

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. *(MUST be ticked)*

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

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

Comments:

Signed:

Date:

Name of Medical Practitioner 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.