
- Ensure you are well hydrated and have eaten prior to your appointment. You will need to produce a urine sample and may also require a non-fasting cholesterol and blood glucose test.
- Avoid smoking, vaping and alcohol within one (1) hour of your appointment to avoid any complications with lung function testing.

#### Please bring the following items with you to your appointment:

- ✓ Photo identification (e.g. driver's license)
- ✓ Prescription glasses if you wear them.  
*If possible, do not wear contact lenses as your vision will be tested*
- ✓ Current list of medications you are taking
- ✓ Any medical reports from your GP (doctor) or other specialist/s including:
  - Health management plans (cardiology, diabetes, obesity, sleep apnoea, mental health)
  - Recent x-rays

Bringing the above items and information will help the Order 43 Medical Officer to complete your health assessment and will help avoid delays in finalising your medical report.

#### Functional capacity evaluations

Some workers may need to complete a functional capacity evaluation (FCE) in addition to their Order 43 health assessment. An FCE assesses your physical ability to perform the tasks required for your job. You will be advised by your employer if this is required.

#### Please bring the following items with you if completing an FCE:

- ✓ Mining safety footwear or equivalent
- ✓ Mining workwear or equivalent
- ✓ Mining hard hat (if applicable)
- ✓ Gloves (optional)
- ✓ Safety glasses (optional)