

## *Rail Health Assessment Requirements & the Rail Industry Worker (RIW) Card*

This bulletin provides further advice to Metro employees and contractors on the health assessment requirements since the National Health Standard came into effect 20 January 2013.

### ***Pre-placement or change of risk category health assessments***

Rail Safety Workers (RSW) classified in Categories 1, 2 and 3 require health assessments at pre-placement and before changing to a position involving tasks of a higher risk category. These are referred to as 'change of grade' medicals.

### ***Periodic health assessments***

Periodic health assessments are conducted to identify health conditions that may affect an individual's ability to perform of rail safety work. They should be conducted for Categories 1, 2 and 3 according to the following defined frequencies:

#### ***Category 1 and 2: Safety Critical Workers***

At time of commencement, then:

- every 5 years to age 50, then
- every 2 years to age 60, then
- every year.

#### ***Category 3: Around the Track Personnel in an Uncontrolled Environment***

At time of commencement, then:

- at 40 years of age, then
- every 5 years.

#### ***Example 1: Date of Birth – 01/05/63, Last Medical – 21/3/12, Next Medical Due – 21/03/14***

All RSWs requiring a Category 1 and Category 2 health assessment must have a health assessment conducted within 2 years after turning 50 years old, and within 1 year after turning 60 years old.

#### ***Example 2: Date of Birth – 1/5/73, Last Medical – 1/12/12, Next Medical Due – 1/5/13***

For Category 3 Around The Track Personnel, the worker must have a health assessment conducted once they turn 40 regardless of when their previous health assessment was conducted.



The frequencies are a minimum requirement based on evidence of rate of age-associated degenerative illness, the power of the assessment to detect RSWs at risk and comparison with local and overseas standards.

***In my last periodic health assessment I was given 'fit subject to review'. Does that change my periodic health assessment due date and my competency expiry date?***

In most cases a review health assessment does not affect your periodical due date and competency expiry date.

If the result is listed as *'fit for duty and full medical required'* or *'fit annual review'* the review date will be your new competency expiry date.

***Health Assessments and the RIW Card***

Whilst Metro has a system to ensure a contractor holds the correct health assessment for their RSW role. This includes the expiry of associated competency tickets, as such, the system relies on sighting a hard copy of the health assessment as a prerequisite to any given course.

With the introduction of the RIW Card system, contractors now have a secure location for their health assessment to be stored against their own profile. Therefore, to improve the management of health assessments and to provide consistency with ARTC, Metro will create a competency requirement against each role within the RIW Card system. This will simply require the corresponding health assessment to be scanned and uploaded.

***Can I attend a Metro training course without a valid health assessment being provided prior to the start of course?***

No.

***Action by 2 December 2013***

All contractors will be required to scan and upload their current health assessment by this date.

***What if I have multiple roles selected?***

The highest category will dictate the health assessment required. Once your health assessment is uploaded they will auto-populate across into other roles where the health assessment is required to be stored.

Please direct enquiries to:  
[competencies@metrotrains.com.au](mailto:competencies@metrotrains.com.au)

Rail Safety Worker Competency Website  
[www.metrotrains.com.au/academy](http://www.metrotrains.com.au/academy)