

## Statement of Medical Condition

It should be understood that industrial rope access operations involve a certain amount of physical and mental exertion. Certain medical conditions are a definite contra indication to the safe and successful completion of industrial rope access activities.

Ideally operatives should be in possession of an applicable full industrial medical certificate.

As a minimum, you are required to sign this form to show that to the best of your knowledge you are historically free of the conditions listed below, and therefore is no reason that would exclude you from participation in an industrial rope access training course.

Principle contra indications to working at height include the following:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1. Heart disease/chest pain       | 6. High blood pressure               |
| 2. Epilepsy, fits, blackouts      | 7. Fear of heights/vertigo           |
| 3. Impaired limb function         | 8. Giddiness/difficulty with balance |
| 4. Alcohol or drug dependence     | 9. Psychiatric Illness/counselling   |
| 5. Diabetes controlled by insulin |                                      |

If you do not have a medical certificate addressing these points, you should sign the following statement and bring it with you for the commencement of your training course.

Failure to produce a signed certificate will result in you being excluded from participating in an industrial rope access training course.

### Declaration

*I confirm that to the best of my knowledge I do not suffer from any mental or physical condition, including those mentioned above, which would interfere with my ability to work at height in a satisfactory and safe manner, or put myself at risk through my participation in rope access activities.*

Name: .....

Signature: .....

Date: .....

Next of Kin Name: .....

Next of Kin Relation: .....

Contact: .....