

MEDICAL EXAMINATION CERTIFICATE FOR SURVIVAL TRAINING COURSE, MUST BE COMPLETED BY EITHER A MEDICAL PRACTITIONER OR REGISTERED NURSE

(Includes Helicopter Underwater Escape Training)

***** *This Form Must be submitted at the start of the course* *****

This is to certify that..... is **FIT / UNFIT**
to undertake the Offshore Survival Training Course. (One of the above must be crossed out)

This assessment is based on my medical examination, which included examination in the following areas:

- | | |
|---|---|
| <p>1. Cardiovascular System <input type="checkbox"/></p> <p>Blood Pressure
Pulse
Heart Sounds
Peripheral Circulation</p> | <p>5. Nervous System <input type="checkbox"/></p> <p>Co-ordination
Balance
Reflexes</p> |
| <p>2. Respiratory System <input type="checkbox"/></p> | <p>6. Eyes <input type="checkbox"/></p> <p>Free of disease likely to be aggravated from brominated water.</p> |
| <p>3. Locomotion <input type="checkbox"/></p> <p>Flexion
Extension
Side Flexion
Rotation
Cervical Spine</p> | <p>7. Skin <input type="checkbox"/></p> <p>Any skin condition likely to be aggravated from brominated water. There must be no communicable diseases.</p> |
| <p>4. Ears/Nose/Throat <input type="checkbox"/></p> <p>Nasal Passages
Throat
External Auditory Canal
Tympanic Membrane</p> | <p>8. Anxiety/Stress <input type="checkbox"/></p> <p>Associated with water/underwater activities.</p> |

Comments:

Signed: **Date:**

Name of Medical Practitioner *(Please Print)*.....
Or Registered Nurse.

Please provide a stamp to identify the Medical Centre:.....

Guidance Notes for Medical Practitioner:
Sea Survival training includes the following physical aspects in an indoor brominated water pool.

- Escape from upturned helicopter simulator pushing out exit doors and windows, submerged in 2 metres of water in an indoor heated pool, both while upright and inverted.
- Jump into water from a 3 metre platform wearing a life jacket.
- Re-right an inflated life raft and climb into from water.
- Be winched by a helicopter rescue strop under armpits from water up to the 3 metre platform.
- Climb up a scramble net with life jacket on.