CS Health

Body Mass Index (BMI) and weight management pathway

Weight measured and BMI calculated

Weight ≥120 kg

Cat A	• AMP records coal mine worker's weight on health certificate • Coal mine worker to be certified for use of appropriately weight-rated equipment • Manage coal mine worker as per calculated BMI
Cat B	
Cat C	

BMI ≥30 kg/m² to <50 kg/m²

Cat A	• Fit for work • Consider referral to GP for weight management • Manage any confirmed CVD as per guidance within Cardiovascular Health Standard • If no confirmed CVD, manage as per calculated CVD risk score
Cat B	
Cat C	

BMI ≥50 kg/m²

Cat A	• Temporarily unfit for work • Assess whether worker is suitable for other tasks in consultation with the PCBU • Refer to GP for weight management and referral to cardiologist to assess cardiac risk • Worker to remain unfit until cardiology review • AMP to review medical information from cardiologist within 6 months
Cat B	• Temporarily unfit for work • Assess whether worker is suitable for other tasks in consultation with the PCBU • Refer to GP for weight management and to assess cardiac risk • Worker to remain unfit until GP review • AMP to review medical information within 6 months
Cat C	• Fit for work • Refer to GP for weight management

Manage any confirmed CVD as per Cardiovascular Health Standard

If no confirmed CVD, manage as per calculated CVD risk score

Cat A	Category A: Safety critical
Cat B	Category B: Safety sensitive
Cat C	Category C: Non-safety sensitive

AMP	Approved medical practitioner
CVD	Cardiovascular disease
GP	General practitioner
PCBU	Person conducting a business or undertaking/employer