

Retiring from the NSW coal industry?

We will still look after your health.

Monitoring workers' health

Under the *Coal Industry Act 2001* (NSW), Coal Services is responsible for monitoring the health of coal mine workers in the NSW coal industry.

Health assessments monitor coal mine workers' health and check for any adverse health effects resulting from workplace exposures, such as dust, noise, chemicals, and other hazards. Health assessments can also identify other health and/or lifestyle-related conditions.

As some occupational diseases can take many years to develop, regular health monitoring helps detect these issues early, often before symptoms appear, giving the best chance for timely treatment.

Health assessments for retired coal mine workers

Coal mine dust lung diseases, including black lung disease, can develop even after you leave the coal industry. CS Health recommends having respiratory (lung) health screening every 3 years for at least 10 years after leaving the industry, as part of a retirement health assessment.

A retirement health assessment is available to coal mine workers who intend to or have retired, or ceased work in the NSW coal industry. It is designed to support your ongoing health monitoring, helping you to maintain your health after leaving the industry.

When the time comes for you to leave the industry, your employer may offer you the option to complete a retirement health assessment. You can also request a retirement health assessment when you plan to retire, or at any time after leaving the industry.

What does a retirement health assessment involve?

During a retirement health assessment, you will see a health professional (e.g. nurse) and a medical practitioner (a doctor). They will perform a range of examinations and tests as part of the health assessment, including a respiratory health questionnaire, lung function testing, and chest imaging.

How do I book an appointment?

To book a retirement health assessment please call CS Health on 1800 CSH MED (1800 274 633).

What is the cost?

There is no cost for a retirement health assessment.

Retirement health assessment results

After your appointment, you will receive a health assessment certificate that details information on any occupational health exposures and recommended follow-up. The doctor will also explain any results that need further investigation.

CS Health will assist with any investigations related to occupational exposures.

We will refer you to your own doctor for general health findings.

CS Health offers retired coal mine workers these additional benefits:

- CS Health gym membership, including an individualised gym program
 - one physiotherapy/exercise physiology session (assessment only) per year
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