

Name:
DOB:
Address:

Company:



Medical Assessment

☐ Pre-employment

☐ Periodical

SECTION 1: Cardiovascular System

Height: cm	Weight: kgs	BMI:	WHR:
Waist: cm	Hip: cm	BMI Classification:	WHR Classification:
Blood Pressure / mmHg	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	<input type="checkbox"/> Underweight (<18.5)	<input type="checkbox"/> Low Risk (Male<0.85, Female< 0.75)
Resting Heart rate bpm	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	<input type="checkbox"/> Normal (18.5-24.9)	<input type="checkbox"/> Medium Risk (Male 0.85-0.95, Female 0.75-0.85)
Heart Sounds	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	<input type="checkbox"/> Overweight (25.0-29.9)	<input type="checkbox"/> High Risk (Male>0.95, Female>0.85)
Peripheral Vessels	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>	<input type="checkbox"/> Obese (>30)	
Veins & other Vessels	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>		

Examiner Comments

SECTION 2: Visual Acuity

Candidate should be tested wearing visual aids if routinely worn

	Right	Right corrected	Left	Left Corrected
Distance Vision	6/	6/	6/	6/
Near Vision	N/	N/	N/	N/
Colour Vision (Ishihara Test)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/> Score: /17			
Peripheral Vision	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>			
Visual Aids to be worn at work?	Yes <input type="checkbox"/> No <input type="checkbox"/>			

Examiner Comments

SECTION 3: Urinalysis

Protein	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	Blood Sugar Level
Glucose	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	
Blood	<input type="checkbox"/> Nil	<input type="checkbox"/> Trace	<input type="checkbox"/> +	<input type="checkbox"/> ++	<input type="checkbox"/> +++	

mmol/L

Examiner Comments

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SECTION 4: Respiratory System	
Spirometry (see attached)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Symmetrical Chest expansion	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Auscultation	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 5: Ear, Nose, Throat & Mouth	
Ears	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Hearing (Refer to Audiogram)	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Nose	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Throat	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Teeth and gums	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 6: Skin	
Evidence of Skin Disorders (Eczema/dermatitis/ sun damage / other)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of drug/alcohol abuse	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of nail biting	Yes <input type="checkbox"/> No <input type="checkbox"/>
Evidence of Scars (Surgical or other)	Yes <input type="checkbox"/> No <input type="checkbox"/>
SECTION 7: Gastrointestinal & Urinary System	
Abdomen	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Hernial Orifices	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Liver	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Spleen	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Kidneys	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 8: Nervous System	
Balance & reflexes	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Coordination	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
SECTION 9: Glandular	
Lymph glands	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Thyroid	Normal <input type="checkbox"/> Abnormal <input type="checkbox"/>
Examiner Comments	

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Medical Assessment

SECTION 10: Cardiovascular Risk Assessment

AGE:

Risk Factor Checklist

- ☐ Hypertension (>150/95 mmHg)
☐ Current Smoker
☐ Known High Cholesterol
☐ Sedentary Lifestyle
☐ Family History of Heart Disease
☐ History of Heart Disease
☐ WHR >0.80 (Women)
>0.90 (Men) AND Obesity (BMI \geq 30)

Risk Stratification

☐ **LOW**

\leq 1 risk factors

☐ **MEDIUM**

\geq 2 risk factors

☐ **HIGH**

Diagnosed cardiac, pulmonary or metabolic disease **OR**
 \geq 1 sign or symptom of Coronary Artery Disease*

GP Clearance to complete exercise testing (if required)

Yes ☐ No ☐

*Signs and symptoms include: pain or discomfort (or angina equivalent) in the chest, neck, jaw, arms, or other areas that may result from ischemia; dizziness or syncope; shortness of breath at rest or with exertion; ankle edema; palpitations or tachycardia; intermittent claudication; known heart mummer; unusual fatigue or shortness of breath with usual activities; orthopnoea or paroxysmal nocturnal dyspnoea.

Doctor's Name

Signature

Date

Location