



## Offshore Energies UK (OEUK) Medical Examinations Advice Beforehand

Please review the below carefully to minimise the likelihood of delays and increased costs associated with retesting where same is required. Please note that where external services are engaged the costs for these services is with the employee/company.

### 1. Previous Certification

- a. If you have a previous Offshore Energies UK (OEUK) Certificate(s) please ensure to bring same, or similar such as fitness for Basic Offshore Safety Induction Emergency Training (BOSIET), Further Offshore Emergency Training (FOET) or Compressed Air – Emergency Breathing System (CA-EBS).
- b. If you are attending for Rope Access Workers assessment you will be required to show your valid and in date, Industrial Rope Access Trade Association (IRATA) certificate<sup>1</sup>.

### 2. Identification

- a. Please ensure to bring valid, in date, government photo identification. E.g. passport.

### 3. Role

- a. Please ensure you are aware of your specific role as same will appear on the certificate as applicable.

### 4. Medication

- a. If you take any medications, please bring a list of medication(s).

### 5. Audiometry

- a. You will be booked to have a hearing test please avoid loud noise for 16 hours before hand.
- b. Please also ensure that your ears are free from wax.

### 6. Glasses

- a. Please bring all types of glasses worn to improve vision.
- b. If require the add-on of assessment of Crane Operator please see completed the form below, Appendix One, before your appointment and bring the fully completed form with you to your assessment at Mungret Medical Centre.

### 7. Fitness test

- a. You may be required to complete a fitness test.
- b. Please wear comfortable and loose clothing.
- c. Please wear shoes with good grip and flexibility.
- d. Please do not eat, smoke nor drink coffee nor tea for 2 hours before the test.
- e. Avoid heavy exercise 24 hours before the test.
- f. It is required to be in general good health before a fitness test.

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<sup>1</sup> IRATA stipulate that rope access technicians not engaged in rope access work for 180 days or more are required to complete refresher training with an IRATA Trainer Member Company.



8. Please arrive with a full bladder and able to give a urine test.
9. Specific health conditions advice;
  - a. If you have high blood pressure;
    - i. Ask your GP or treating doctor for a list of your BP readings in the past two years, what your GP's 'treatment target' for your blood pressure is, and what medications (name and dose) you are prescribed (and if this has changed in the past two years).
  - b. If you have diabetes;
    - i. Ask your GP or treating doctor for a list of your HbA1c, blood pressure, and weight in the past 2 years, what your GP's 'treatment target' for your HbA1c, blood pressure and weight are, and what medications (name and dose) you are prescribed (and if this has changed in the past two years)
  - c. If you have had a heart attack in the past;
    - i. Ask your GP or treating doctor for a list of your blood pressure, blood lipids (this means your 'cholesterol' levels – there will be several different ones) and weight in the past 2 years, what your GP's 'treatment target' for your blood pressure, lipids, and weight are, and what medications (name and dose) you are prescribed (and if this has changed in the past two years).
  - d. If you are in an obese weight category:
    - i. Ask your GP or any other clinical facility that has measured your weight for a list of your weight measurements in the past two years. If you know your BMI is 40 or more, ask your GP for a copy of any HbA1c, total cholesterol and HDL blood results that there may be.

Doing these things may avoid the need for the doctor to seek reports or information from your previous OEUK medical examiner, GP, or treating doctor.

Note that you are not obliged to obtain any of this information, or to provide it to the OEUK doctor. Not having the information or not providing it will not affect the ultimate outcome of your medical, but it will slow down the decision if the OEUK doctor needs to obtain the information by writing to your GP.

10. Advice for employers
  - a. Employers should make MMC aware of any sickness absence, medevac, missed trip history or similar for employees if booking assessments with MMC. Employers should ensure that correct contractual and legal processes are in place to allow for such data sharing.
11. If you or your employer/company requires a drugs of abuse screen please ensure to review the associated [pre-appointment advisory](#).



## Appendix One - Pre-Assessment Optician Form

Dear Optician,

The below-named works, or plans to work, as a crane operator on offshore installations in the energy industry. Please record his/her distance visual acuity as 'Snellen equivalent' in the table below, following the example provided.

<b>NAME:</b>	
<b>DATE OF BIRTH:</b>	
<b>JOB TITLE:</b>	
<b>EMPLOYING COMPANY:</b>	

*Example:*

Visual Acuity			
	Left Eye	Right Eye	Binocular
Uncorrected	6/12	6/18	6/12
Corrected (if applicable)	6/6	6/6	6/6

Examinee:

Visual Acuity on [insert date.....]			
	Left Eye	Right Eye	Binocular
Uncorrected			
Corrected (if applicable)			

Does the examinee have any indication of diplopia, visual field defect, or problem with depth perception? Yes / No (if 'yes', please give brief further details below)

Details:
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Date of report:
Completed by (optician):
Signature and Stamp:

This form should be fully completed before OEUK assessment, and brought by the patient to the assessment at Mungret Medical Centre. Incomplete or incorrectly completed forms will likely delay assessments.