

## NSW ORDER 43 COAL MINE MEDICAL Q&A FACT SHEET FOR WORKERS

### What to expect at Humanomics

1

#### Why do I need a medical?

As a worker having your health monitored means you can be confident that you are doing your job as safely as possible. It also means you can be confident that the workers around you aren't putting you or anyone else at an avoidable risk.

2

#### Do I need to bring anything to my medical?

Wear comfortable clothing, and bring photo ID, glasses, medication lists, letters from your specialists, a bottle of water, and a full bladder.

3

#### What should I do if I have a medical condition?

To avoid delays in processing your medical, please bring along any information you have regarding medical conditions you are being treated for. Some medical conditions may need you to provide specific information on a regular basis, for example:

- Diabetes- recent reports from your treating doctor including your latest diabetes blood test results (HbA1c).
- Obstructive Sleep Apnoea - letter from your treating doctor and a usage/compliance report from your CPAP machine. An updated CPAP report/download will be required each year.
- Hearing aids - letter from your audiologist reporting the results of your hearing test when you have your hearing aids in.
- Heart Conditions - letter from your treating doctor
- Lung Conditions - letter from your treating doctor
- Shoulder/Knee/Back/other joint operations - if you've had surgery in the last 6 months please bring a clearance letter from your treating doctor.

4

#### What should I expect during my appointment?

On arrival to our clinic, you will be provided with some paperwork to complete. You will be required to provide consent for the medical process. The questions will be related to your current and previous health history. It is important to answer all questions honestly and accurately. There will be opportunity to clarify your answers during the medical.

- Your medical will be conducted by our team of trained nurses, occupational therapists, exercise physiologists, and doctors. Any follow up requirements will be communicated with you, and any additional referrals provided.
- Your medical report will be reviewed by our senior clinical team. You may receive a further phone call to clarify or provide additional information for your medical.
- Coal Services Health will do the final review of your medical report and deem the medical as 'compliant'. This process can take up to 2 business days.
- Your referring employer will be sent the final medical report once we have received compliancy from Coal Services Health.

### 5

#### Why have you given me a referral?

##### Do I need to follow this up?

Some referrals are issued only as duty of care, meaning we have noted some medical findings that we recommend you follow up with your own GP, however we do not require a response for the purpose of your NSW Order 43 medical. Other referrals must be followed up according to the NSW Coal Services Health Guidelines. We will advise you what needs to happen on the day, and if you are unsure please ask us!

##### Common reasons for referral are:

- Weight Management Plans if your weight and BMI are elevated
- Abnormal cardiovascular findings, such as an elevated blood pressure or cardiovascular risk score
- Abnormal spirometry (lung function testing)
- Abnormal urinalysis (blood, sugar, or protein in your urine)
- Abnormal audiometry (hearing test)

### 6

#### What does the 'traffic light' page mean?

##### GREEN

You have no medical conditions that Coal Services Health need to monitor more frequently than every 3 years. Note: You must continue seeing your GP or treating doctor for your own ongoing healthcare.

##### AMBER - Monitoring

This does **NOT** mean you cannot work. It only means that one of your medical conditions or test results on the day of the medical needs monitoring by Coal Services sooner than 3 years. Note: Every coal site has a significant number of workers with this rating.

##### AMBER - Restriction

This means that it might not be safe for you to do some parts of your job or use certain equipment without further safety checks. This can be temporary, for example, if you have a current injury or if you weigh more than the safety-rating of some seating on site, or this can be permanent if you are missing a limb or eye.

##### RED

This does **NOT** always mean you cannot do the job, but it does mean that you cannot start in your role until more information about your medical condition is provided or further medical investigations are completed.

Some medical conditions will require updated information to be provided on an annual basis to continue working in the NSW Coal Mine Industry. If this is the case, you are advised to arrange a review with your treating doctor/specialist and to obtain the updated information prior to your Order 43 report expiring.

Please speak with us if you would like further information. Our specialised mining team is ready to help you.

**Contact us by phone on 02 49658199 or email  
[admin@humanomics.com.au](mailto:admin@humanomics.com.au)**