

Statement of medical welfare

Medical welfare – Background information

Certain medical conditions can adversely affect a candidate's performance, it is a must to ensure candidates are free of any of these conditions before involvement on any course. Some of these courses involve candidates lifting themselves and others around at height, meaning that certain medical conditions can cause a risk not only to the individual, but to other people around them. The nature of this training may be strenuous and mentally tiring for some. Medical welfare is a course pre-entry requirement.

Musculoskeletal disorders – 'Manual handling'

Candidates will be participating in conditions where they are exposed to height, this may involve activities which are demanding and tiring. Therefore when involved in these sorts of courses, they should take care to avoid excessive strain when lifting. Attention is drawn to the advice given in INDG143.

Getting to grips with manual handling measures include:

- Minimising the distance between hands and lower back
- Always try to lift vertically, with a straight back and stooped knees
- Avoid any twisting of the body and sideways bending or pulling
- Take a firm grip on the load and avoid sudden release or unexpected movement
- Make sure that both footing and body positioning are secure and stable
- Do not pull suddenly or jerkily – apply the force steadily
- Only move loads which are in accordance with strength and ability – DO NOT STRAIN

Statement of medical welfare – Candidates must read and sign

To proceed with any course offered by RidgeGear we require you to sign the following 'Statement of medical welfare'. This is to specify you are free of, or taking medication for, the conditions listed below (and have been for at least 3 months). Sometimes it may be unlikely that a participant can be sure they are free of contraindications without undergoing an examination by a GP. If you have any concerns regarding this then please discuss this with your trainer before the course starts.

Statement of medical welfare – Declaration

To the best of my knowledge, I do not suffer from any physical condition, especially those mentioned below, which would impair my ability on the training course to which I have subscribed. If any changes do occur in my medical condition during the course I will make my trainer aware.

Tick as appropriate if you have suffered from, or are taking medication for, any of the following in the last 3 months:

- | | |
|--|--|
| <input type="checkbox"/> Heart disease/chest pain | <input type="checkbox"/> Uncorrected visual impairment |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Alcohol or drug dependence |
| <input type="checkbox"/> Epilepsy, fits, blackouts | <input type="checkbox"/> Psychiatric illness/counselling |
| <input type="checkbox"/> Fear of heights / vertigo | <input type="checkbox"/> Diabetes – Type 2 |
| <input type="checkbox"/> Giddiness/difficulty with balance | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Impaired limb function | <input type="checkbox"/> Muscular strain (e.g. bad back), dislocation, hernia – or similar musculoskeletal issues. |

Additional information (allergies, accessibility requirements etc.)

I am not taking medication, or any drug, which might adversely affect my physical or mental abilities.

I understand that the course will put me in positions of exposure to height, and activities are likely to be strenuous and tiring.

I agree that if the trainer has any concerns regarding my health / fitness they have the authority to exclude me during the course.

Signature: **Print name:**

Date: **Course:**

Please hand your 'statement of medical welfare' to your trainer on the first day of training.

Bookings are regarded as confirmed only upon receipt of a full payment or a company purchase order. Credit account customer invoices are payable on 30 days. Customers that are wanting to pay by credit card are required to pay on the day of booking.

Booking placed by purchase order or payment are binding. Payment will be required in full for the number of candidates and duration of training specified on the order.

Entry requirements: Candidates will not be accepted onto a course unless they can demonstrate evidence of compliance with the entry requirements for that course. Such evidence will normally take the form of valid certificate of compliance with the entry requirements of that course. Candidates must be fluent in English to enable the course to be effective. Candidates will be required to sign to confirm that they meet the pre-entry requirements including statement of medical fitness prior to the start of the course. If a candidate is unable to meet the pre-entry requirements, they may not be able to continue with training without refund.

Late arrival: Courses require candidates to be present for 100% of course content. Late arrivals for any reason may not be able to start at the discretion of the trainer.

Provisional held requests: We may provisionally hold a place for an agreed period of time, payment or purchase order will be required by the agreed date. A provisionally held place is not a booking. After the agreed date for receipt of purchase order or payment passed, the place will automatically be released to other candidates/companies.

Course cancellation fees as follows, includes bad weather & travel disruption:

- More than 1 weeks' notice of training date – 50% refund is given
- Less than 1 weeks' notice of training date – A refund is not available.

If a candidate does not complete the course, then a refund is not available.

Training for work at height may involve physical exertion in conditions of exposure to height. It is essential that all candidates are physically fit and able to carry out the tasks expected of them without risk to themselves or others.

RidgeGear cannot accept bookings for courses involving exposure to height from candidates with medical contraindications against working at height. A non-exhaustive list of such conditions is given below:

- Heart disease / chest pain
- High blood pressure
- Epilepsy, fits, blackouts
- Fear of heights / vertigo
- Giddiness / difficulty with balance
- Impaired limb function
- Uncorrected visual impairment
- Alcohol or drug dependence
- Psychiatric illness / counselling
- Diabetes – type 2
- Asthma
- Muscular strain (e.g. bad back), dislocation, hernia – or similar musculoskeletal issues.

It is the responsibility of the individual or organisation making the booking to ensure that candidates attending the courses are free from any of the conditions described above or any other medical conditions that could impair their ability on the training course to which they have subscribed. If a candidate is found to be unfit at the start or during a training course, they may be withdrawn from the course at the discretion of the trainer.

By attending a training course, the applicant asserts that candidates are physically fit for the intended course. It is unlikely that applicants can be certain of being free of contraindications without a proper examination by a GP.

Where a course has been requested by the customer to run at a location of their choice, RidgeGear will not be liable for costs incurred for any delay or disruption which may prevent successful completion of all elements for the training syllabus e.g. bad weather.

In the unlikely event that RidgeGear should require to cancel a course e.g. due to trainer illness, we will offer alternative date options to rearrange the course at the earliest convenience or a refund. However we will not be able to reimburse for any travel or accommodation bookings or costs incurred by the customer.