

A high-angle, top-down photograph of two workers in red safety suits and helmets, secured with ropes and harnesses, working on a complex metal structure of a high-rise building. The workers are positioned on a narrow walkway or platform, surrounded by large pipes and structural beams. The background shows the dense network of steel and concrete of the building's exterior.

Working at Height Medical



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These medicals are designed to detect and assess any medical conditions that may compromise safety by creating a risk of falling or sudden incapacity requiring rescue and assure capability for regular climbing of vertical ladders and for working in hot and/or confined spaces.

Together these ensure an individual's fitness to work within the wind turbine environment.



SOP-Pre –employment Medical Examination Working at Height

Purpose:

Working at height is defined as work undertaken at any place above or below ground level(1.5 mtrs and above).the dangerous activities carried in the construction, maintenance and facilities management industries. It exposes the worker to fall from height and cause serious injuries. To undertake these activities the person require suitable stamina, mobility, strength and should be medically fit.



Objectives :

- **Zero Accident**
- **Place right person at right job**



Scope :

- **All the workers executing work at height**



Medical Examination :

- **As soon as person selected for above category should be sent health centre/OHC for detailed medical examination which includes:**
 - 1. General physical examination**
 - 2. Clinical examination**
 - 3. History of medical condition**
 - 4. History of Medication**
 - 5. Vision check-Near/distant/binocular/depth of vision/squint/diplopia/colour vision**
 - 6. Hearing Status**
 - 7. Neurological examination**
 - 8. Physical stamina, general body and flexibility**
 - 9. Body mass**

Medical Examination 2 :

- **Check hernia/Hydrocele**
- **Limb Function**
- **Whisper test**
- **Step-Test—Chester test/Heart rate monitoring**
- **Grip strength test**
- **Heel to toe walking test**
- **Physical fitness test**
- **Blood Pressure**
- **Peak flow meter test**
- **Cardiac and lung function status**



Medical conditions-Attention to be paid :

- **Diabetes**
- **Sleep Disorders**
- **Epilepsy**
- **Vertigo**
- **Acrophobia**
- **Herat disease**
- **Lung Disease**
- **Kidney disease**



Investigations :

- **ECG**
- **Audiometry**
- **Blood Sugar**
- **Urine R/M**
- **CBC**
- **Pulmonary function test**
- **EEG**
- **Liver & kidney profile**
- **Stool R/M**

Medical Condition-Disqualification

- **Insulin dependent diabetes**
- **Uncontrolled diabetes**
- **Vertigo**
- **Positive Acrophobia test**
- **Psychiatric illness**
- **Epilepsy**
- **Impaired Vision**
- **Impaired Hearing**
- **Indirect Hernia**
- **Cardiac disease**
- **Lung disease**
- **High Blood pressure**
- **Obesity**



Step Test

- **Instrument required-Chester step, Heart rate monitor, Graphical data sheet**
- **Ensure medical conditions**
- **H/O Medication**
- **Fit heart rate Monitor**
- **Start the test in progressive manner-the step is no longer than 30 cm and candidate has to manage his body weight in controlled manner**
- **Increase gradually after every 2 mins**
- **Check heart rate every 2 mins**
- **Calculate Mx. Heart rate (220-age)**
- **Continue the test till heart rate reaches 80% of its maximum**
- **Plot the aerobic capacity on graphical data sheet.**

Self certification

Particulars	Yes	No
Do you suffer from any heart disease?		
Do you have height phobia?		
Are you diabetic?		
Are you on medication?		
Are you suffering from epilepsy?		
Do you ever suffered from lung disease?		
Do you have claustrophobia?		
Do you suffer from hearing problem?		
Do you suffer from CNS disorder?		
Are you suffering from psychiatric illness?		

Self Certification-2

- **Do you know any other reason to consider yourself unfit?**
- **If answer is yes to any of the above question. you should not undertake climbing activities until you have consulted Medical expert.**
- **Certification: I CONFIRM TO THE BEST OF MY KNOWLEDGE THAT I AM IN GOOD PHYSICAL CONDITION AND HAVE THE PHYSICAL STRENGTH AND STAMINA TO UNDERTAKE THE CLIMBING ACTIVITY.**