

Medical fitness – Background information

It is important that candidates on any course are free of any medical condition that might adversely affect their performance. Not only might such a condition create a risk to themselves it may also create a hazard for other people. Remember, for some courses (especially rope access) candidates will manoeuvre themselves (and possibly others) around at height. Training may be energetic and mentally taxing for some. Medical fitness is a course pre-entry requirement.

The candidate must advise the heightec admin team if there are any concerns regarding a candidate's medical fitness.

Musculoskeletal Disorders – 'Manual handling'

Candidates should understand that their course may involve strenuous or energetic activities, in conditions of exposure to height. Therefore, when participating in such courses, they should take care to avoid excessive strain when lifting. Attention is drawn to the advice given in [INDG143](#) "Manual Handling at Work", which advises:

- minimising the distance between hands and lower back;
- always trying to lift vertically, with a straight back and bent knees;
- avoiding any twisting of the body and sideways bending or pulling;
- taking a firm grip on the load and avoiding sudden release or unexpected movement;
- making sure that footing and positioning are secure and stable;
- not pulling suddenly or jerkily – apply the force steadily;
- only moving loads which are in accordance with strength and ability – DO NOT STRAIN.

Statement of Medical Fitness – Declaration

Candidates must confirm that they are free from any medical condition which would impair their ability to complete the course, in particular those listed below. They should not suffer from or take medication for any of the listed conditions in the last 3 months.

- Heart disease/chest pain/angina
- Blood pressure disorder
- Epilepsy, fits, blackouts
- Fear of heights/vertigo/claustrophobia
- Difficulty with balance/ inner ear problems
- Impaired limb function
- Uncorrected visual impairment
- Alcohol or drug dependence
- Recent surgery
- Diabetes
- Asthma/ respiratory disorder
- Muscular strain (e.g. bad back), dislocation, hernia – or similar musculoskeletal issues

The candidate must advise the Instructor if there is any change to their medical condition prior to course commencement or during their course.

In some cases, it is unlikely that candidates can be certain of being free of contraindications without a proper examination by a GP. If you are in any doubt, you must discuss any concerns with your Instructor before the course starts.

You will be required to sign a medical declaration (on arrival) confirming you are free from any contra-indications as listed above. In addition, that you:

- Are not taking medication or any drug which might adversely affect your physical or mental abilities.
- Understand that the course may involve strenuous or energetic activities in positions of exposure to height.
- Agree the Instructor has the right to exclude you if they have concerns regarding my health / fitness during this course.