

**MEDICAL FITNESS STANDARD**

**FOR**

**PERSONAL TRACK SAFETY**

**CERTIFICATION**

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## 1 Scope

1.1 This operating procedure provides a process for ensuring that all persons who are required to hold a Personal Track Safety (PTS) Certification, have the required medical fitness; Medical Standard – Level 3.

### 1.2 **MEDICAL STANDARD- LEVEL 3:**

1.2.1 Level 3 Medical Fitness Standards applies to all persons who are required to hold a Personal Track Safety Certification; this includes Contractors, Sub-Contractors and other third parties.

### 1.3 **PERIODICITY OF MEDICAL FITNESS REVIEW FOR HOLDERS OF PERSONAL TRACK SAFETY CERTIFICATES:**

1.3.1 The following intervals are recommended for medical assessment for holders of Personal Track Safety Certificates:

Less than 40 years of age	10 Years
From 40 to 49 years inclusive	6 Years
From 50 to 59 years inclusive	4 Years
From 60 to 64 years	2 Years
From 65 years and beyond	Annually

**E.g.** A 39 year old person has a medical assessment. They are not due for another medical assessment until they are 49 (providing there are no underlying issues). At this point they can be certified for a further period of 6 Years (providing there are no underlying issues) which will bring them to 55 and so on.

## 2 Implementation

2.1 If an individual (as detailed in section 1.1) is required to undergo a medical examination as part of obtaining a Personal Track Safety certificate, application is to be made using the medical assessment form as shown in Appendix 1.

### 2.2 **ASSESSMENT FOLLOWING ILLNESS OR INJURY:**

2.2.1 A medical assessment should be carried out where there is any doubt to a person's fitness to go on or near the line following illness or injury whether or not the person had been absent from work. Such an assessment should be carried out before the person is permitted to return to work on or near the Permanent Way.

2.3 The following standards apply for medical fitness in obtaining a PTS Certificate and will be tested and recorded on the medical examination form shown in Appendix 1

### 2.4 **LEVEL 3 MEDICAL FITNESS STANDARDS FOR PERSONAL TRACK SAFETY CERTIFICATE:**

#### 2.4.1 **Visual Acuity:**

2.4.1.1 Distance vision at least 6/12 in the better eye and 6/36 in the other eye and 6/12 in both eyes with spectacles or contact lenses if worn. If a person is dependent on contact lenses to meet these requirements spectacles of an equivalent prescription should be carried when on or near the line.

2.4.1.2 No pathological condition of the eyes likely to cause visual impairment should be present.

2.4.1.3 The use of tinted or photochromic lenses are not permitted. Sun glasses are allowed but are to be issued to the Iarnród Éireann specification:

SPECTACLE LENSE (TOLERANCE) BS2738:1989

PERSONAL EYE PROTECTION EN166:2002

PERSONAL EYE PROTECTION  
UV FILTERS EN 170:2002

PERSONAL EYE PROTECTION  
SUNGLASSES FILTERS FOR INDUS USE EN172.1994  
(NOTE: POLYCARB WILL HAVE UV PROTECTION ALREADY)  
+SUNTINT 20% DESIGNATED TINT FOR GENERAL USE

PERSONAL EYE PROTECTION  
SUNGLASS & SUNGLASS FILTER EN1836 1997  
FOR GENERAL USE

#### 2.4.2 **Colour Vision:**

2.4.2.1 Normal colour vision is not required for Level 3 Personal Track Safety Certification.

#### 2.4.3 **Hearing:**

2.4.3.1 An assessment of the candidate's hearing is essential. Be aware that the candidate's hearing has to be sufficient to hear verbal/telephone communication in a noisy environment and also to hear auditory alarms.

2.4.3.2 Clinical assessment is adequate but Audiometry should be carried out if it is considered that the candidate's hearing is likely to cause him/her difficulties. If an Audiogram is required please tick the appropriate box on the medical examination form and the Occupational Health Unit of CIÉ will provide this test. The following is the Audiometric Standard for Level 3:

2.4.3.2.1 Hearing loss must not be higher than 40 decibels at 0.5, 1 and 2 Kilohertz in either ear.

2.4.3.2.2 The hearing loss must not be higher than 45 decibels at 3 kilohertz for the ear with the worst air conduction of sound.

2.4.3.3 No anomaly of the vestibular system must be present. No chronic speech disorder must be present. Candidates are not permitted to use hearing aids in order to reach the standard but may use hearing aids to improve their hearing further.

2.4.3.4 No pathological condition likely to cause unpredictable fluctuation in the hearing levels should be present.

#### 2.4.4 **General Health:**

2.4.4.1 Persons should not be permitted to go on or near the line if they are suffering from medical conditions or taking any medical treatment or medication likely to cause:

2.4.4.1.1 Sudden loss of consciousness.

2.4.4.1.2 Impairment of awareness or concentration.

2.4.4.1.3 Sudden incapacity.

2.4.4.1.4 Visual impairment of a temporary or transient nature.

2.4.4.1.5 Impairment of balance or coordination.

2.4.4.1.6 Significant limitation of mobility.

**APPENDIX 1: LEVEL 3 MEDICAL ASSESSMENT FOR PTS CERTIFICATION**

<b>EMPLOYING COMPANY NAME:</b>	
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**OFFICE USE ONLY:**

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**LEVEL 3 MEDICAL ASSESSMENT FOR PTS CERTIFICATION**

Applicant Name:		<b>ATTACH PASSPORT PHOTOGRAPH</b>  <b>BOTH APPLICANT AND EXAMINING DOCTOR TO SIGN BACK OF PHOTOGRAPH</b>
Maiden Name(If married):		
Date of Birth:		
Place of Birth:		
Home Address:		
Telephone Number:		
Family Doctor Name:		
Address:		

<b>DECLARATION:</b>	To be signed by both the applicant and examining Medical Doctor.
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I have examined the applicant whose signed photograph is attached above and whose signature is appended below, to the medical standards set out by the Chief Medical Officer Iarnród Éireann and finds him/her medically

*Please circle response*

<b>FIT</b>	<b>UNFIT</b>	To hold a Level 3 Personal Track Safety Certificate
Signature Examining Medical Doctor:		<b>PRACTICE STAMP</b>
Signature of Applicant:		
Date:		

<b>VISUAL ACUITY*</b>		Distance vision at least 6/12 in the better eye and 6/36 in the other eye and 6/12 in both eyes with spectacles or contact lenses if worn. If a person is dependent on contact lenses to meet these requirements spectacles of an equivalent prescription should be carried when on or near the line. No pathological condition of the eyes likely to cause visual impairment should be present.		<b>MEETS THE REQUIRED STANDARD</b> <i>Please circle response</i>	
<b>*Recorded as a 'Snellen Fraction'</b>					
Right Eye:	_____ without glasses/ contact lenses	_____ with glasses/ contact lenses	YES	NO	
Left Eye:	_____ without glasses/ contact lenses	_____ with glasses/ contact lenses	YES	NO	
Both Eyes:	_____ without glasses/ contact lenses	_____ with glasses/ contact lenses	YES	NO	
<b>HEARING**</b>		An assessment of the candidate's hearing is essential. Be aware that the candidate's hearing has to be sufficient to hear verbal/telephone communication in a noisy environment and also to hear auditory alarms.		<b>MEETS THE REQUIRED STANDARD</b> <i>Please circle response</i>	
<b>**If hearing is normal go to 'General Health Section'</b>		Clinical assessment is adequate but Audiometry should be carried out if it is considered that the candidate's hearing is likely to cause him/her difficulties.		NORMAL	ABNORMAL
<b>IF HEARING IS ABNORMAL:</b>					
If an Audiogram is required please circle the appropriate box on the medical examination form. The Occupational Health Unit of CIÉ will provide this test.					
The following is the Audiometric Standard for Level 3:					
<ul style="list-style-type: none"> <li>Hearing loss must not be higher than 40 decibels at 0.5, 1 and 2 Kilohertz in either ear.</li> <li>The hearing loss must not be higher than 45 decibels at 3 kilohertz for the ear with the worst air conduction of sound.</li> <li>No anomaly of the vestibular system must be present.</li> <li>No chronic speech disorder must be present.</li> <li>Candidates are not permitted to use hearing aids in order to reach the standard but may use hearing aids to improve their hearing further.</li> <li>No pathological condition likely to cause unpredictable fluctuation in the hearing levels should be present.</li> </ul>					
<i>Please circle response</i>					
<b>AUDIOGRAM</b>	Required		YES	NO	
<b>AUDIOGRAM</b>	Meets standard 'Attach audiogram'		YES	NO	
<b>GENERAL HEALTH</b>		Persons should not be permitted to go on or near the line if they are suffering from medical conditions or taking any medical treatment or medication likely to cause:			
		<i>Please circle response</i>			
Sudden loss of Consciousness			YES	NO	
Impairment of awareness or concentration			YES	NO	
Sudden incapacity			YES	NO	
Visual impairment of a temporary or transient nature			YES	NO	
Impairment of balance or co-ordination			YES	NO	
Significant limitation of mobility			YES	NO	