



CS Health

Order 45

Information for coal mine workers

Preparing for your health assessment



The Coal Services Health Monitoring Requirements for Coal Mine Workers Order No. 45 (Order 45) requires coal mine workers to have regular health assessments.

Attending an Order 45 health assessment is important to protect your health

Order 45 health assessments help to detect and monitor any health issues that may result from the effects of workplace exposures to dust, noise, chemicals and other hazards.

They can also identify other health and/or lifestyle-related conditions that might affect your ability to work safely and effectively.

By identifying potential issues early, often before symptoms appear, health assessments enable timely treatment and support your long-term health and wellbeing.

What to expect during a health assessment

During a health assessment, you will see a health professional (e.g. nurse) and a medical practitioner (a doctor). They will complete a range of examinations and tests as part of the health assessment, such as:

- blood pressure
- spirometry (lung function test)
- audiology (hearing) examination
- vision test
- musculoskeletal assessment.

Note: In addition to the above, you will also complete additional tests, questionnaires, and a chest x-ray.

Preparing for your health assessment

- Ensure you are well hydrated and have eaten prior to your appointment. You will need to give a urine sample and complete a non-fasting cholesterol and blood sugar test.
- Avoid smoking or vaping within 1 hour of your appointment to avoid any complications with lung function testing.
- If your health assessment includes a respirator fit test, please ensure no facial hair is within the seal area at the time of testing, as it can prevent a proper fit.
- If you wear a rubber respirator, please bring the respirator and filter to your appointment.

Please bring the following items with you to your appointment:

- ✓ Photo identification (e.g. driver's license)
- ✓ Prescription glasses if you wear them.
Do not wear contact lenses as your vision will be tested
- ✓ Current list of medications you are taking
- ✓ If you are being treated for any medical conditions, please bring relevant information or reports from your GP.

Examples may include: cardiology reports, diabetes updates, sleep apnoea CPAP machine results.

Bringing the above items and information will help the doctor to complete your health assessment and avoid delays in finalising your health assessment certificate.

If your appointment includes a functional capacity evaluation, please bring the following items with you:

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

A health assessment helps detect work-related and other health issues early, often before symptoms appear, giving you the best chance for timely treatment.